



## ***Coaching Players with Disabilities & Teaching Strategies***

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### **Mental Retardation:**

#### **Teaching Strategies for individuals with mild retardation:**

- Put individual in less demanding sport position
- Overteach the cognitive information
- Emphasize activities with movement- avoid standing in line or static activity.

#### **Teaching Strategies for individuals with severe retardation:**

- Emphasize range of motion exercises
- Have individual propel himself as much as possible
- Concentrate on postural righting activities

### **Attention Deficit Hyperactivity Disorder:**

#### **Teaching Strategies:**

- Highly structured environment
- Reduce teaching or playing space.
- Avoid practices in large busy field complexes
- Many activities of short duration
- Positive behavior modification program
- Use brief instructions

### **Autism:**

### **Teaching Strategies:**

- Use a consistent behavior modification program
- Teach in a less stimulating area
- Use an established routine with repetitive transition strategies
- Use a predictable routine
- Be consistent in use of terms, equipment, and class organization
- Use vigorous aerobic exercise to reduce self-stimulating behavior

### **Behavior Disorders:**

#### **Teaching Strategies:**

- Remove distracting objects
- Impose limits on use of equipment and facilities
- Use games of social interaction
- Expect aggressiveness and monitor it closely
- Use activities that provide immediate feedback
- May need one on one or two on one supervision

### **Cerebral Palsy:**

#### **Teaching Strategies:**

- Work on muscle stretching
- Develop range of motion

### **Visual Impairment:**

#### **Teaching Strategies:**

- Use other sensory modalities for providing information
- Use games for social development
- Use a beeper, constant sound source, etc.
- Place students where they can best hear instructions
- Use contrasts between figure and background
- Increase or decrease the grade to indicate play boundaries
- Begin new game in slower motion

### **Hearing Impairments:**

#### **Teaching Strategies:**

- Make sure the student can see your lips when you talk
- Use visual demonstrations
- Learn basic signs and use them
- Use captioned videotapes
- Stand still when giving instructions

## **Learning Disabilities**

### **Teaching Strategies:**

- Work on body/space problems with game activities
- Work on balance and upper/lower body coordination for motor proficiency
- Work on obstacle courses for spatial orientation
- Use brightly colored objects for contrast

## **Mobility and Orthopedic Disabilities:**

### **Teaching Strategies**

- Use a “pusher” for players in wheelchairs, if needed
- Select an appropriate playing surface- tennis or basketball court, parking lot
- Use smaller field
- Increase number of players
- Modify wheelchair or walker to insure safety