

# Special Olympics Schools Program

## Adaptive Teaching: Mindset

1. Engage and Connect with Athletes
  - a. Draw them out with questions, challenges, goals, games
  - b. Celebrate success
  - c. Skills enable games
  
2. Re-think what Tennis Success is to **Each** Athlete (and not to you)
  - a. **This** is a Serve (and so is this...and this)
  - b. **This** is a Forehand, Backhand, etc.
  - c. **This** is a Point
  
3. Think Progressions and Regressions
  - a. Optimal Challenge = Greatest Learning Potential
  - b. What can we **vary** to encourage **adaptation**?
    - i. Size of playing area
    - ii. Distance to net, other players
    - iii. Feeder position and feeder movement (“walk and hit”)
    - iv. Feeding/hitting to/away from player
    - v. Ball type, speed, height, spin, shape
  
4. Embracing **Ability** (Get creative with...)
  - a. Rhythm (1 – 2 – hit!)
  - b. Biomechanics and leverage
  - c. Assist, facilitate to help athlete sense/feel/experience and repeat
  - d. Double-team with another coach or teacher/assistant
  - e. Accessories, targets, tools
  - f. Non-racquet athletic skills as openers