



Motor Activities Training Program (MATP)

The Special Olympics Motor Activity Training Program is specially designed for athletes with severe or profound intellectual and physical disabilities. The MATP program offers a fun and challenging selection of sport-related activities and individualized training exclusively suited to these athletes' skills and abilities. Where the Official Special Olympics sports include competition, MATP focuses on personal bests, individual progress, and accomplishments. MATP supports full inclusion and participation, and celebrates the unique talents of these athletes.

Please note:

- All activities listed below may be completed with or without assistance, per the needs of each individual athlete.
- When entering results, please note how many different SPORTS athletes participated in.
- Events Offered: Please see below for all events offered! Click [HERE](#) to view the entry form where you will enter how many activities your athlete(s) participated in. All underlined options/events are listed below each sport; 16 total.

13-16 Events: GOLD Medal
9-12 Events: SILVER Medal
1-8 Events: BRONZE Medal

Athletics

- Equipment Needed:
 - Jump Rope
 - Chair
 - Bean Bag (or similar object)
 - Cones
 - Bucket (or device to drop an object into)
 - Baton (or a stick)
- What will happen at the competition:
 - Athletes will have the opportunity to compete in several athletics events:
 - Jump Rope
 - Option 1 – Jumping or walking over the rope.
 - Option 2 – Moving the rope around a chair.
 - Option 3 – Holding the rope as it is moved, or tracking the rope with the eyes.

Special Olympics Colorado

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- Bean Bag Throw
 - Option 1 – Throwing the bean bag as far as possible.
 - Option 2 – Moving the bean bag from one hand to the other.
 - Option 3 – Holding the bean bag as it is moved, or tracking the bean bag with the eyes.
 - Slalom
 - Option 1 – Weaving in between a set cones – walking or pushed, as needed.
 - Option 2 – Weaving in between a set of cones while holding balls or bean bags.
 - Option 3 – Weaving in between a set cones, and dropping a ball or bean bag into a bucket attached to each cone.
 - Relay Races – Done as a socially distanced group activity
 - Option 1 – Racing on a track and passing a baton.
 - Option 2 – If seated, holding a baton while being pushed, and handing off to the next racer.
 - Option 3 – Holding baton while being pushed, with assistance handing off the baton.
 - Option 4 – Athletes “race” to a set line, then back to the starting point. All athletes may participate (athletes in wheelchairs can be pushed to and from each line).
- How to prepare athletes for these events:
 - Have athletes try different activities with jump ropes. Try holding the rope and letting the athlete move around it; have the athlete move the rope while you move around it; have the athlete track the rope with his or her eyes.
 - Athletes can practice throwing bean bags, soft balls, or other items you have on hand. You can have them start by holding the ball, squeezing it, progressing to dropping, rolling, and throwing when ready.
 - Athletes can practice handing off a baton. You can start seated by passing it, making it into a game like “hot potato.” You can progress to standing for some athletes, and walking / running if appropriate.
 - Have athletes walk around small objects set on the floor, in a zig zag pattern.

Powerlifting

- Equipment Needed:
 - Weight Bar (or something equivalent)
 - Exercise tubing or bands
 - Weights
- What will happen at the competition:
 - Weight Bar Lift - Athletes will have the opportunity to pick up various items, using them as a “weight bar.”
 - Exercise Tubing Option - Athletes can also use exercise tubing to perform various pushing, pulling, and lifting exercises.

- How to prepare athletes for this event:
 - Have athletes start all motions without weights. Build up to using whatever weight is individually appropriate.
 - Have athletes practice the motions of lifting above their head, doing a deadlift, a bench press, etc. After the athlete is comfortable with this, have him or her use weights, or a bar (floor hockey stick, for example). Be creative! You can also place your hands over the athlete's hands to help him or her get the feel for the motion.
 - Have athletes hold on to the exercise tubing / band. Ask them to push, pull, and lift the exercise band while you hold onto to one side of it.

Tennis

- Equipment Needed:
 - Tennis racquet/balls (beach, tennis, balloons)
 - Cones
- What will happen at the competition:
 - Hitting - Athletes will have the opportunity to use a racquet to hit speed balls (larger, less bouncy, and slower moving tennis balls), balloons, beach balls, etc.
- How to prepare athletes for this event:
 - Have athletes hold a tennis racquet, getting used to it being in their hand, and moving it around.
 - You can have the athlete trace shapes or letters with the racquet to experience controlling its movement.
 - Find different round objects the athletes can hit, such as a balloon or beach ball. You can start out with larger objects and move to smaller ones.
 - Place the ball on a tee / cone and have the athlete hit it from there.

Gymnastics

- Equipment Needed:
 - Balance Beam (can use tape as line on the floor)
 - Hula Hoops
 - Balls (any type)
 - Mats
- What will happen at the competition:
 - Athletes will have the opportunity to compete in several gymnastic events:
 - Balance Beam
 - Rhythmic gymnastics - using props (ball, hoops, etc.)
 - Tumbling, rolling, or stretching on mats

- How to prepare athletes for this event:
 - Have athletes move along a “balance beam” – choose any line on the gym floor as a beam.
 - You can assist the athlete by holding an arm for extra balance.
 - Athletes can stretch out, roll, and “tumble” on mats. Those in wheelchairs will need to be transferred by coach.
 - Athletes can use balls and hoops to perform a routine simply by picking them up and dancing to the music with the props in hand.

Softball/T-ball

- Equipment Needed:
 - Balls (Softball, baseball, tennis, balloon, beach)
 - Cone/Tee
 - Bat
 - Shin Guard (if needed for bat)
- What will happen at the competition:
 - Batting - Athletes will take turns hitting various balls (balloons, beach balls, etc.) off of a cone or a tee.
- How to prepare athletes for this event:
 - Have athletes hold the bat, getting used to it being in their hand, and moving it around.
 - Have the athlete trace shapes in the air, or swing the bat.
 - We will have a shin guard attached to a bat so athletes that unable to grip can still participate.

Bowling

- Equipment Needed:
 - Bowling Ball (or other type of ball to mimic bowling)
 - Chair
 - Pins (or a resembling object such as plastic bottles)
- What will happen at the competition:
 - Bowling / Rolling – Athletes will roll a ball towards a set of plastic pins. A chair will be provided for athletes to use, if required, or they can stand to complete the activity.

- How to prepare athletes for this event:
 - Set up pins (or anything that resembles pins, such as empty plastic bottles, etc.) in a triangular bowling alley formation. Have the athlete roll towards the pins to knock them over.
 - Have the athlete roll a ball straight ahead without a target.
 - Athletes can also practice rolling the ball to one another / to an individual, working on accuracy and catching. Athletes may be seated or standing.

Basketball

- Equipment Needed:
 - Basketball (nerf balls, any size basketball, balloon)
 - Inflatable hoop
 - Hula Hoop
- What will happen at the competition:
 - Shooting - Athletes will have the opportunity to shoot baskets using a large inflatable hoop and a variety of balls. Those seated can be pushed to the basket.
- How to prepare athletes for this event:
 - Have athletes practice “shooting” by having them throw the ball into a hula hoop, beginning with the hoop on the ground. Progress to having the athlete hold the ball higher and higher, and shooting into it from their position.
 - We will have a variety of balls at the event, such as a real basketball, a nerf ball, an inflatable ball, a balloon, etc. Practice with a variety!

Golf

- Equipment Needed:
 - Golf clubs (a large stick or broom can work!)
 - Golf balls
 - Material for a button (Paper works well)
 - Cup (used as golf hole)
- What will happen at the competition:
 - Putting and Driving - Athletes will have the opportunity to “putt” (pushing a button on a practice green) and “driving” (using large clubs and balls).
- How to prepare athletes for this event:
 - If you don’t have golf clubs, use any “stick” you have available (a broom handle works well)! Have athletes hold the stick / club to get used to swinging it. Be careful that no one is near this area unsupervised.
 - For putting, athletes will be using a reverse practice green that will “putt” the ball to the green. This will involve pushing a button. You can create your own button (out of paper,

- or any material you have on hand) and roll the ball away (simulating the movement that will happen during the activity).
- o For an extra challenge, have the athlete putt and drive the ball into a cup (the “hole”).

Soccer

- Equipment Needed:
 - o Soccer ball (balloon, softer ball can work)
 - o Cones

- What will happen at the competition:
 - o Dribbling - Athletes will have the opportunity to kick and control a “soccer ball” in a straight line, or around cones for an added challenge.
 - o Kicking – Athletes will tap a ball with the foot, or kick a ball away from them. They may also kick the ball to another individual for accuracy.

- How to prepare athletes for this event:
 - o Have athletes practice “dribbling” by tapping the ball with their foot, while moving forward. If the athlete is seated, he or she may be pushed forward, while maintaining contact between his or her foot and the ball.
 - o Have athletes kick the ball forward. Have them kick to another individual to help with accuracy.
 - o Have the athlete kick the ball around objects to work on controlling contact with the ball while in motion.
 - o We will have a variety of balls at the events to try. Practice with any balls you have (larger size is best for this activity).