



ADAPTIVE TOOLKIT: Lesson Plan #2

GREETING & GOALS

Today's theme is **Sportsmanship**. Who can tell me what that means? Tie into line calling later ("honor system"). Today's tennis word is "**Serve**". Inclusively defined, there are 3 parts to the serve 1) tossing the ball to the racquet, 2) striking the ball in the air (no bounce!), and 3) landing the ball in the box diagonally opposite the side where the athlete is standing.

WARM-UP

The warm-up activity is a preview of the mobility skill which will be the focus of Lesson Plan #3. Weave through a series of cones, spots, agility ladder. Progressively vary the footwork each time through. Walk, jog, skip, run, high knees, side-shuffle, etc. Be sure to warm-up fully including upper body (arms waving, etc.). Think of a Parade with coaches leading like Drum Majors with tennis racquets instead of batons.

SKILLS & ACTIVITIES

Both Groups

- Quickly review rally skills we worked on in the previous lesson. "What did we say 'rally' means?"
- As quickly as possible, progress to the point of optimal challenge for each athlete (whatever works: roll, catch, trap, handoff, racquet handoff, shared bounce, rally over the net, close up or short court or longer court, slower or faster balls, etc.) At optimal point, challenge each athlete to a specific number of "reps", count, and celebrate!

Skills Group

- Introduce/demonstrate adaptive/inclusive serving: **This** (close to net, lands in the box) is a serve, and **this** (further back) is a serve, and **this** (from baseline) is a serve. Show adaptive techniques including underhand and side stroke (vs. over head). Assist with tossing as needed (toss for the athlete).
- Engage athletes in practicing serves, each

utilizing their unique skills, by varying the stroke, distance from the service box target, and coach assistance. Coach assistance may include guiding the racquet and/or tossing the ball.

- Challenge athletes to make it a game, "How many can we make in a row?" (use appropriate distance/assistance/technique)

Rally Group

- Similar to Skills Group, except with the demonstration focused on self-tossing and overhead technique, and starting at the service line and working back to the baseline.

Optional:

"In Play" and "Out of Play" (learning to call the service box lines)
Ask players to return serves which land in play, and, if possible engage a rally or start a point

Group Leveling Optional

GAME

Inclusive, Entire Group

Serve Mania Game: (see diagram) Team on court 1 vs. team on court #2. Same setup on each court. Players on one side of each court only. Red spots on right half of player side at 3 distances for 1/2/3 points. Green spots on left half of player side at 3 distances for 1/2/3 points. Red and green spots on opposite side in deuce/left service box and ad/right service box, to indicate the target box (matching colors). Two players serve simultaneously, serve from 3 distances, and then rotate to hit serves to deuce and ad court targets. Score as many points for your team as you can in 5 minutes!

REVIEW & CHEER

SERVING IS AWESOME!

Hand out Take Home Cards