

Public Tennis Special Olympics Youth Lesson Plan #4

Step 1: Theme, Vocabulary

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

Today's tennis word is "point"! Today, we will learn what a tennis point is. It starts with a serve... (Coach Demonstration, playing area, in/out of play, more demo less words!)

Step 2: WarmUp

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

- [[OPTIONAL]] Weave (footwork) through a series of cones, spots, agility ladder. Vary footwork and speed.
- [[RECOMMENDED]] Tennis stroke review "shadow swing" warmup (with racquets) – **very important to spread out for safety before any swings.** Follow lead coach: Ready stance, feet moving (run in place), "forehand!" (turn and swing). Ready, feet moving, "backhand!" Serve stance, "serve!". Repeat this sequence to achieve both warm-up and to reinforce tennis vocabulary (names of strokes).

Step 3: Skills, Activities

Level 1 Group: Skills Track

Level 2 Group: Rally Track

Review/practice previous session skills (max 10 min.)

- Racquet skills (week 1).
- Modified/adaptive serving (week 2).
- Moving and hitting (week 3).
 - Three steps right/left and hit; walk and hit; if rally-capable, rally!

Directional play activity

- Goal is to direct throw or hit play toward two or three rubber spots by calling out a color or number (if numbered-spots are available) sequence. Players come forward from baseline to service line in pairs. Coach calls out sequence (e.g. "green-red!" or "green-red-blue!"), and begins feeding alternately to players, who aim to hit spot targets in sequence order. "Skills Track" players may start by catching the feed and throwing to the spots in sequence order and then progress to hitting. (Coaches: multiple spot colors are available -- make sure you have them!)

Step 4: Game

This game involves the same/similar set up as the previous activity, with a colored spot target (2 different colors) in each service box on the opposite side from the players.

Split the group into two teams with a mixture of ability levels on each team and position each team on it's own court. Players approach the net in pairs. When it's their turn, a pair comes to the net, coach/feeder calls out a bonus color, both players attempt to tap (volley) a ball over (1 point), then the pair takes two steps back and attempts a forehand or backhand off a bounce (2 point opportunity). Rally the second ball for extra credit points, and hit the bonus spot for extra points. Clearly player success will vary tremendously, but all should try! Accumulate total points for both lines on each court, compare with other court. Encourage athletes to cheer on their teammates! (Don't forget to pick team names)

Review & Cheer

We love COMPETITION!

