



ADAPTIVE TOOLKIT: Lesson Plan #1

GREETING & GOALS

Today's theme is **Teamwork!** Who can tell me what that means?

Today's tennis word is "**Rally**", defined inclusively as **any** kind of back and forth over the net or between players on same side of net. Rallying is also today's goal!

WARM-UP

No racquets (for safety)! 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

Skills Group

- Athletes to use racquet to roll balls to each other (or to coach), trap against ground to stop, return ball to partner. Similar activity in circle of 3 or 4 athletes/coaches. **Tip:** when receiving the ball, face the sender; then, to send the ball to the next player, turn and face the destination player and then send.
- Partner throw/catch (no racquets).
- Racquet-to-racquet ball exchange in circle of 3 or 4 athletes/coaches. (Teamwork!)
- All athletes at net, practice tap volley to learn to make contact with ball. **Tip:** each player's racquet is literally at/above the net with racquet face positioned to hit straight ahead.
- All athletes to attempt hitting balls over net on one bounce. (coach on same side, underhand side-by-side feed; if successful, try from other side). Make it a game, "How many can we make in a row?"

Rally Group

- Demo: "Lift the ball over the net" -- simplified forehands and backhands. Let the goal itself teach low to high swinging without technical instruction.
 - Coach initiates (by hand or racquet) and sets a goal. Examples: hit balls over net to targets or to the coach (catchable).
 - Teach athletes to feed to each other by hand, and, if possible, by racquet.
 - Work in pairs and groups of 2-4. Partner throw/catch and trap-catch. "Group circle" handoff, throw/catch. (Teamwork!)
 - Rally in pairs on same side of net (share the bounce) or opposite sides in "short court"
- Optional: "In Play" and "Out of Play" (learning to call the lines)

Group Leveling Optional

GAME

Inclusive, Entire Group

Human Handoff Chain team competition: Two teams, mix of athletes, lined up from baseline to net – same court, same side of court, one team on left doubles alley, other team on right doubles alley. First team to handoff 20 balls from baseline to net (last person throws ball over net) wins (teamwork!). Wait for a ball to go from baseline to net before introducing next ball. **Go Team** (name your teams)! [Optional Variation: Racquet-to-racquet ball exchange]

REVIEW & CHEER

TEAMWORK RULES!

Hand out Take Home Cards