

Public Tennis Special Olympics Youth Lesson Plan #5

Step 1: Theme, Vocabulary

Today's theme is **Confidence**! What is confidence and why is confidence and positive attitude so important to tennis players?

Today's tennis word is actually an expression ... "come on!"

Step 2: WarmUp

Throw and catch warmup. Find a partner (could be a coach). Spread out for safety. Ambulatory players with feet moving. Wheelchair/stander players throwing, dropping, gripping, throwing or catching only ... creative, whatever works! All players, throwing and catching at a distance consistent with success, creatively as needed. Encourage athleticism, ready stance when receiving, feet moving. Partners rooting for each other. Counting successful throws and catches.

Steps 3 & 4: Skills, Activities, and Game

Level 1 Group: Skills Track

Level 2 Group: Rally Track

Preparation for end-of-season team skills competition

Create 4 "stations", each on its own court, and each with a main skill and a goal. Rotate 4 groups of players through the 4 stations. (Important note: ideally, 15 minutes per station, so if time is strictly limited to one hour, it may make more sense to pick three of the four stations in order to do them well.)

Station 1: Adaptive serving, landing the serve in a service box for points

Station 2: Volleys, start at net, progressively positioned further from net, point for clearing net and in play

Station 3: Groundstrokes with target areas for points, extra points for rallies over 3 strokes

Station 4: Move/walk (from baseline to net, also 2 steps and hit) and hit over net and in play for points

Review & Cheer

COME ON!

