



## ADAPTIVE TOOLKIT: Lesson Plan #5

### GREETING & GOALS

Today's theme is **Fair Play**.

This is fitting since our skills focus is **Playing Points and Games**. What is a point, anyway? What is a game? What are rules? What makes a game challenging and what makes it fun? And what is fair play and why is it so important? Let's see what the athletes have to say about these topics, not just in tennis, but also in other sports and in life.

### WARM-UP

For the warm-up activity, we will introduce some new tennis vocabulary -- the names of the lines -- and we will ask the players to jog, skip, and run to the line when we call out each line by name. Be careful to spread out on multiple courts as needed for safe spacing. You'll want to include the baseline, the service line, the (R & L) singles sidelines, the (R & L) doubles sidelines, and the centerline. "Who can get to the baseline first, skipping?"

### SKILLS & ACTIVITIES

**Homework alert!** Please ask your students **and** your coaches to watch the homework video listed with the materials for this lesson plan. For your athletes, a little bit of familiarity will accelerate understanding, and for your coaches, it will help trigger ideas on how to explain -- it might be harder than you think!

There are many ways to teach your athletes how to play points and games. Here are a few tips:

1. Involve the athletes. Make it interactive and make it visual. Less words ... 'show' more than 'tell'.
2. Ask your athletes about other sports they may be more familiar with. Basketball (points, playing area). Soccer (goals, playing area).
3. Demonstrate how points are played in tennis, including the playing area for singles and for doubles.
4. Show the group what in-play balls look like and what out-of-play balls look like. (including "on the line is in") Ask the group, "if a shot lands here, is it in?"
5. You'll only need a handful of examples to cover the essentials, and that's all we need for now

because today's first game will be an opportunity to reinforce how to call the lines. Ask the group, "if a shot lands here, is it in?"

6. Finally, the skills section should conclude with a quick demonstration of how points are won/lost in tennis. Don't expect to cover all possibilities, just the common ones -- be sure to include balls hit in the net, balls hit to out-of-play areas, balls which are not returned or hit, or balls which bounce more than once, etc.

Be sure to leave ample time for the Games section of the lesson plan, which will further reinforce how points and games are played in tennis.

### GAME

Inclusive, Entire Group

**Game #1:** You make the call -- Calling balls which are in- and out-of-play

**Game #2:** Point play -- Coaches will "play in". Bring your teammates. More "coaches", better points! These inclusive adjustments will make it possible for athletes to participate and have fun, regardless of differences in skills and abilities.

### REVIEW & CHEER

WE LOVE FAIR PLAY

Hand out Take Home Cards