

# Public Tennis Special Olympics Youth Lesson Plan #2

## Learning Objectives

Today's tennis words are "serve" and "volley". Both serve and volley balls do not touch the ground! Demonstrate a serve (player feeds to him/her-self). Demonstrate a volley (one coach feeds to another coach positioned at the net). Keep it simple, not technical, but do introduce the service box as the target for a serve and do demonstrate the volley as a bump stroke and not a swing!

## 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.

## 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 **A**bility, and with a broader definition of "serving" in mind. (see related video)
3. Work on volleys with athlete very close to net.  
Position racquet, feed, bump volley!

### 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** (and then, the volley) inclusively and adaptively, embracing **A**bility, 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.

## Game

"Serving" skill relay race. Two teams (per court in case of large group).

Athlete runs to net, serves from close range, returns to team at baseline, next play, etc. First team to complete 15 serves. Coach assists with stroke and may toss the ball as needed

"Volleying" skill relay race. (similar, but coaches hand feed volley balls from opposite side of net)

## Review & Cheer

We can SERVE and VOLLEY!

