



ADAPTIVE TOOLKIT: Lesson Plan #6

GREETING & GOALS

Today's theme is a combination of themes we've explored in this series of lessons: **Sportsmanship and Teamwork.**

Our skills focus is a competition we call a **Team Challenge.** With less focus on individuals, team competition provides an opportunity to celebrate the skills and contributions of all teammates equally in a fun and supportive event.

WARM-UP

Since the competition is time-consuming, choose your teams ahead of time, and use the warm-up time to assemble the teams. Pass out whatever wearable materials you are using to distinguish between teams. As soon as your teams are set, a group cheer is the first order of business. "Go Team Green", "Go Team Red"... Follow the cheers with a very brief description of how the competition works. Don't over-explain! Focus on "getting points for your team". The athletes will pick up what they need to know very quickly on their own!

SKILLS, ACTIVITIES, & GAME

Coaches will divide the group into equal-size teams, with each team identified by a team color. Each team should be similarly diverse in terms of mix of player abilities.

Teams will be assigned a captain who is not a player – typically, a parent, a coach, or a teacher. The Team Captain will assist the team in rotating to each station, and will keep them on track in terms of engagement, positive attitude, and simply rooting for their teammates.

Coaches will set up the courts for the three skill stations in advance of the competition. Players will rotate through the stations, but coaches will remain at their stations all the way through the competition, becoming experts at delivering a consistent experience at their respective stations.

Based on previous lesson plans from this series, we recommend the following stations:

Station 1: Serving to service boxes

Station 2: Hitting over the net to targets

Station 3: Agility course

See the attached diagrams for court set ups, and note that the third station is extremely simple -- no racquets, no ball hoppers, and no other court accessories except for five balls of any type and five low "dome" cones (optional).

At stations one and two, buckets of approximately 100

clothespins will be available to keep the score by clipping them to the net. At the end of each round, points will be counted, recorded on a scoresheet markerboard by team color, and removed from the net to clear the score before the next team arrives.

Station three is essentially a qualifying heat for finding the player on each team who can navigate the agility course in the least amount of time. These players will represent their team in the final activity of the competition, in which the winner will be given 30 points for their team, the runner-up will get 15 points for their team, and third place will be awarded 5 points (feel free to make up your own rules!).

Coaches should allow 10-15 minutes per station/rotation. At the end of the three rotations, points for stations 1 and 2 will be tallied, and all teams will go to station 3 for the agility finale where the fastest players for each team will compete for points as previously described. After a final tally of points for all activities, scores will be announced, with each score an opportunity for celebration, applause and cheering ... "go Team Green", "go Team Red"...

Remember -- Positive attitude & energy are contagious! Smile, cheer, root, clap, and use player names often – and encourage the athletes to support each other whether they are on the same team or not.

REVIEW & CHEER

GO TEAM GREEN! GO TEAM RED!... Hand out Take Home Cards