



ADAPTIVE TOOLKIT: Lesson Plan #3

GREETING & GOALS

Today's theme and the word for the day is **Effort**. The tennis skill we're working on is **Moving to the Ball**. Related skills are agility, balance, acceleration deceleration, changing direction, athletic stance, and ready position. All of these skills help us to prepare and move to the ball. Our inclusive approach will involve non-ambulatory athletes by teaching them how to respond to directional challenges.

WARM-UP

The warm-up activity is a preview of the mobility skills we'll be working on today. Weave a series of cones, spots, agility ladder. Progressively vary the footwork each time through. Walk, jog, skip, run, high knees, side-shuffle, etc. With creativity and possibly assistance from caregivers, **all** athletes, including those with mobility assistance devices will be turning, bending, and moving body parts.

SKILLS & ACTIVITIES

Skills Group

- Review of rallying with emphasis on activities in which players are on the same side of the net (roll&trap, throw&catch, throw&trap, handoff, racquet handoff, shared bounce if possible, with coach as a partner as needed) Count rally balls and "set records" or "personal bests" for fun
- Review of serving, with coach assistance (tossing, swinging) and close to net as needed
- "Walk and hit" activity (see video, baseline to net). Alternatively, "walk, catch, and throw" (no racquets)
- Demonstrate "ready position" (racquet neutral) and athletic stance as starting point for "2 steps and catch" throw (or bounce pass) and catch activity
- "Partner side slide with throw and catch" along alley with one player on singles sideline and partner on doubles sideline (moving and throwing simultaneously)

Rally Group

- Review of rallying and serving: Emphasis on activities in which players are on opposite sides of the net, but

hitting up more than out to maximize balls-in-play per rally attempt. Start each rally with a short court serve in order to review serving in the context of rallying which is similar to point play. Challenge players to games in which the most rally balls wins!

- Demonstrate "ready position" (racquet neutral), and athletic stance as a starting point for "2 steps and catch" and "2 steps and hit" activities (bounce feed with plenty of loft, 2-3 steps away from the athlete)
- Explore adding "happy feet" to the ready/athletic stance. When their feet are moving, are the athletes more successful in reacting and hitting balls which are 2-3 steps away?

Non-ambulatory

- If you have non-ambulatory athletes in your group, modify the activities by teaching them how to respond to directional challenges. For example, from a ready stance, quickly and dramatically, point to the athlete's right and instruct, "look/point to the right!"
- Similarly, and depending on ability, engage a throw-and-catch activity which challenges each athlete to respond quickly balls thrown to either side.

GAME

Inclusive, Entire Group

Tennis **Baseball**: Tennis "baseball" is fun and easy to set up for groups with a wide range of ability. Each player on the batting team is given 3 tries to hit a coach-feed or drop feed ball over the net and in play (doubles lines). When "batters" land a ball in play and "fielders" cannot catch the ball in the air or on a maximum of one bounce, a "home run" is scored. All players on one team are given an opportunity to bat, followed by all players on the opposing team. Most runs scored wins. There are many variations on these rules -- modify as you see fit. Max. of 16 players per court is recommended.

REVIEW & CHEER

EFFORT RULES!

Hand out Take Home Cards