

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 2/3 Groups: Rally and Point Play Tracks

1. Review last week's skills
See Lesson Plan #1
 - Simple groundstrokes, "lift the ball"
 - Athletes feeding balls to each other
 - Point players work on keeping over-the-net rally going.
2. Work on the serve inclusively and adaptively, embracing Ability, and with a broader definition of "serving" in mind. (see related video)
3. Serve across net to partner on other side who attempts return. Alternate servers and returners.

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/or to rallying more than 3 times – keep it simple or both athletes and coaches will get confused! "Target Players" can get as close to targets as needed. "Rally Players" can be on opposite sides or same side --- just keep a ball in play! 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!

