

# Public Tennis Special Olympics Youth Lesson Plan #1

## Step 1: Theme, Vocabulary

Today's theme is TEAMWORK! Who can tell me what that means?

Today's tennis word is "Rally". When players hit the ball back and forth over the net, it's called a rally.

## Step 2: WarmUp

Coaches choice of warmup. Suggestions as follows: (Pick One)

- Simon says (share the lead ... who's our next Simon)
- Weave through a series of cones, spots, agility ladder. Vary footwork and speed, possibly lay out two courses for two levels of speed.

## Step 3: Skills, Activities

### Level 1 Group: Skills Track

- Athletes to use racquet to roll balls to each other (or to coach), trap against ground to stop, return ball to partner. Similar activity in circle of 3 or 4 athletes/coaches. Tip: when receiving the ball, face the sender; then, to send the ball to the next player, turn and face the destination player and then send.
- Partner throw/catch (no racquets). *Same tip as above!*
- Racquet-to-racquet ball exchange in circle of 3 or 4 athletes/coaches. (Teamwork!)
- All athletes at net, practice tap volley to learn to make contact with ball. Tip: each player's racquet is literally at/above the net with racquet face positioned to hit straight ahead.
- All athletes to attempt hitting balls over the net off one bounce. (coach on same side, underhand side-by-side feed; if successful, try from other side). Make it a game by counting success, "How many can we make in a row?"

### Level 2 Group: Rally Track

- Demo: "Lift the ball over the net" -- simplified forehands and backhands. Let the goal itself teach low to high swinging without technical instruction.
- Note that one hand or two hands **on both sides** are fine.
- Coach to athlete feeds initially (by hand or racquet). Hit balls over net to targets or coach catch.
- Teach athletes to feed to each other by hand, and, if possible, by racquet.
- Work in pairs and groups of 2-4. Partner throw/catch and trap-catch. "Group circle" handoff, throw/catch. (Teamwork!)

## Step 4: Game

Human Handoff chain team competition: Two teams, mix of athletes, lined up from baseline to net – same court, same side of court, but one team on left doubles alley, other team on right doubles alley. First team to handoff 20 balls from baseline to net (last person throws ball over net) wins (teamwork!). Wait for a ball to go from baseline to net before introducing next ball. Pick team names (quickly). **Go Team (NAME)!**

## Review & Cheer

TEAMWORK RULES!

