



ADAPTIVE TOOLKIT: Lesson Plan #4

GREETING & GOALS

Today's theme and the phrase for the day is **Practice Makes Perfect**.

The skills we're practicing are the skills we introduced in the first three lessons: rally, serve, and footwork (moving to the ball). We will practice the skills at three "**stations**".

WARM-UP

Assuming you have set up your courts as described in the Skills & Activities section ahead of time, you will do a preview of the **skills stations** as your warm-up and as a vocabulary builder (ask the athletes). Walk, run, skip, and side-shuffle to Station 1, and "rally" briefly with a partner. "THIS is the **rally** station" ... (next station) ... "THIS is the **servng** station" ... finish your warmup by weaving the spots and cones at the **footwork** station.

SKILLS & ACTIVITIES

Three (mixed level) Groups

Skills stations are an efficient way to get a lot of "reps" for your athletes, even if you have a limited number of coaches.

Typically, for practicing tennis skills, each station/skill is set up on its own court. However, with portable nets, programs with limited court availability can turn one or two courts into three or four as needed.

The idea is simple as follows:

- In advance, coaches set up each court/station with balls, spots, cones and other accessories, to be functional for practicing each skill.
- Coaches split the athletes into three groups (leveling the groups is optional, mixed-level groups are encouraged)
- A "traffic cop" coach directs each group to an initial station

For each rotation..

- On group arrival at the station, the lead coach for the station organizes a group cheer consisting of the name of the skill at that station ("rally!", "serve!", or

"footwork", in this case)

- Depending on the number of athletes and the time allowed, each group practices at the station for 10 to 20 minutes.
- Each rotation concludes with a cheer (name of skill)
- The traffic cop coach directs the athletes to rotate to the next skill station. Athletes rotate! Coaches stay at their stations and become 'experts'.

... and the process repeats for a total of three rotations.

Optional:

- Make skill signs to identify each station. Clip (clothes pins) to nets
- Assign a color to each station. Athletes collect a color-coded silicone wristband for each station upon completion (wear all three bands home as an opportunity to share/discuss/celebrate with family)

Coaching Note: Why is this type of structured and repetition-based activity beneficial for athletes? See our "Brain-Based coaching" video regarding strategies for "regulating" athletes and the underlying science.

GAME

Inclusive, Entire Group

Around the World is a target practice game in which the targets (on one side of the net) are stationary and the athletes attempt to land tennis balls in the target areas from various positions on the other side of the net. Athletes may choose to throw or hit balls (with or without coach assistance) to the targets. To set up a competition, divide your group into a convenient number of mixed level groups, set up several courts with targets (same set up on each court), and compete for most hits within an allotted time. Get creative! Modify the game based on the number and the skills diversity of your athletes. Have fun!

REVIEW & CHEER

PRACTICE MAKES PERFECT!

Hand out Take Home Cards