

Public Tennis Special Olympics Youth Lesson Plan #3

Step 1: Theme, Vocabulary

Today's theme is **Determination!** Who can tell me what that means? How about an example?

Today's tennis word is "move"! Today, we will learn to **move and hit, with each of us moving to the best of our ability.** For ambulatory players, we call this "footwork". Seated/stander players will move/turn/stretch upper body.

Step 2: WarmUp

Coaches choice of warmup. Suggestions as follows: (Pick one or two) (PLEASE REINFORCE SAFETY/SPACING!)

- Simon says (share the lead ... who's our next Simon?)
- Weave (footwork) through a series of cones, spots, agility ladder. Vary footwork and speed.
- **[RECOMMENDED]** Warm up with a footwork routine (like a dance routine): side step, forward step, back step, split step, fast feet. Be sure to include adaptive/upper body movement for non-ambulatory players.

Step 3: Skills, Activities

Level 1 Group: Skills Track

- Review/practice previous session skills (max10 min.)
 - Partner racquet skills progression (week 1)
 - Serving (week 2). Review why serve is so important in tennis.
- Ambulatory athletes:
 - Ready stance. Underhand feed 2-3 steps to athlete's left or right, turn and hit
 - Walk and hit (2 balls in each hand, start at baseline, lead each athlete with drop feed for hitting)
- Non-ambulatory athletes:
 - Challenge seated/stander athletes to follow/hit/balance the ball at a range of left/right/up/down positions/locations

Level 2 Group: Rally Track

- Review/practice previous session skills (max 10 min.)
 - Partner racquet rally progression (week 1)
 - Serving (week 2). Review why serve is so important in tennis.
- Ready stance. underhand feed 2-3 steps to athlete's left or right, turn and hit. Vary distance to net to increase challenge. Ask athlete to hit TO coach and OVER coach (but landing in the court!). "Shape" matters!
- Rally practice and games (how many can we rally in a row?)
 - As partners
 - With coach bump-volley back to athlete*

Step 4: Game

Modified Version of Human Handoff chain team competition (from week 1): Two teams, mix of athletes, lined up from baseline to net – same court and same side, but **on left and right doubles sidelines (to make safety room for a ball-striker in the nearby service box).** First team to handoff 20 balls from baseline to net wins **BUT** with the **last person hits the ball over net from a short court coach feed. After hitting, the hitter leaves the racquet (only one needed per team) in the service box, and then rotates to end of line, so that ALL athletes get a chance to be the hitter, with coach assistance as needed, and with teammates cheering for hitter success).** Wait for a ball to go from baseline to net before introducing next ball. Pick team names (quickly). **Go Team (NAME)!**

Safety note: Maintain racquet swing spacing for the "hitter" position. Only one racquet needed per team.

Optional: Hitter serves (self toss or coach aided) from short court position over net.

Review & Cheer

DETERMINATION!

