

# Public Tennis Special Olympics Youth Lesson Plan #2

## Step 1: Theme, Vocabulary

Today's theme is SPORTSMANSHIP! Who can tell me what that means? How about an example?  
Today's tennis word is "serve". In tennis games, each point starts with a serve. The serve must go over the net and bounce in the correct service box on the other side. (keep it simple and not too technical!)

## 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

1. Review last week's skills – Skills Track  
See Lesson Plan #1
  - Cooperative partner/group roll, throw/catch, etc.
  - Volley balls at the net, attempt hitting off one bounce
2. Work on the serve inclusively and adaptively, embracing Ability, and with a broader definition of "serving" in mind. (see related video)

### Level 2 Group: Rally Track

1. Review last week's skills – Rally Track  
See Lesson Plan #1
  - Simple groundstrokes, "lift the ball"
  - Athletes feeding balls to each other
2. Work on the serve inclusively and adaptively, embracing Ability, and with a broader definition of "serving" in mind. (see related video)

## Step 4: Game

"Target Mania" team competition: Two teams, mix of athletes, two courts. Set up targets and a rally station at each court. Based on difficulty, assign point values to hitting a target and to rallying more than 3 times – keep it simple or both athletes and coaches will get confused! Pick a team name for each team. Get a teacher to be team captain and to keep score for their team. Compete for which team can get the most points in 10 minutes. Note that each court will need multiple feeders and a rally station coach. *Celebrate -- Go Team (NAME)!*

## Review & Cheer

We can SERVE!

