

Adaptations for Players with Disabilities

Presented By:

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State Technical Director



“When teaching or coaching is based on individual differences, students seldom fail.”



Disability Defined

“The loss or reduction of functional ability and/or activity.”

World Health Organization (1980)

- *Prior to 1990, Disabilities were considered “Handicaps”*
- *Handicap is a problem an individual encounters based on external factors*
- *Impairment is any disturbance of or interference with, the normal structure and function of the body*



Disability Defined

No ramp for a wheel chair is a handicap.

A person with a disability does not have to have a handicap if the external environment is adapted to their needs.



Disability Categories

- Hearing Impairment
- Visual Impairment
- Autism
- Cognitive Disability
- Orthopedic Disability
- Emotional Disability
- Speech/Language
- Other Health Impairments
- Traumatic Brain Injury
- Multiple Disabilities



Disability Guidelines

- ❖ *Recognize importance of identifying problems that interfere with achievement.*
- ❖ *Focus on Individual differences rather than disabilities.*
- ❖ *Differences may also be strengths!!*



Put the Person “First”!!

Disability “Second”!!



Person First Attitudes

- Recognize a disability is only a part of a person's strengths and weaknesses
- Maintain Balance between Constraints and Affordances for individuals
- Create a good self-concept using encouraging words and actions



Person-First Terminology

Avoid labels

“Suzie is blind”

vs.

“Suzie is a person with a visual
impairment”



Person-First Terminology

Correct

- Individuals with Disabilities
- Visual Impairment
- Hearing Impairment
- Intellectual disability
- Uses a wheel chair
- Person who has....
- Walks with crutches

Inappropriate

- Handicapped or Disabled
- Blind
- Deaf
- Retarded
- Wheel chair bound
- Afflicted or victim of
- Crippled



Disability Characteristics

Autism

- Limited or no eye contact
- Impairment in social interaction
- Preoccupied with objects or activities
- Communication difficulties
- Dislike of physical contact

I'm not misbehaving



I have Autism

Please be understanding



Disability Characteristics



Downs Syndrome

- Short in stature
- Lower fitness abilities
- May become aggressive or have outbursts
- Difficulty with short-term memory
- Hearing and speech impairments



Disability Characteristics

ADHD

- Inattentive
- Unable to focus of task
- Hyperactive and Impulsive
- Acts without thinking
- Very active
- High Energy



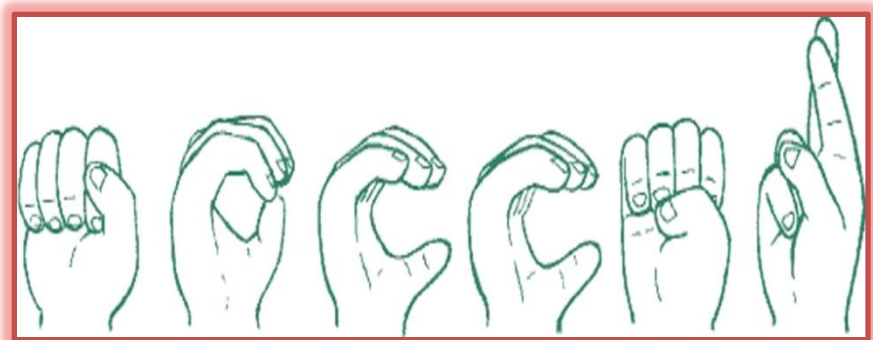
Disability Characteristics

Visual Impairment

- Delay in motor skills
- Difficulty associating words with objects
- High sensory and auditory development
- Orientation and mobility difficulties
- Large spectrum of impairment



Disability Characteristics



Hearing Impairment

- Speech delay
- ASL – American Sign Language
- Strong motor skills
- Deficits in Social-emotional development
- Articulation problems

Orthopedic Characteristics

Muscular Dystrophy

- Progressive weakening of muscles
- Frequent falls
- Fatigue
- Large calf muscles
- Moves from lower to upper extremities
- Respiratory difficulties



Orthopedic Characteristics

Cerebral Palsy

- Low muscle tone
- Affects fine and gross motor skills
- Balance and gait difficulties
- Lack of muscle coordination
- Visual and Speech impairments



Orthopedic Characteristics

Limb Loss/Amputee

- Balance and gait difficulties
- Fatigue
- Lack of range of motion
- Potential for falls



ADAPTATIONS

**TO MODIFY, ADJUST, ACCOMMODATE,
OR INDIVIDUALIZE TO MEET THE NEEDS
OF THE ATHLETE**



Learning Environment

- Warm and positive
- High rate of Interactions
- Mutual Respect
- Encouraging



Learning Environment



- Use first names
- Provide Positive Feedback
- Focus on Abilities not Disabilities
- Safety

Coaching Qualities

- ❖ Enthusiastic
- ❖ Encouraging
- ❖ Positive
- ❖ Patient
- ❖ Calm
- ❖ Sense of Humor



Coaching Qualities

- ❖ Strong Communicator
- ❖ Ability to Adapt
- ❖ Knowledge of the Game
- ❖ Ability to Connect with players
- ❖ Planner/Organized
- ❖ Flexible



Coaching Qualities



- ❖ Understanding of Players Needs
- ❖ Provides an Inclusive Environment
- ❖ Fair and able to discipline players
- ❖ Makes learning and playing fun
- ❖ Brings out the BEST in each player



Adapting the Game

Equipment, Field, and Game
Modifications



Balance & Agility Adaptations

Equipment

- Wider base of support
- Provide a buddy
- Use of crutches or cane
- Lighter ball

Field and Game

- Smooth surface
- Remove/cover hazards (rocks, sprinkler heads)
- Change speed to walking
- Balance training



Strength and Endurance Adaptations

Equipment

- Increase size of the goal
- Decrease weight of ball
- Use foam or inflatable fabric balls



Field and Game

- Reduce the size of the field
- Provide breaks
- Change speed to walking
- Shorten length of game

Coordination and Accuracy Adaptations

Equipment

- Increase size of goal
- Decrease weight of ball
- Increase the size of ball
- Stationary ball first

Field and Game

- Slow the game down
- Demonstrate skill
- Provide skill cues
- Repetition of movements



Visual Impairment Adaptations

Equipment

- Paint the Goal a Bright Color with contrasting net color
- Use Brightly colored balls
- Use Beeper/bell balls
- Increase size of balls



Field and Game

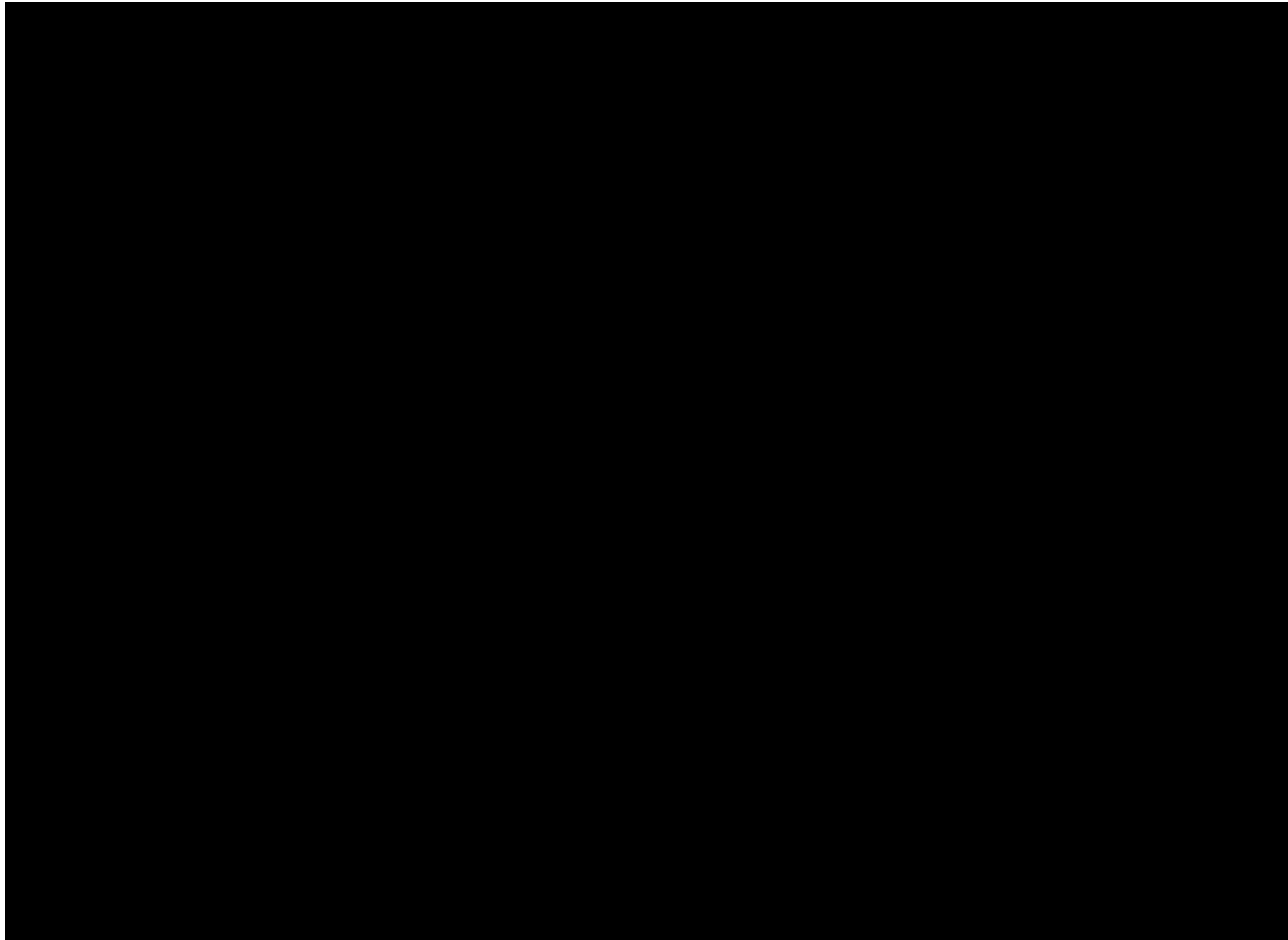
- Provide more time
- Descriptive skill cues
- Change in surface for boundary lines
- Allow for orientation
- Clear/concise directions

Blind Football

- Football contains ball bearings so it is audible
- Goalkeeper sighted or visually impaired
- Four other players wear eyeshades to account for differing eyesight
- A guide behind the goal directs players to shoot
- Pitch is surrounded by a rebound wall and there are no throw-ins
- Players call out "yeah" and their names to make teammates aware of their presence
- Rules stipulate the players must call out "voy!" - meaning "I'm here" - as they approach to tackle



Blind Football – 2010 World Cup



Hearing Impairment Adaptations

Equipment

- Regulation ball, goals
- Flags to signal fouls
- Dry erase board
- Scoreboard

Field and Game

- Regulation field depending on age-group
- Follow the rules of the game depending on age-group and level
- Use demonstrations for activities/skill development



US Deaf Soccer

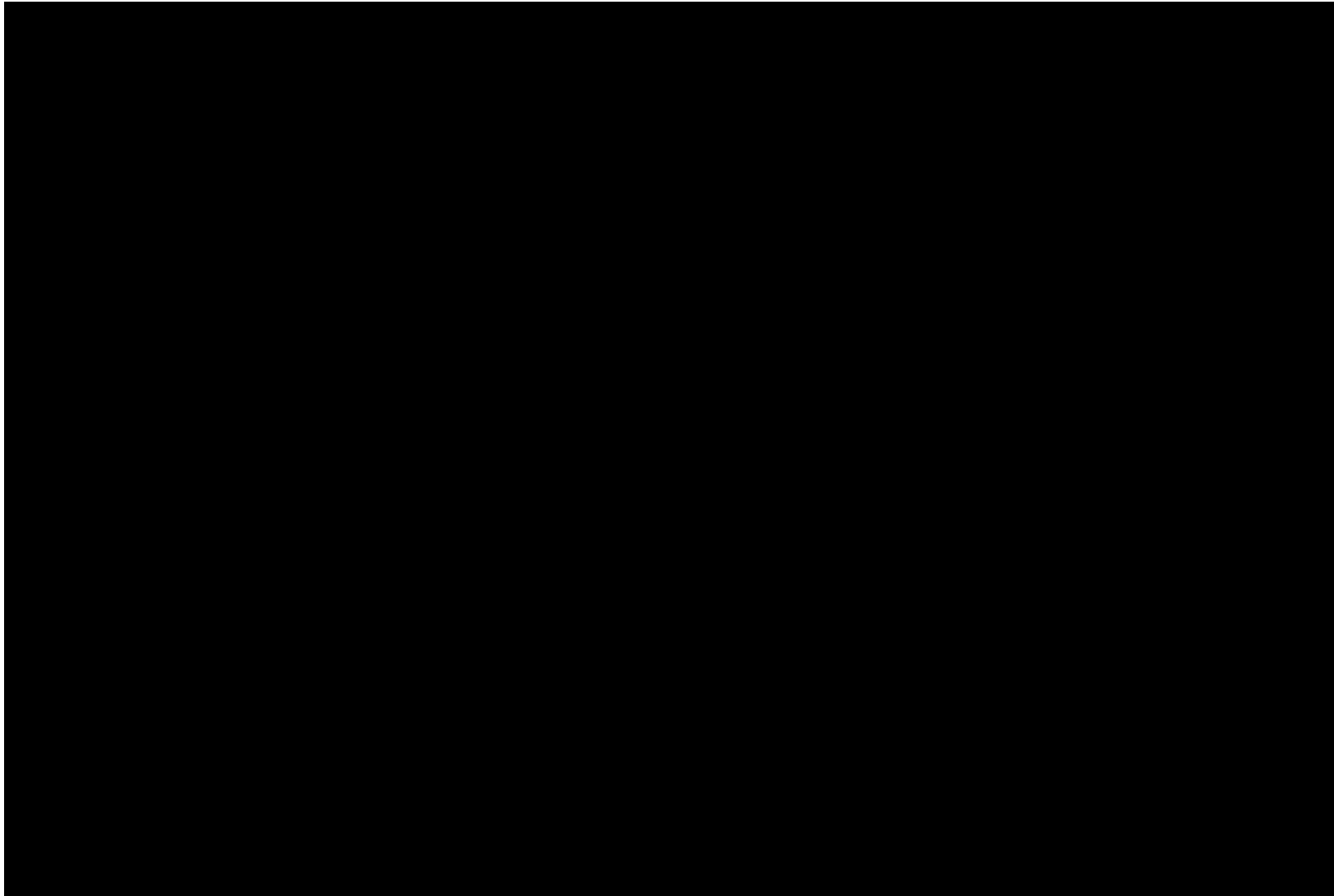
Deafness is a hidden 'disability'. In sports such as soccer, players face certain hidden disadvantages, such as not being able to hear their coach's instructions during a game, a referee's decision or the roar of the crowd. Because deaf soccer players compete regularly against their hearing peers, these aspects of the game taken for granted, can make a difference during the course of a match.

Under international criteria, to be eligible to compete in deaf soccer competitions, players must have an average hearing loss of 55 Decibels or more in the best ear. All players competing in deaf matches must remove all hearing aids before playing which creates another obstacle to overcome, balance - another important advantage for a hearing player.

www.usdeafsoccer.com



US Deaf Soccer



Orthopedic Adaptations

Equipment

- Larger and lighter ball
- Use of metal crutches
- Wheel chair with a bumper to protect the feet
- Larger Goal size

Field/Game

- Level Surface
- Smaller Field
- 4v4 or 7v7 team size
- Push-ins instead of throw-ins for wheelchairs



American Amputee Soccer Association



The International game:- 7 V 7 - six outfielders + keeper. This is the official format sanctioned by the World Amputee Football Federation for national, regional-continental, and World Championship Tournaments.

Small Team Competitive Game: 4 v 4 - three outfielders + keeper. A good development game in smaller communities. Also a sanctioned regional and national championship format in the US and Great Britain. **Variations to Fit Local Needs**

- An amputee is defined as one who is "abbreviated" at or proximal to the wrist or ankle.
- Outfielders may have two hands but only one foot. Goalies may have two legs, but only one hand.
- The game is played **without** prosthesis. **Exception:** Bi-lateral amputees may play with one prosthesis.
- Use of a crutch in a manner which would draw a penalty if it were a hockey stick (cross-checking, high sticking, etc.) results in the player's ejection from the game and a penalty kick.

American Amputee Soccer Association



www.ampsoccer.org

4v4 Rules

The Pitch: Outdoors: +/- 40 x 25 meters.

Indoors: Any indoor arenas will do. In such case using the sidewalls for passing and bank shots is allowed.

The Goal: Somewhat smaller than in the two-legged game - 2 meters high x 3 meters wide x 1 meter deep - or the goals available at your local indoor soccer complex.

The Ball: Standard FIFA - appropriate to age group.

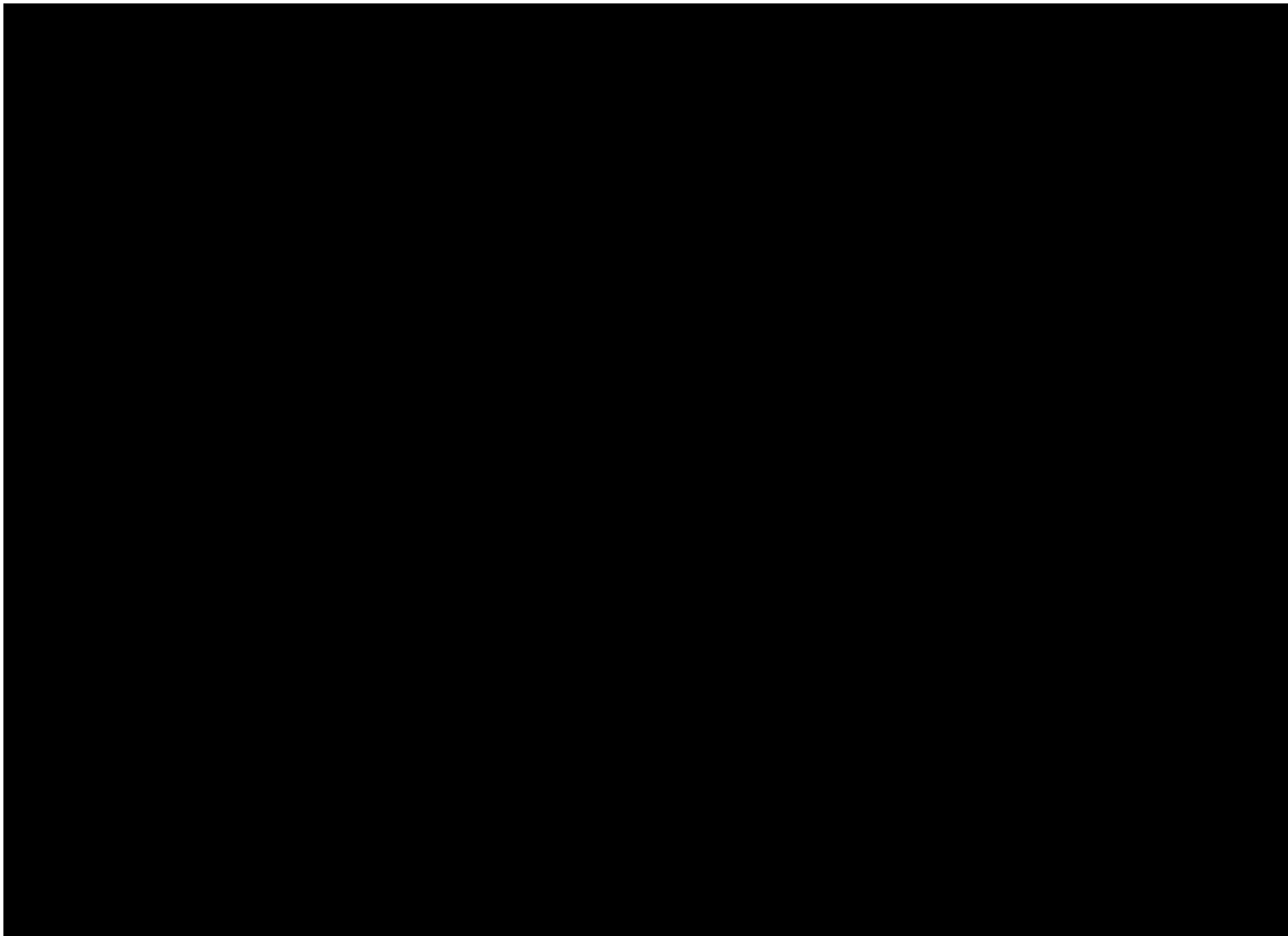
Duration of Play: Games consist of 2 periods of 25 minutes each, with a 10 minute "halftime" rest interval between periods.

Offside: Offside rules does not apply in amputee soccer.

Players: 3 per side, plus keeper. A team must have more amputee and Les Autres players than able bodied substitutes.

Goal Keeper Rules: The goal keeper is not allowed to leave the penalty area, if this occurs and is deliberate, a penalty is awarded to the other side and the goalkeeper receives a yellow card. On the second occurrence the keeper receives a red card and is dismissed from the field.

Player Substitution: Due too the physical demands of the game substitutions may be made at any stoppage of play and shall be unlimited.



Power Soccer

Competitive Sport for persons with disabilities who use power wheelchairs.



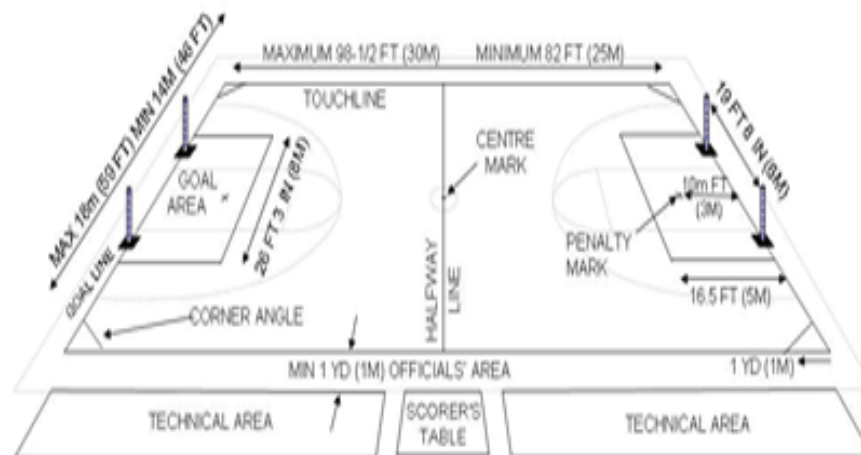
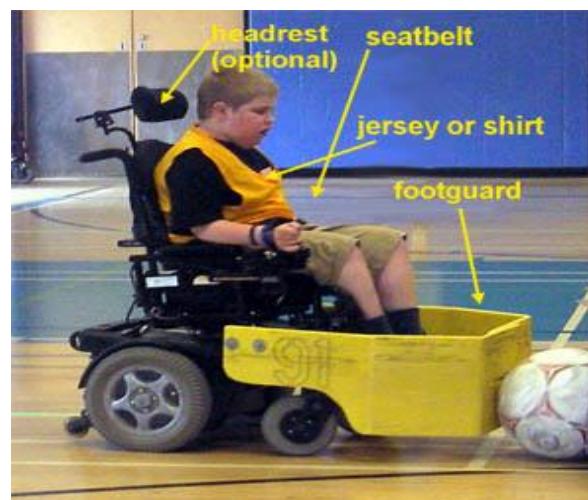
Objective is to pass, dribble, and score using guard on front of wheelchair.



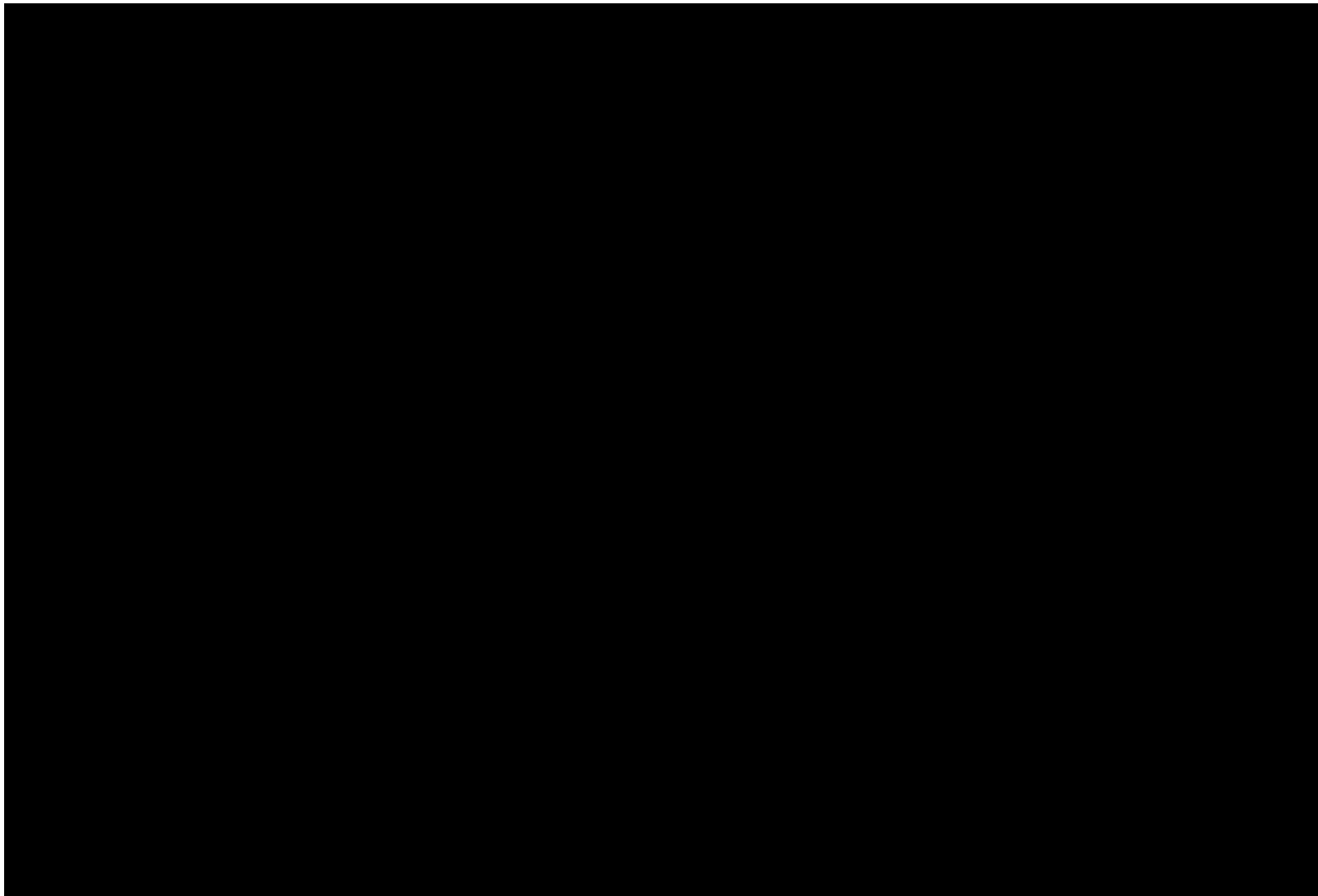
Power Soccer

Laws of the game

- Teams comprised of three offensive players and one goalie
- Game played on a standard basketball court.
- 13inch Ball
- Two 20 minutes halves, 10 minute half-time
- Guard placed on front of the wheelchair.
- Use push-ins, corner, penalty and goal kicks.
- Tackle with bumpers only and between only 2 players at a time



Power Soccer Game





**TEAM USA REPEATS AS 2011 POWER SOCCER
WORLD CUP CHAMPIONS!** Beat England 3-0 in the
final match to become the first American soccer team to
win back-to-back World Cup titles.



The AYSO Very Important Players (VIP) Program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams.

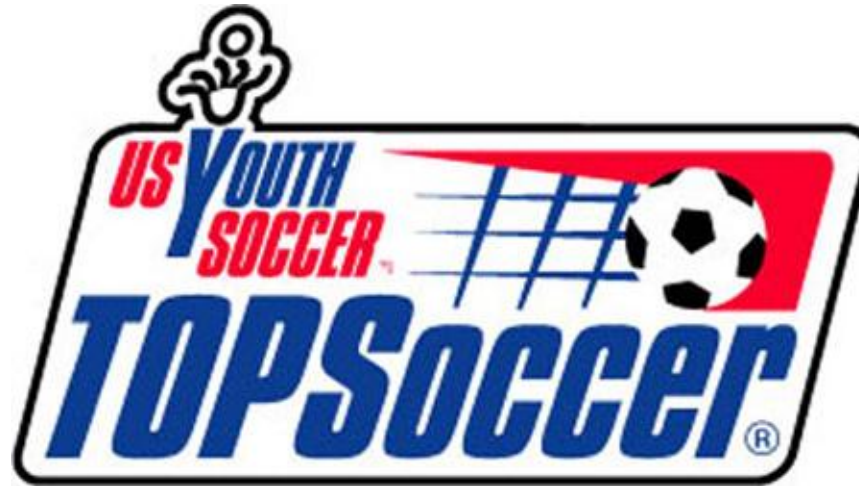


VIP teams may include:

- Blind or visually impaired
- Amputees or with conditions that impair mobility
- Mentally or emotionally challenged
 - Autistic
 - Down syndrome
 - Cerebral Palsy

For more information: 1-800- 872-2976 or
email vip@ayso.org.





The Outreach Program for Soccer
a soccer program for children and adults with special needs

USYOUTHSOCCER.ORG





The Outreach Program for Soccer

- ❖ Community based training program for young athletes with disabilities
- ❖ Designed for players with mental or physical disabilities
- ❖ Organized by youth soccer associations



TOPSoccer Goal:

“To enable thousands of young athletes with disabilities to become valued and successful members of US Youth Soccer”



TOPSoccer Philosophy

- ❖ *Focus on what players CAN DO rather than what they CANNOT*
- ❖ *Developmentally Appropriate rather than age-appropriate*
- ❖ *Teams created according to ability*



TOPsoccer Players

Most Common Disabilities

Downs Syndrome

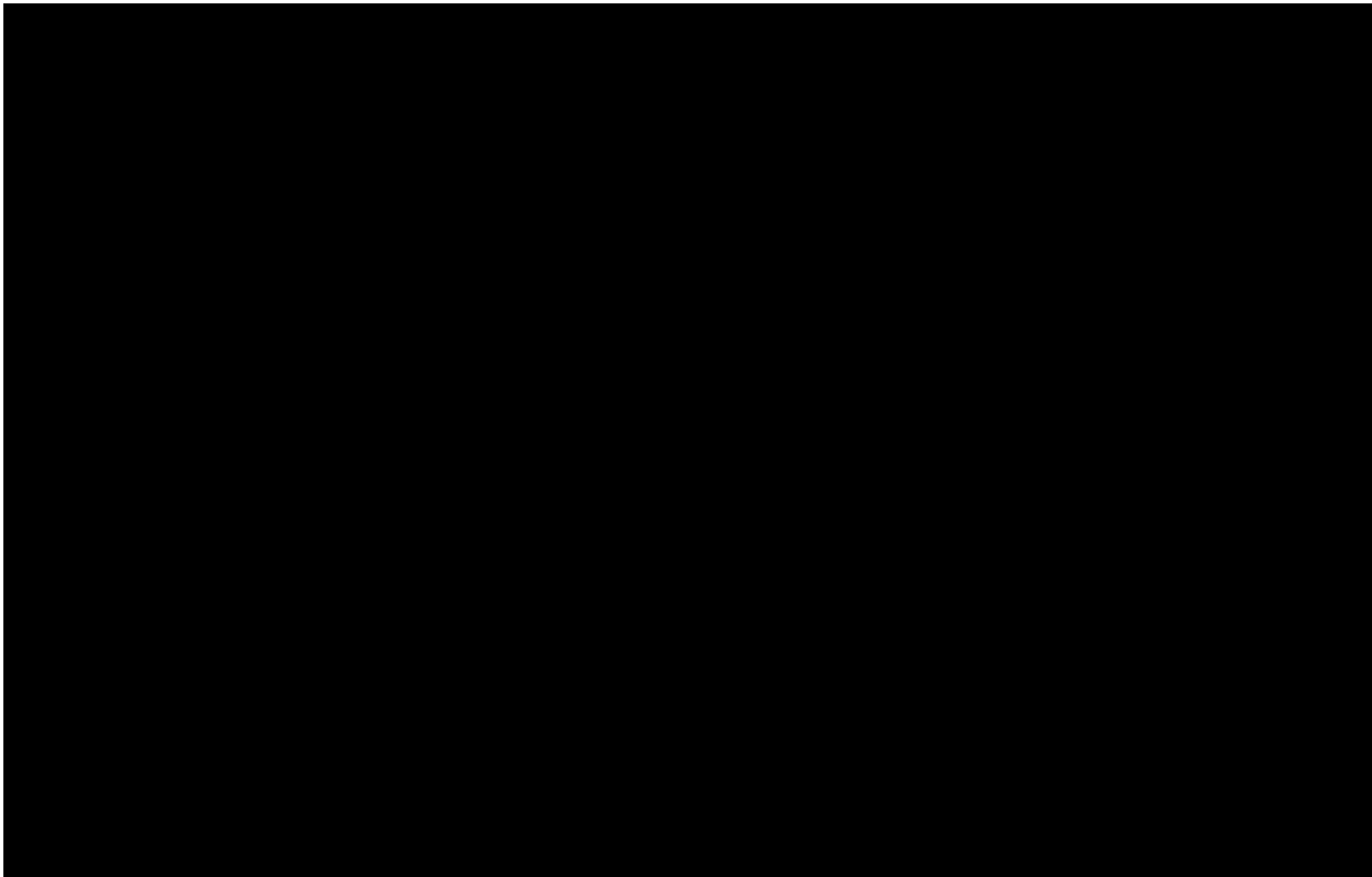
Autism

Cerebral Palsy

ADHD

“TOPsoccer players have physical, mental, or behavioral difficulties that interfere with their ability to successfully play in a local recreation soccer program.”







Certificate

Course Objectives

1. Apply coaching skills to meet needs of players with disabilities
2. Establish basic communication guidelines
3. Provide safety and medical information
4. Modify activities for inclusion
5. Coaching methods and training





Starting a Program



TOPSoccer Program

Identify Community Needs



Dan Bishop

- What type of Disabilities?
- Evaluate facility Options
- Contact local established community programs
- Organize volunteer support
- Contact insurance carrier
- Check with area schools for interest

TOPSoccer Program

Registration and Placement

- Medical History and Waiver
- X-ray for Downs Syndrome Players
- Cost vary depending on registration, insurance fees, uniform and equipment costs.
- Ability assessment for team placement



TOPSoccer Program

Establish Format

- Length of season for training and games; one day event?
- Format: 3v3, 4v4, 11v11, Unified, Indoor/outdoor, camp, skills only
- Create rules specific to needs of players

***Make the Experience
FUN and REWARDING
For All Players!!!!***



TOPSoccer Program

Coach Recruitment

- No Special Training Required
- Youth Soccer Organizations, State Association, local college or university
- High soccer players/coaches

Coach Resources:

USYOUTH Soccer "Assistant Coach" Series U6-U10

USYOUTH Soccer TOPSoccer Certificate

Special Olympics Training



TOPSoccer Program

Buddies

- Provides 1 on 1 assistance for player
- Positions the ball for player
- Provides stability and protection
- Guides and directs player during activity
- Stops ball from going out of bounds
- Helps player to understand and focus



Coaching TOPSoccer Players

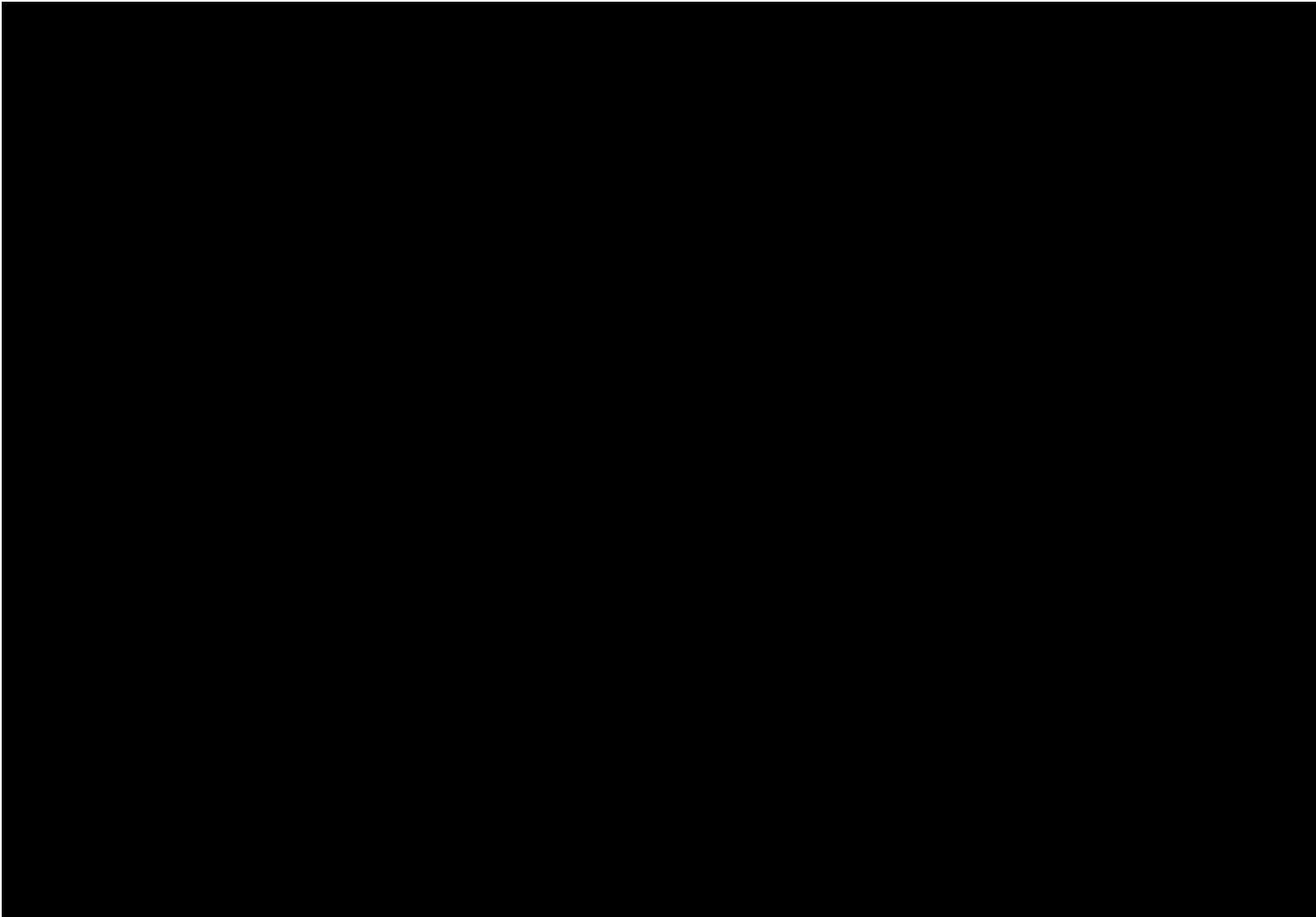
- Utilize ability-based games
- Plan training geared towards success
- Keep players actively engaged
- Provide positive reinforcement



Coaching TOPSoccer Players



- Provide Repetition for skill development
- Use demonstrations and visual skill cues
- Be flexible and adapt to needs of players
- Simple and concise directions



THE BEAUTIFUL GAME!!

