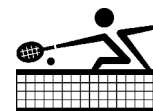


Table of Contents

Essential Components of Planning a Tennis Training Session	3
Principles of Effective Training Sessions	3
Tips for Conducting Safe Training Sessions	4
Tennis Practice Competitions	4
Creating Meaningful Involvement in Unified Sports	5
Special Olympics Tennis Rating System Sheet	7
Tennis Attire	9
Tennis Equipment	11
Teaching Tennis Rules	13
Match Play Rules	13
Unified Sports® Rules	13
Short Court Tennis	14
Short Court Rules	14
Protest Procedures	15
Tennis Court with Dimensions	15
Tennis Protocol	16
Sportsmanship	17
Tennis Glossary	18
Appendix: Skill Development Tips	21
Racket Control	21
Groundstrokes	25
Forehand	25
Backhand	27
Drills for Forehand and Backhand Groundstrokes	30
Volley	31
Serve	33
Return of Serve	36
Hitting with Movement	37



Essential Components of Planning a Tennis Training Session

Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session. The following elements need to be included in an athlete’s daily training program. Please refer to the noted sections in each area for more in-depth information and guidance on these topics.

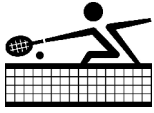
- Warm-ups
- Previously taught skills
- New skills
- Competition experience
- Feedback on performance

The final step in planning a training session is designing what the athlete is actually going to do. Remember when creating a training session using the key components of a training session, the progression through the session allows for a gradual build-up of physical activity.

1. Easy to difficult
2. Slow to fast
3. Known to unknown
4. General to specific
5. Start to finish

Principles of Effective Training Sessions

Keep all athletes active	Athletes need to be active listeners.
Create clear, concise goals	Learning improves when athletes know what is expected of them.
Give clear, concise instructions	Demonstrate – increase accuracy of instruction.
Record progress	Chart progress together with your athlete.
Give positive feedback	Emphasize and reward things the athlete is doing well.
Provide variety	Vary exercises – prevent boredom.
Encourage enjoyment	Training and competition is fun. Help keep it this way for you and your athletes.
Create progressions	Learning is increased when information progresses from: <ul style="list-style-type: none"> • Known to unknown – discovering new things successfully • Simple to complex – seeing that “I can do it” • General to specific – “this is why I am working so hard”
Plan maximum use of resources	Use what you have and improvise for equipment that you do not have – think creatively.
Allow for individual differences	Different athletes, different learning rates, different capacities.



Tips for Conducting Safe Training Sessions

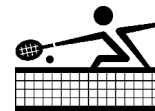
Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of tennis. The safety and well-being of athletes are the coaches' primary concerns. Tennis is not a dangerous sport, but accidents do occur when coaches forget to take safety precautions. It is the head coach's responsibility to minimize the occurrence of injuries by providing safe conditions.

1. Establish clear rules for behavior at your first practice and enforce them. Some examples are:
 - Keep your hands to yourself.
 - Listen to the coach.
 - When you hear the whistle, "Stop, Look, and Listen."
 - Ask the coach before you leave the field of play.
2. When the weather is poor, have a plan to immediately remove athletes from inclement weather.
3. Make sure athletes bring water to every practice, especially in hotter climates.
4. Check your first-aid kit; restock supplies as necessary.
5. Train all athletes and coaches on emergency procedures.
6. Choose a safe field area. Do not practice in areas with rocks or holes that could cause injury. Simply telling players to avoid obstacles is not enough.
7. Walk the court area and remove unsafe objects. Be particularly vigilant when you are playing in cluttered indoor gyms. Remove anything that a player might run in to.
8. Review your first-aid and emergency procedures. Have someone who is trained in first aid and CPR on or very near to the field during practice and games.
9. Warm up and stretch properly at the beginning of each practice to prevent muscle injuries.

Tennis Practice Competitions

The more athletes compete, the better they get. Part of the strategic plan for Special Olympics tennis is to drive more sport development at the local levels. Competition motivates athletes, coaches and the entire sport management team. Expand or add to your schedule as many competition opportunities as possible. Here are a few suggestions:

1. Schedule matches with nearby local Special Olympics Programs.
2. Ask the local high school if your athletes can practice with the team and play practice matches.
3. Join the local community tennis club and/or associations.
4. Host weekly matches.
5. Create a tennis league or club in your community.
6. Incorporate competition components at the end of every training session.



Creating Meaningful Involvement in Unified Sports

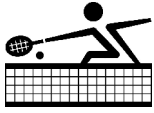
Unified Sports embraces the philosophy and principles of Special Olympics. When selecting your Unified Sports team you want to achieve meaningful involvement throughout your sport season. Unified Spots teams are organized to provide meaningful involvement for all athletes and partners. Every teammate should play a role and have the opportunity to contribute to the team. Meaningful involvement also refers to the quality of interaction and competition within a Unified Sports team. Achieving meaningful involvement by all teammates on the team ensures a positive and rewarding experience for everyone.

Indicators of Meaningful Involvement

- Teammates compete without causing undue risk of injury to themselves or others.
- Teammates compete according to the rules of competition.
- Teammates have the ability and opportunity to contribute to the performance of the team.
- Teammates understand how to blend their skills with those of other athletes, resulting in improved performance by athletes with lesser abilities.

Meaningful Involvement Is Not Achieved When Team Members

- Have superior sports skills in comparison to their fellow team members.
- Act as on-field coaches, rather than teammates.
- Control most aspects of the competition during critical periods of the game.
- Do not train or practice regularly, and only show up on the day of competition.
- Lower their level of ability dramatically, so they do not hurt others or control the entire game.



Special Olympics Tennis Rating System

The Special Olympics Tennis Rating System is a systematic method to determine the skill ability of an athlete. The system is designed to assist coaches in determining an athlete's ability level in tennis before they begin participation. The rating is also used in preliminary divisioning of athletes for competition. Coaches will find the rating system a useful tool for several reasons:

1. Helps the coach and athlete determine in which events he/she will compete.
2. Establishes the baseline training areas of the athlete.
3. Assists coaches in grouping athletes of similar ability into training teams.
4. Measures the athlete's progression.
5. Helps determine the athlete's daily training schedule.

Before administering the rating system, coaches need to perform the following analysis while observing the athlete:

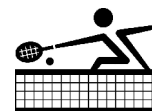
- Become familiar with each of the tennis skills.
- Have an accurate visual picture of each skill.
- Have previously observed a skilled performer executing the skill.

In preparing for Special Olympics tennis competitions, it is recommended that the coach complete the Special Olympics Tennis Rating System Sheet and submit it to the Tournament Committee with registration materials. The Tournament Committee should then conduct a separate on-court rating during a preliminary divisioning round. The Special Olympics Tennis Rating System is modeled after the USTA National Tennis Rating Program. It is a subjective evaluation and it is recommended that raters be familiar with the USTA National Tennis Rating Program or other systems of evaluating tennis playing ability. To use the Special Olympics Tennis Rating System, the rater should observe the athlete during simulated play situations. This could involve:

- Athletes hitting with raters, or
- Athletes playing mini-matches with other athletes, or
- Athletes practicing with other athletes.

When administering the Special Olympics Tennis Rating System, coaches should strive to observe the best performance by the athlete. Always begin by explaining the skill you would like to observe and demonstrate the skill when possible.

The Special Olympics Tennis Rating System categorizes playing ability into eight levels. Athlete skill is rated on seven basic tennis skills: forehand, backhand, movement, first serve, second serve, return of serve and volleys. The rater should observe the athlete and indicate playing ability by rating the athlete from one to eight on each of the basic skills. The rating form task analyzes each basic skill into levels of ability. A total score is determined for all seven skills and an average rating calculated (for example, 2.5 or 3.8). The overall rating is then used to division the athlete with other athletes of equal playing ability.



Special Olympics Tennis Rating System Sheet

Athlete's Name: _____ Coach's Rating: _____
 Delegation: _____ Date of Coach's Rating: ___/___/___
 Rater's Name: _____ Final Rating: _____
 Date of Final Rating: ___/___/___

Level 1 (athlete at this level should complete the ISC Skills Testing)

Player just starting to play tennis (1)
 Appropriate competition would be ISC (1)

Score:

A. Forehand (one choice --- should be the most representative of the athlete's skill level)

- Has difficulty hitting FH shots (2)
- Hits inconsistent weak FH shots (3)
- Hits FH shots with little directional control (4)
- Sustains a short rally using FH and BH shots (5)
- Sustains a rally with directional control (6)
- Sustains a rally with consistency and depth (7)
- Sustains an extended rally (8)

Score:

B. Backhand (one choice --- should be the most representative of the athlete's skill level)

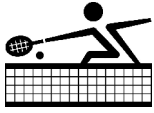
- Has difficulty hitting BH shots (2)
- Hits inconsistent weak BH shots (3)
- Hits BH shots with little directional control (4)
- Has directional control of BH shots, but shots lack depth (5)
- Returns difficult shots defensively (6)
- Has difficulty with high and hard shots (7)
- Controls FH and BH shots with direction, pace and depth (8)

Score:

C. Movement (one choice --- should be the most representative of the athlete's skill level)

- Stationary position; does not move to ball to hit shots (2)
- Moves only 1-2 steps toward ball to hit shots (3)
- Moves toward ball; but court coverage is poor (4)
- Movement allows sufficient court coverage of most shots (5)
- Exceptional court coverage (6)
- Exceptional court coverage and hits defensive lobs and inconsistent overheads (7)
- Exceptional court coverage and hits offensive lobs and consistent overheads (8)

Score:



D. First Serve (one choice --- should be the most representative of the athlete's skill level)

- 1st serve is weak (2)
- 1st serve faults are common (3)
- Hits 1st serves in at a slower pace (4)
- Hits 1st serves with pace (6)
- Hits 1st serves with pace and control (8)

Score:

E. Second Serve (one choice --- should be the most representative of the athlete's skill level)

- Double faults are common (2)
- Pushes 2nd serves (4)
- Hits 2nd serves with control (6)
- Hits 2nd serves with control and depth (7)
- Hits 2nd serves with spin, control and depth (8)

Score:

F. Return of Serve (one choice --- should be the most representative of the athlete's skill level)

- Has difficulty returning serve (2)
- Returns serve occasionally (3)
- Returns 2nd serve consistently (4)
- Returns some 1st serves; returns 2nd serves consistently (5)
- Returns 1st and 2nd serves consistently (6)
- Aggressive return of 2nd serve; weak return of 1st serve (7)
- Aggressive return of 1st and 2nd serves (8)

Score:

G. Volleys (one choice --- should be the most representative of the athlete's skill level)

- Avoids net (2)
- Does not hit volleys; avoids net (3)
- Hits inconsistent volleys; avoids net (4)
- Hits consistent FH volleys; BH volley is inconsistent (5)
- Hits aggressive FH volleys; hits defensive BH volleys (6)
- Hits aggressive FH and BH volleys (8)

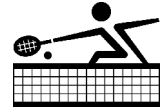
Score:

Total Score:

Divide Total Score by 7 to determine Overall Rating

(round off to the nearest tenth I.e. 4.97 = 5.0 or 3.53 = 3.5)

Overall Rating:



Tennis Attire

Appropriate tennis attire is required for all competitors. As coach, discuss the types of tennis clothing that is acceptable and not acceptable for training and competition. Discuss the importance of wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and competitions. For example, long pants or jeans and blue jean shorts are not proper tennis attire for any event. Inappropriate clothing can hinder a player's performance and be a safety hazard. Shirts and shorts should be loose fitting to allow for free movement. Take athletes to high school or college training or competitions and point out the attire being worn. You should set the example by wearing appropriate attire to training and competitions. Do not reward athletes who do not come properly dressed to train and/or compete.

Shirts

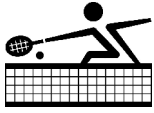


T-shirts are the most comfortable and practical tops for practice and training. Traditionally, tennis competitions are played in collared shirts that are tucked into shorts.

Shorts



During practice, athletes should wear loose fitting gym shorts or conventional tennis shorts. During competition, a traditional tennis short or skirt is preferable. Wearing proper tennis attire for competition can build an athlete's excitement for the competition.



Shoes and Socks



Shoes should be traditional tennis shoes with proper ankle, arch and heel support. Running shoes are inappropriate for tennis because they do not support the ankle. Be cautious of black-soled shoes as they mark the courts. Socks should be of an absorbent cloth to prevent blisters. If an athlete is prone to blisters, two pairs of socks can be worn.

Warm-ups



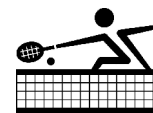
Cotton materials are good for tennis players. They should be worn before and after practice and competitions. Athletes should not wear sweat suits during play unless it is an extremely cold day.

Other items that might help a player's performance:

- ♦ Hats or sunglasses keep sun and wind out of the eyes.
- ♦ Sweatbands and headbands keep moisture off the racket hand and out of the eyes.
- ♦ Sunscreen can keep athletes from being overexposed to the sun.

Tennis Female Attire





Tennis Equipment

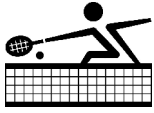
The sport of tennis requires the type of equipment noted below. It is important for athletes to be able to recognize and understand how equipment impacts their performance. Have athletes name each piece of equipment as you demonstrate its use. Coaches and athletes should work together to select the proper equipment for each athlete.

Tennis Rackets

Tennis rackets have changed dramatically in the past few years. Space-age materials have made rackets lightweight and very durable. Athletes should select a racket that "feels good" and is not too heavy or too light. Grip size is important for good technique. Have the athlete grip the racket comfortably. There should not be more than a finger width between the base of the thumb and the fingertips. If the fingers are touching the base of the hand, the grip is too small. Younger athletes may benefit from junior-sized rackets which are lighter and shorter. Broken strings and unraveling grips should be replaced as soon as possible. Coaches should teach athletes proper care of their rackets and all equipment.

Coaches will find the following racket sizes: A 23-inch racket is recommended for athletes 8-10 years of age, a 25- or 26-inch racket is recommended for athletes 10-12 years of age and a 27-inch racket is recommended for adults. These are general guidelines as strength, size of athlete and grip size are factors in determining the ideal racket to use.





Tennis Balls

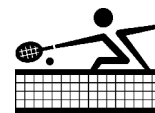


An abundance of tennis balls is important for a successful practice. Ideally, each court would have a separate hopper (teaching cart) of balls. Practice balls can be obtained from tennis clubs (ask a teaching professional for his/her old tennis balls), high schools and colleges.

Other Teaching Aids

1. Notebook for recording attendance, telephone numbers, student comments and progress reports, and medical needs for special athletes.
2. Targets of any shape, size and color can help athletes aim for a specific spot (examples are a pyramid of tennis balls, cones, hula hoops, chalk circles and rope).
3. SpeedBalls (foam balls).
4. Balloons to practice hand-eye coordination drills.
5. Ball machine for athletes to practice a variety of skills.
6. Ball containers as targets in games.
7. Radio or music box to increase attention and enjoyment.





Teaching Tennis Rules

The best time to teach the rules of tennis is during practice. The Official Special Olympics Sports Rules shall govern all Special Olympics tennis competitions. As an international sports program, Special Olympics has created these rules based upon International Tennis Federation (ITF) Rules for tennis. ITF Rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. Please refer to the Official Special Olympics Sports Rules Book for the complete listing of tennis rules.

Match Play Rules

Competition will be governed by the Rules of Tennis from the official code of the ITF. Please note items of particular interest below.

Service: The service motion may be underhand or overhand. The ball shall not bounce before being struck.

Scoring: One six-game, no-ad pro set will be used, with a 12-point tiebreak played at six games all (6-6). Traditional scoring of love, 15, 30, 40, etc. or simplified scoring of 1, 2, 3, 4 may be used. At deuce (or 3-3), the server serves into the side of the court chosen by the receiver.

Continuous play: Umpires allow 25 seconds between points and 90 seconds on changeovers. There is no break after the first game.

Coaching: Players may receive coaching from a designated coach when the player changes ends at the end of a game. Coaching is not allowed during a tiebreaker.

Balls: Three new balls should be used for all matches.

Officials: Officials will call lines, service lets, foot faults, time violations and code violations under the ITF point penalty system. Lateness for match will be penalized in accordance with the point penalty system.

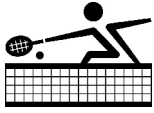
Medical Timeouts and Toilet Breaks: A medical timeout for each new medical condition, or aggravation of a pre-existing condition, may be taken during the warm-up or match for a treatable medical condition. Treatable medical conditions include, but are not limited to, injury, illness, and heat-related conditions and cramps. Once the umpire is notified and the trainer or medical personnel has reached the court and made a diagnosis that the condition is treatable, the three-minute treatment time begins. A player may request one or more toilet breaks during the match. Coaching is not allowed during medical breaks or toilet breaks. Players will be escorted during toilet breaks.

Unified Sports® Rules

There are few differences in the rules for Unified Sports doubles competition as stipulated in the Official Special Olympics Sports Rules and modifications outlined in the rules book. The additions are highlighted below.

- Each Unified Sports doubles team shall consist of one athlete and one partner.
- Each team shall determine its own order of service and selection of courts (ad or deuce).

The selection of athletes and partners of similar age and ability is essential for Unified Sports doubles competition. Though rule modifications have been implemented to minimize differences between athletes and partners, inappropriate competition experiences and a higher risk of injury result from teams where athletes and partners are poorly matched.



Short Court Tennis

Purpose

Short Court tennis is designed to prepare athletes for matchplay competition and provide a transition to full court play while slowly introducing the logistics of the game.

Short Court tennis is a transition game for athletes who have been successful with Individual Skills Competition and are ready to begin competitive matchplay, but are not quite ready for a full court game. Short Court tennis is an excellent game to work on footwork, racquet preparation, court movement and the rules of tennis. By downsizing the tennis court boundaries, athletes can be more successful as they work on developing their game in a more compact, non-threatening environment. Adding only one variable at a time allows the athlete to make adjustments more easily.

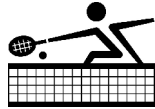
Unified Sports Doubles Short Court tennis is the first transition step from Individual Skills Competition. Small court coverage reduces the movement component, while the Unified tennis partner provides a stroke model for the athlete. The partner also provides encouragement and praise for the athletes on an individual basis.

Unified Doubles Short Court tennis may be followed by traditional Short Court doubles (all players are Special Olympics athletes) and by Short Court singles play. This progression provides the athlete a sequential learning opportunity in the components of tennis matchplay necessary to proceed to full court play.

Short Court Rules

Short Court tennis follows the Rules of the International Tennis Federation (ITF) with the following exceptions:

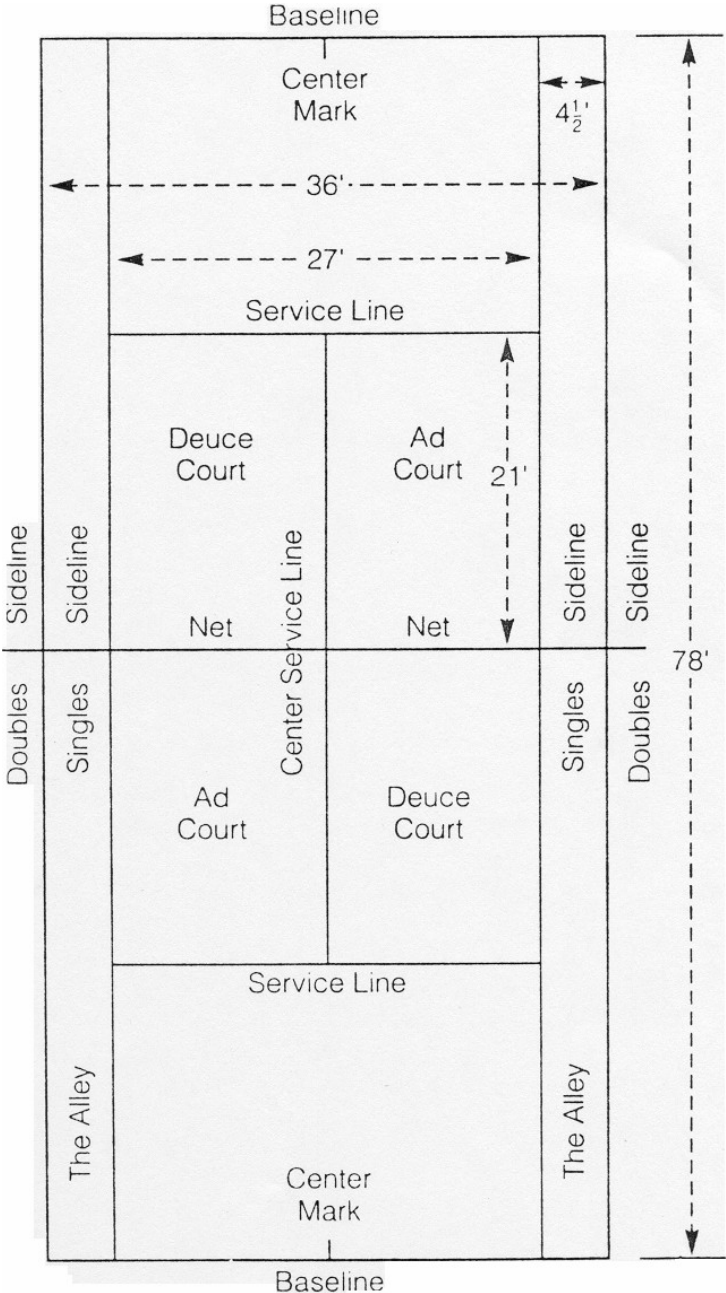
- ♦ Server must stand behind the service line to serve. It will be considered a foot fault if the server steps over the service line prior to contacting the tennis ball.
- ♦ Only the service box area is in-bounds.
- ♦ PTR Speedballs are used, which are larger than regulation-size tennis balls and provide a slower paced game, permitting players to work on strokes and court coverage. As the athlete progresses in skill and court movement, low-compression tennis balls may be used to provide faster ball speed.

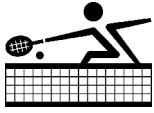


Protest Procedures

Protest procedures are governed by the rules of competition. The role of the Competition Management Team is to enforce the rules. As coach, your duty to your athletes is to protest an action or event that violates the Official Tennis Rules. Protests should be filed to correct a specific rules violation. Making a protest is a serious matter that impacts the competition schedule. Check with the Competition Management Team prior to competition to learn the protest procedures for that competition.

Tennis Court with Dimensions

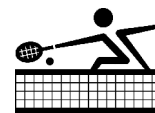




Tennis Protocol

Coaches and athletes should refer to the National Governing Body Code of Conduct in tennis for their respective country. An excellent resource in the United States is the United States Tennis Association (USTA) Code of Conduct, which may be found in the USTA publication *Friend at Court*. General conduct may include the following:

- ♦ Players make calls on their own side of the net. A player calls all shots landing on or aimed at the player's side of the net.
- ♦ A ball touching any part of the line is good.
- ♦ A player should not enlist the aid of a spectator in making a call.
- ♦ When a ball from an adjacent court enters the playing area, any player may call a let, as soon as the player becomes aware of the ball.
- ♦ The server shall announce the game score before the first point of the game and the point score before each subsequent point of the game.
- ♦ Athletes and coaches need to be aware of disruptive noises on and off the court.
- ♦ Be respectful to matches in play. Outside spectators should not be on the court.



Sportsmanship

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below are highlighted a few focus points and ideas on how to teach and coach sportsmanship to athletes. Coaches should lead by example.

Tennis is a game that requires cooperation and courtesy from all participants. Make tennis a fun game by praising your opponent's good shots and by not exhibiting the following behaviours as noted in the *USTA Friend at Court*.

- Making loud noises after points.
- Complaining about shots, like lobs and drops shots.
- Embarrassing a weak opponent by being overly gracious or condescending.
- Losing your temper, using foul language, throwing your racket or slamming a ball in anger.
- Sulking when you are losing.

Competitive Effort

- Put forth maximum effort during each event.
- Practice with the same intensity as you would perform in competition.
- Always finish the event. Never quit.

Fair Play at All Times

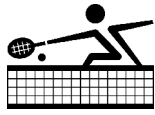
- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of officials at all times.

Expectations of Coaches

1. Always set a good example for participants and fans to follow.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics a top priority.
3. Respect the judgment of officials, abide by rules of the event and display no behavior that could incite fans.
4. Treat opposing coaches, directors, participants and fans with respect.
5. Shake hands with officials and the opposing coach in public.
6. Develop and enforce penalties for participants who do not abide by the highest sportsmanship standards.

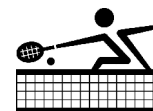
Expectations of Athletes and Partners in Unified Sports

1. Treat teammates with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect. Shake hands prior to and after contests.
4. Respect the judgment of officials, abide by rules of the contest and display no behavior that could incite fans.
5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
6. Do not retaliate (verbally or physically) if other athletes demonstrate poor behavior.
7. Accept seriously the responsibility and privilege of representing Special Olympics.
8. Define winning as doing your personal best.
9. Live up to the high standard of sportsmanship established by your coach.

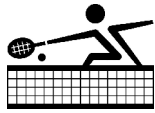


Tennis Glossary

Term	Definition
Ace	Ball served so well that the opponent fails to touch it with his/her racket.
Ad	Short for advantage in traditional scoring. It is the first point scored after deuce. Not used in the no-ad scoring system used for Special Olympics tennis competition.
Ad Court	Left service court.
Alley	The area between the singles sideline and the doubles sideline.
Approach	The shot hit from mid-court range that allows the player to come to the net to volley.
ATP	Association of Tennis Professionals; the organization for men's professional tennis.
Backcourt	Area between the service line and the baseline.
Backhand	The stroke that is used to return balls hit on the left side of a right-handed player and right side of a left-handed player. It can be hit with one or two hands. Note: Athletes should learn to hit a proper backhand not a right-handed forehand and a left-handed one.
Center Strap	Strap in the center of the net, anchored to the ground to hold the net secure.
Cross Court Shot	A shot in which the ball travels diagonally across the net from one corner to the other.
Deuce	A score of 40-40 in traditional scoring. Not used in the no-ad scoring system used for Special Olympics tennis competition.
Deuce Court	The right court, so called because the deuce point is played on that side.
Double Fault	The server loses the point if both of the two services attempts fail to cross the net and land in the appropriate service box.
Doubles	A match played by teams of two players. The court is extended to the doubles sidelines (after the serve).
Down the Line	A ball hit in a straight line near the sideline.
Draw	Procedure established to determine the position of each player in a tournament.
Drop shot	A touch shot that is hit softly over the net to force the opponent to run forward.
Etiquette	Rules of behavior on the tennis court.
Fault	A served ball that does not fall into the service box or goes into the net.
Fifteen	First point won by a player.
Foot Fault	An illegal serve caused by the server stepping on or over the baseline before hitting the ball.
Forehand	The stroke used to return balls hit to the right side of a right-handed player or the left side of a left-handed player.
Forty	Player's score after winning three points.
Game	The part of a set that is completed when one player or team wins four points. In no-ad tennis the scoring is 1, 2, 3, "game."
Good	A ball that lands inside the court or on the line forming the boundary of the court.
Grip	Bottom part of the racket that is used to grasp the racket.

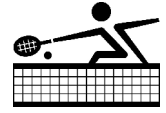


Term	Definition
Groundstrokes	Strokes played after the ball has bounced. Forehands and backhands are called groundstrokes.
Half Volley	Ball hit immediately following the bounce of the ball on the court.
In	A ball which lands within the boundaries of the court. Balls that hit any portion of the line are good in tennis.
ITF	International Tennis Federation.
Let	A point replayed because of interference; such as a ball rolling onto the court during play. This point would be replayed with two serves.
Let Serve	A serve that hits the top of the net and lands in the appropriate service box is replayed.
Lob	A stroke hit high in the air with the intent of being hit over a net playing opponent.
Love	A score of zero.
Match	A Special Olympics tennis match consists of one no-ad set. Traditional tennis matches are best 2 out of 3, or best 3 out of 5 sets.
Mixed Doubles	Doubles play in which a male and female team up to oppose another male and female team.
Net	The 3-foot barrier which divides the two sides of the court. To “play the net” means to attack your opponent by positioning yourself close to the net and hitting the ball before it bounces.
No-ad Scoring	The scoring system used in Special Olympics tennis in which the first player to win 4 points wins the game. If the point score reaches 3-3, the next point decides the game. The receiver has the choice of sides at 3-3.
Out	A ball is “out” if it lands outside of the boundaries of the court.
Overhead	An aggressive stroke played normally at the net when the ball is above the head.
Point	The smallest unit of score, awarded to a player when the opponent does not return a ball in play.
Racket	An implement used to strike the tennis ball.
Rally	A series of good shots exchanged between players. Also a term used for the type of practice where players intentionally hit balls back and forth to each other.
Receiver	The player who receives the service.
Referee	The official in charge of a tournament.
Serve	Short for service. It is the stroke used to put the ball into play. A server gets two chances to put the ball in play diagonally into the service box. The serve must be struck from a tossed ball (not off of a bounced ball).
Server	Player who serves the ball.
Service Box	Court area where a serve should be played. Deuce court or Advantage court.
Set	The scoring unit that is awarded to the player or team that has won 6 games by a margin of at least 2 games. Examples: 6-2, 6-4 or 7-5. If the game score reaches 6-6 a tie-breaker is played.
Short Court	Short court is a transitional game utilizing the service box area only.



Special Olympics Tennis Coaches Quick Start Guide

Term	Definition
Singles	A match played by two players.
Tie-breaker or Tie-break	A system used to decide a set when the score is 6-all (6-6).
Thirty	Score which indicates a player has won 2 points.
Umpire	The person who officiates at a match.
Unified Sports Doubles	A Special Olympics event played with a doubles team, consisting of a Special Olympics tennis player and a peer tennis partner. Ideally, teammates would be of similar ages and ability levels.
Volley	A stroke made by hitting a ball before it has touched the ground. Normally done inside the service line.
WTA	Women's Tennis Association; the organization for women's professional tennis.



Appendix: Skill Development Tips

Racket Control

Controlling the racket is an important building block to learning tennis skills. Coaches should consider the size of the racket and racket grip for their players.

Assessing Player Readiness

Beginners have difficulty in controlling their rackets in relation to the approaching ball. A beginner often swats at the ball instead of controlling the racket. Intermediate players have developed control of the racket to a level where they rarely miss contacting the ball. Strokes are relatively smooth and in control.

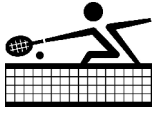
Teaching the Skill

Although tennis players hold the racket (grip) in many ways to execute different strokes, Special Olympics recommends using the eastern grip for athletes beginning to play tennis. View the video for further information on teaching correct grips.

- ♦ Use of foam balls is recommended when athletes are beginning the skill progressions.
- ♦ Athletes should be taught the traditional forehand "shake hands with the racket" grip, where the athlete:
 - ♦ Stands with feet slightly apart with the racket in the non-racket hand.
 - ♦ Places the palm of the racket hand against the strings of the racket and slide the racket hand down the racket until the hand reaches the grip.
 - ♦ Wraps fingers around the handle comfortably and "shakes hands."
- ♦ Using this grip, have athletes practice drills that increase their ability to control the racket head.

Eastern Backhand Grip





Forehand Grip



Semi-Western Grip

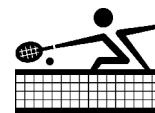


Serve Grip



Western Grip





Drills for Racket Control

Racket Balance

- ◆ Athletes hold the racket head on the ground with one hand on the grip, then let go of the racket, but catch it before it falls.
- ◆ Drills can be made more difficult by having athletes touch a body part (head, shoulder, knee, etc.) before catching the racket.

Walk the Dog (Follow the Lines)

- ◆ With the racket touching the ground, the athlete rolls the ball on the ground with the racket by following the lines around the court, trying to maintain control of the ball.
- ◆ Like walking a dog on a leash, the athlete attempts to keep the ball beside the racket.

Pass the Ball

- ◆ With a partner, athletes pass the ball from the middle of their strings to the middle of their partner's strings without using their hands.
- ◆ The ball is passed gently "gentle" back and forth in a down-the-line exercise (can be used as a team game).
- ◆ With their rackets, athletes line up on the baseline and place a ball on the racket strings. Athletes walk or run to the net trying to keep the ball on the strings. If the ball drops, athletes pick up the ball and continue.

Ups

- ◆ Using the forehand grip "fingernails up," the athlete holds the racket at waist level.
- ◆ Athlete drops a ball onto the strings with the non-racket hand. "Hit the ball in the middle of the strings."
- ◆ Athlete performs as many "ups" as possible in 30 seconds.

Downs

- ◆ Using the forehand grip "fingernails down," the athlete holds the racket at waist level.
- ◆ Athlete gently bounces "gentle" the ball downward with the strings of the racket.
- ◆ Athlete performs as many "downs" as possible in 30 seconds.
- ◆ As players advance, have them hit "edgies," dribbling the ball using the side of their racket.

Forehand Bumps

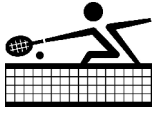
- ◆ Remind athletes to bump up, rather than down at the target.
- ◆ Partners stand about 5-10 feet away from each other with a target in between them and bump "bump" the ball with a gentle forehand motion, trying to hit the target.
- ◆ Emphasis is on control in this drill "control the ball."

Backhand Bumps

- ◆ Partners stand about 5-10 feet away from each other with a target in between them and bump the ball with a gentle backhand motion, trying to hit the target.
- ◆ Remind athletes to bump up, rather than down at target.
- ◆ Emphasis is on control in this drill "control the ball."

Toss-Bump-Catch Game

- ◆ Partners stand 10-15 feet apart. One partner gently tosses a ball so the partner can bump it back.
- ◆ Athletes complete 10 successful bumps and catches, then switch roles



Racket Rolls

- ◆ Athlete rolls the ball around the racket in a clockwise direction.
- ◆ Direction is reversed.

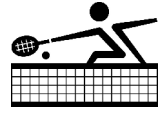
Emphasis on control and improvement should be implemented whether or not this is a game or progression. Intermediate players can play the drills in the form of relay races. The drills can be played for time with the number of successful attempts being recorded.

Key Words

- ◆ "Shake hands with the racket"
- ◆ "Shake hands"
- ◆ "Watch the ball"
- ◆ "Gentle"
- ◆ "Fingernails up" and "Fingernails down"
- ◆ "Hit the ball in the middle of the strings"
- ◆ "Control the ball"
- ◆ "Bump"

Coaching Tips

- Emphasize control and gentle bumps of the ball. This is a difficult concept for some Special Olympics athletes.
- Instruct athletes to watch the strings and try to contact the ball in the center of the racket (sweet spot).
- It is important that the athlete is using the appropriate racket size, length and weight.
- With lower ability levels it may be useful to use partners as coaches.
- Have athletes practice swinging the racket while balancing a penny on the edge of the racket. This teaches athletes to swing under control and to keep the racket at a right angle to the ground.



Groundstrokes

The groundstrokes are the basic rallying strokes in tennis. A groundstroke is any ball that is played off the bounce and is usually hit while standing close to the baseline. Coaches should incorporate mobility drills in the practice plan as footwork is an essential part of good stroke production. It is recommended to begin with static teaching and progression drills involving footwork.

Note: It is recommended that a coach focus on one stroke within each lesson plan.

Forehand

Teaching the Skill

Coaches are encouraged to use demonstration throughout each progression. When teaching a skill there are four basic components: grip, ready position, stroke and follow-through. It is best to begin new athletes in a short court format (playing at the service line area or inside the service box). This will allow for greater success and less intimidation than on a full court.

Forehand Grip

- ♦ Have athletes learn the traditional forehand "shake hands with the racket" grip (eastern forehand grip), where the athlete:
 - ♦ Stands with the feet slightly apart and holds the racket with the non-racket hand.
 - ♦ Places the palm of the racket hand against the strings of the racket and slides the racket hand down the racket until the hand reaches the grip.
 - ♦ Wraps the fingers around the handle comfortably and "shake hands."
 - ♦ The grip should not be held too tight ("not too tight, not too loose").

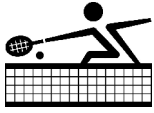
Ready Position

- ♦ Athletes face forward with knees slightly flexed, feet shoulder width apart and heels up off the ground.
- ♦ The racket should be held comfortably at waist level.
- ♦ Use the key words "eyes on the ball" and "relax and be ready."

Forehand Stroke

- ♦ Athletes turn shoulders and hips to face sideways to the net (racket is in a volley position with the strings facing the net). Use the key words, "stand sideways with your racket back and look like a surfer" or "turn your shoulders."
- ♦ Athletes take the racket back and down (pointing at the back fence and down toward the court surface). The shape of the swing, when put together as one motion, will be a "C" loop.
- ♦ Before initiating the swing, the athlete takes a few adjusting steps towards the ball.
- ♦ Demonstrate the contact point position (freeze this position and emphasize that this is where the ball is contacted).
- ♦ The stroke continues with a balanced follow-through with the racket high and out in front (be careful not to exaggerate the follow-through as athletes will put it all together when actually striking a ball), racket pointing up and toward the net (like "shaking hands with a giant").





Follow-through

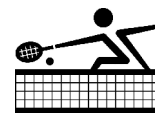
- ♦ The swing is completed with a follow-through that finishes with the racket pointing to the opposite side of the net "finish the stroke," "point the racket at your opponent, "turn, step, hit."
- ♦ The follow-through should be high above the head, swinging from low to high "swing low to high."

Key Words

- ♦ "Shake hands"
- ♦ "Not too tight, not too loose"
- ♦ "Eyes on the ball"
- ♦ "Relax and be ready"
- ♦ "Stand sideways with your racket back and look like a surfer"
- ♦ "Turn your shoulders"
- ♦ "Finish the stroke"
- ♦ "Shaking hands with a giant"
- ♦ "Point the racket at your opponent"
- ♦ "Swing low to high"
- ♦ "Turn, step, hit"

Coaching Tips

- The contact point is the most important part of the forehand. Emphasize contact at the front foot with a perpendicular racket head.
- Begin with the contact point and follow-through for the first 50 balls the athlete hits. Working from the contact point will provide the best control once the stroke begins to take shape. Add the backswing once the athlete has demonstrated a balanced contact and follow-through position.
- Encourage the athlete to hit the forehand gently and stress that tennis is a game of control. Hitting the ball over the fence is not a home run in tennis!



Backhand

The backhand is hit on the opposite side of the body as the forehand. It is perfectly acceptable to hit the backhand with two hands. A two-handed backhand helps the athlete control the backswing. Remember that some athletes may have difficulty with this and may want to hit two forehands. It is important to explore the backhand but be prepared to work with two forehands, if needed.

Teaching the Skill

Grip

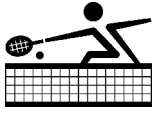
Athletes perform the backhand grip using the following tips (these tips are used for the dominant hand for the two-handed player).

- ♦ Hold the racket with the forehand grip.
- ♦ Turn the hand until the first knuckle of the index finger is on top of the grip (1/4 turn).
- ♦ Another way to find this grip is to put the racket under the left armpit and grab the racket as if unsheathing a sword.

For a two-handed grip, the dominant hand should be in the continental grip (same as the serve) and the non-dominant hand is placed in an eastern forehand grip. For a right-handed player, the non-dominant hand is a forehand grip for a left-handed player and this is reversed in teaching a left-handed dominant player.

2-Handed Backhand Grip





Eastern Backhand Grip

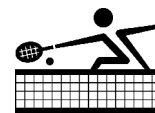


Continental Backhand Grip



Lefty Continental Backhand Grip





Ready Position

The athlete faces forward with knees slightly flexed and feet shoulder width apart. The racket should be held comfortably at waist level, weight leaning forward on the toes. Athletes should be reminded to keep their eyes on the ball ("eyes on the ball") and be relaxed and ready ("relax and be ready").

Backhand Stroke

In the backhand stroke the shoulders and hips are turned so the athlete is standing sideways (racket is in a volley position with the strings facing the net). Use the key words, "stand sideways with your racket back and look like a surfer" or "turn your shoulders." The athlete should use the forehand grip in the ready position. It will be necessary to practice the grip change to the backhand. The coach should be observant, making sure this is happening. Use the key words "change your grip."

NOTE: See the forehand and backhand grip video on the Coaching Guide CD.

- ♦ The racket is taken back and down (pointing at the back fence and down toward the court surface), with a continuous swing. This allows the student to have a loop "C" shaped swing.
- ♦ A few adjusting steps are taken towards the ball.
- ♦ The coach should demonstrate the contact point position. Freeze at the progression and emphasize that this is where the ball is contacted. Use the key words "hit off your front foot"; "turn, step, hit."

Keep in mind that a one-handed backhand contact point will be out in front of the forward foot, whereas a two-handed backhand contact point will be near the front foot position. Use the key words "hit off your front foot" or "turn, step, hit."

Follow-through

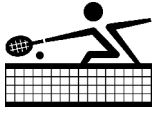
The stroke continues with a balanced follow-through with the racket high and out in front (one-handed). Be careful not to exaggerate the follow-through, as the athlete will put it all together when actually striking a ball. The racket will finish pointing up and toward the net like "shaking hands with a giant." The two-handed follow-through will wrap around the opposite shoulder in a full swing pattern.

Key Words

- ♦ "Eyes on the ball"
- ♦ "Relax and be ready"
- ♦ "Stand sideways with your racket back and look like a surfer"
- ♦ "Turn your shoulders"
- ♦ "Change your grip"
- ♦ "Hit off your front foot"
- ♦ "Shaking hands with a giant"

Coaching Tips

- Many Special Olympics tennis players like to hit two forehands, a left-handed and a right-handed one. It is important that coaches have athletes learn the backhand stroke.
- The backhand requires more strength and control and it is quite acceptable to use two hands.



Drills for Forehand and Backhand Groundstrokes

The following drills are presented in a progression from basic to advanced skill level. Some Special Olympics athletes will be able to move quickly through the progression and others may stay at certain levels for a prolonged time. Be flexible and monitor athlete success in these drills. Be cautious of using athletes as training partners, as delivering the ball to each other may be difficult, hampering their success.

Shadow Drills

These drills are done without a ball and are an excellent way to monitor proper stroke production. Examples of common game formats include the following.

- ♦ Follow the leader: athlete or coach leads the group and coach checks technique.
- ♦ Simon Says: athletes follow the leader's instructions only when he says "Simon Says, hit a forehand."
- ♦ Freeze: the coach calls out a command for forehand or backhand and then calls out "freeze." Check for proper grips and technique at this point.

Self-Drop Forehand and Backhand Drills

These drills can be also be modified to become a relay race. Each team has 20 balls to hit over the net. Start with a drop hit groundstroke. If the ball lands within the court the athlete repeats the skill. If a mistake is made, the next person in line takes a turn. The first team to hit all the balls is the winner. An adaptation is to have the coach stand to the side of the athlete and drop the ball.

The athlete should:

- ♦ Hold the racket with the proper grip and stand sideways to the net, with the racket pointing toward the back fence.
- ♦ Drop a ball from the non-racket hand, in front and to the side of the body.
- ♦ Step toward the ball with the front foot and stroke the ball over the net and into the court.
- ♦ Record the number of successful drop hits and monitor improvement as the season progresses.

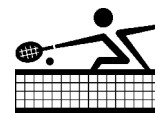
Alley Rally

- ♦ The athlete stands on the singles sideline facing a coach or partner on the doubles sideline 3 feet away.
- ♦ Place one tennis ball on the singles sideline and another one on the doubles sideline.
- ♦ Have athletes stand just behind the targets and, using the proper grip, gently bump the ball the partner's target.
- ♦ Partners rally back and forth.
- ♦ Monitor how many times the target is hit.
- ♦ To increase or decrease difficulty, use smaller or larger targets.

Tossed Ball Drills

- ♦ A partner or coach tosses tennis balls to the forehand and backhand sides.
- ♦ Athletes contact the ball after the first bounce and bump it over the net and into the court.
- ♦ Use targets, count consecutive hits and keep score between players. Be creative and keep athletes interested.
- ♦ Have a line of athletes "shadow" the hitter. The hitter stands at the service line and athletes follow the movements of the hitter.

NOTE: Refer to the Tennis Coaching Guide CD for more Drills



Volley

A volley is a stroke that is played before the ball bounces. It is normally hit when the player is inside the service line.

Assessing Player Readiness

Beginners are sometimes more successful with hitting the volley because it does not require the eye-hand coordination of playing the ball off the bounce. Common mistakes made by beginning and intermediate players are taking too big a swing or swinging down on the ball. Players should be reminded to focus on control rather than speed and power.

Teaching the Skill

Grip

The same grips used for the forehand and backhand are used for the volley. The eastern forehand and the eastern backhand should be used for both beginning and intermediate players. The volley grip for an advanced player is positioned between the forehand and the backhand groundstroke grips. The same grip is used for both the forehand and backhand volley.

Ready Position

The ready position is the same as for the forehand and backhand.

Volley Stroke

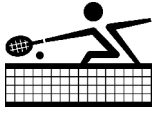
The volley progression includes the following steps:

- ♦ Begin with the athlete blocking the ball with his/her hand (hand up in the air as if giving a “high five”).
- ♦ Add the racket, with the athlete holding the racket near the throat, so that the fingers are behind the strings, making a “big hand.”
- ♦ Move the hand down the grip, eventually achieving an eastern grip position.
- ♦ The same progression is followed for the backhand, with a “big thumb” instead of a “big hand.”
- ♦ Athletes turn sideways to the approaching ball.
- ♦ There is no backswing in the volley stroke.
- ♦ The ball should be met in front of the body with a short motion.
- ♦ The wrist is kept firm.

Once the athlete masters basic racket work, the athlete can learn to step into the stroke. Athletes should work on properly executing the volley while maintaining balance.

Follow-through

- ♦ The racket head should remain above the wrist throughout the volley.
- ♦ There is a short follow-through, finishing in the ready position for the next volley.
- ♦ Key words are "racket head up" and "keep the racket above the wrist."



Drills for Volleys

Volley Tap

- ◆ Athlete stands in the ready position and the coach tosses or hits a ball to him/her.
- ◆ Athlete steps in with a crossover step and bumps the ball with outstretched hand, simulating a forehand or backhand volley.
- ◆ Next, athletes catch the ball using proper footwork and toss it back to the partner. This drill could be repeated several times.

Cup/Cone Catches

- ◆ Using a large cup/ cone, have athletes catch a tossed ball.
- ◆ This emphasizes that athletes do not need to swing to hit a volley.

Volley Toss

- ◆ Coach or partner tosses a ball and players hit a forehand or backhand volley.
- ◆ Using proper volleying technique, players hit volleys to a partner.
- ◆ Count how many tosses and catches can be completed before a miss.

Volley Feeding Drills

Coach feeds balls from a hopper to a single-file line of players. Players hit a specified number of balls and return to the end of the line.

Criss-Cross Volley Drill

- ◆ Two lines of players start at the corner of the service box.
- ◆ Feed a forehand volley to the first person in the left line and then feed a backhand volley to the right line. Continue to feed volleys, alternating between the two lines.
- ◆ After volleying a designated number of balls, the player returns to the end of other line.

Alternating forehand and backhand volleys

- ◆ Coach feeds four balls, alternating forehand and backhand volleys.

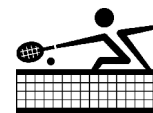
Corner Volley Drill

- ◆ Two lines are formed at the corners of the service boxes.
- ◆ Feed a ball so the athlete must move to hit the volley.
- ◆ After hitting the volley, the athlete touches the corner of the service box with the racket and runs back to the net to play another volley.
- ◆ As the player is running to touch the corner, a ball is fed to player on the backhand corner side.

Approach and Volley (Forehand, Backhand and Same Side)

- ◆ Player hits an approach shot off a ball fed to the mid-court area.
- ◆ The second shot is a deep volley from a ball hit at the service line.
- ◆ The coach feeds several volleys, stressing forward movement between hits.

NOTE: Refer to the Tennis Coaching Guide CD for more Drills



Serve

The serve is the stroke that starts each point. Players have two attempts to hit the serve into the service box. The serve must be hit diagonally across the court to be a "good" serve.

Assessing Player Readiness

The serve can be the hardest part of tennis for beginners. Because the serve is a complex motion, the following modifications can be used to allow athletes to put the ball in play.

- ♦ Use a self-drop forehand stroke to put the ball into the appropriate serve box. Note that International Tennis Federation (ITF) rules require the serve to be hit from a tossed ball that does not touch the ground.
- ♦ Allow the server to start play by hitting to either the left or right service box.
- ♦ Allow the athlete to have three attempts on the serve.
- ♦ Play balls that are returnable but not within the boundaries (just missed serves).
- ♦ Throw the ball into the appropriate box.
- ♦ Stand at the service line or between the service line and the baseline.

NOTE: These modifications are not appropriate for competition but they will allow athletes to put the ball into play and play a game of tennis.

- ♦ Intermediate players are more likely to complete a successful serve, but are still prone to double faults. They may struggle with placing the toss consistently and therefore have trouble serving consistently. The following modifications are appropriate for intermediate players.
- ♦ Hit an underhand serve (a forehand drop-hit with the ball hit in mid-air).
- ♦ Use an abbreviated service motion:
 - ♦ 1/2 serve is started with the racket in the "back scratch position."
 - ♦ 3/4 serve is started with the racket behind the body and pointing toward the ground.

Teaching the Skill

Grip

Beginners will normally resort to a "pancake" or "frying pan" grip. This grip is usually between the forehand grip and up to a half turn to the right of the forehand grip. The proper grip is a "continental grip" (between the forehand and the backhand), which is the same grip as the volley. Many athletes will struggle with this grip because it requires sufficient racket head speed to be successful. The grip is a matter of comfort and coaches will have to make adaptations as necessary. It is recommended that coaches begin teaching the serve using a short court format.

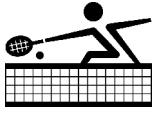
Ready Position

- ♦ Stand sideways to the net, behind the baseline, with feet comfortably (shoulder width) apart.
- ♦ Hold the racket in front of the body, with arms relaxed and a tennis ball in the non-racket hand.
- ♦ Shoulders and hips should be aligned diagonally to aim toward the appropriate service box.
- ♦ Key words are "relax," "where are you aiming?" and "where are your feet pointed?"

Serve Stroke

Ball Toss (for the right handed player)

- ♦ The left hand tosses (key word "lift and let go" or "place the ball on the second shelf") the ball slightly in front and to the right of the server, high enough so the ball can be contacted with an extended racket.
- ♦ Stress that the ball is placed, not thrown.



- ◆ Coaches can help the player by standing to the side of the athlete and tossing the ball until they get the idea of both arms working together. Assist athletes with a “down together, up together” arm motion.

Serving Motion

- ◆ It is best to have athletes start with the racket in the backscratch position resting on the shoulder (this will represent half of the full backswing). The athlete tosses and hits the ball from this position (emphasize the contact point).
- ◆ The full backswing can be added when athletes are able to get the contact point and toss to meet.
- ◆ To assist with teaching the full stroke, have the racket and arm in the “down together, up together” motion. The racket will swing across the top of the player’s feet, then toward the back fence and eventually reach the shoulder position.
- ◆ The racket reaches up to contact the ball with an extended arm.

Follow Through

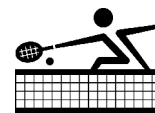
- ◆ After contact, the weight comes forward into the court and the racket finishes across the body.

Backscratch Position



Lefty Backscratch Position





Drills for Serves

Throwing Drill

- ♦ Throw a ball over the net and into the appropriate service box.
- ♦ Using an overhead throwing motion, throw a designated number of balls into the appropriate service box.
- ♦ Athletes struggling to get the ball over the net can start at the service line and gradually work to the point of throwing from behind the baseline.
- ♦ Use various balls, such as footballs, foam balls, etc.

Toss Drill

- ♦ Stand in the ready position with a ball in the non-racket hand.
- ♦ Hold the ball with the fingertips and point the palm upward.
- ♦ With a straight arm, raise the ball upward and let go of the ball when the hand reaches its highest point.
- ♦ Allow the ball to drop back into the left hand while the right arm is outstretched.
- ♦ Count the number of successful tosses and catches.
- ♦ Variations:
 - ♦ Put the racket on the ground to the right side of the server to act as a target.
 - ♦ Toss the ball as if to serve, but allow the ball to drop to ground.
 - ♦ Count the number of times the ball hits the racket strings.
 - ♦ Toss the ball while standing alongside the fence. The ball should not touch the fence. This drill helps show the athlete if the toss is going straight up.

Arm Reach Drill

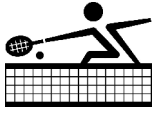
- ♦ Place the palm of the racket hand against the back of the neck (back scratch position). Make sure the elbow is bent and pointing upwards.
- ♦ Extend the arm from behind the neck until it is straight and slightly in front of the shoulder.
- ♦ Now try the drill with a racket in the hand "extend the arm."

Catch a Ball from the Service Toss

- ♦ Start with a ball in the tossing hand and the serving arm in the back scratch position with palm against the back of the neck "scratch your back."
- ♦ Toss the ball and extend the arm as in the Arm Reach Drill and catch the ball with the arm fully extended.

Serving practice

- ♦ With a bucket of balls at the baseline, practice serves from the deuce court and the ad court. Two athletes can practice serves at the same time.
- ♦ Aim for targets or count the consecutive number of successful serves.
- ♦ Play in teams and race to see which team can get 10 serves in the correct box first. When an athlete misses a serve, they go to end of line.



Return of Serve

After the serve, the return of serve is the most important shot in tennis. Successful tennis players have consistent returns.

Assessing Player Readiness

Special Olympics athletes must constantly be reminded to be ready and pay attention to the server. Teach players to watch the ball during the toss. This allows for immediate tracking skills to take place. It is often necessary for the athlete to move toward the ball for the return. These can be very difficult concepts to master, but are necessary for the athlete to progress.

Teaching the Skill

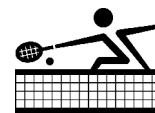
- ♦ The basic ready position (using a forehand grip), presented in the groundstroke lesson, is used in the return of serve. Use the key words “relax,” “look for the ball” and “be ready.”
- ♦ Athletes should begin near the baseline, close enough to touch the singles sideline. The position is the same for both singles and doubles play.

Return of Serve Stroke

- ♦ The return of serve is similar to the forehand and backhand, with a shorter backswing due to decreased time to react to the ball. Use the key words “turn,” “shorten your backswing” and “move your feet.”
- ♦ The student turns as if preparing for a volley and takes the racket back as the body is turning. This helps teach a shorter backswing.
- ♦ Footwork is similar to groundstroke preparation. With limited reaction time, the athlete may take just one step toward the ball before contact. Be sure that the initial step or steps will achieve a suitable position. A step in the wrong direction will tell the coach that more time is needed working on tracking skills.
- ♦ To practice return of serve, have the athlete track the oncoming serve and catch the ball in a short court format. Increase distance as skill progresses.

Key Words

- ♦ “Relax”
- ♦ “Look for the ball”
- ♦ “Be ready”
- ♦ “Turn”
- ♦ “Shorten your backswing”
- ♦ “Move your feet”



Hitting with Movement

For many Special Olympics tennis players, moving to the ball and then executing a stroke can be very difficult. It is important for coaches to instruct athletes that in a match the ball is not going to come to them; they must move to the ball. Hitting with movement drills should be introduced in the early stages of skill development and should lead to practices that prepare athletes for match play.

Assessing Player Readiness

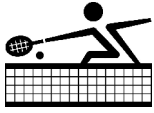
- ♦ Beginners typically do not like to run to the ball. They would rather reach from the waist, extend their arms and then flick their wrist at the ball rather than move their feet.
- ♦ Intermediate players will move more readily to the ball but will often get "jammed" with a ball that is too close or they will reach for a ball that is too far away.
- ♦ The best tennis players move to the ball quickly and get in position to execute their stroke effectively. They are rarely out of position and are balanced at the end of each stroke. They always seem to be in the right place.

Teaching the Skill

There are five steps to developing efficient movement around the court.

1. The athlete needs to determine the direction of the approaching ball. To practice, toss balls to the athlete positioned on the other side of the court. The athlete points in the direction of the approaching ball with the non-racket hand before the ball reaches the net.
2. Make contact with the ball. The athlete runs toward the tossed ball and catches it after only one bounce. This can be progressed into a drill where the athlete next catches the ball on the strings.
3. Turn the shoulders and take the racket back into the hitting position while running toward the ball.
4. Step forward with the front foot as contact is made with the ball. Asking the athlete to freeze at that point allows the coach to get a good view of the athlete's footwork.
5. After following-through, the athlete turns and takes a few running steps back to the center of the court.

Throughout the sequence, practice the split step to maintain balance. To execute the split step, as the opponent starts his/her swing, the athlete jumps on both feet. Use the key words "split step" or "take little steps." Be sure the athlete understands that the split step occurs all over the court and in between each contact or swing of the racket.



Drills for Teaching Movement

- ♦ Demonstrate the correct way to move to the ball
- ♦ Exaggerate what happens if the athlete forgets to take the racket back while running to the ball.
- ♦ Show the hesitation step to prevent running through the ball.

Shadow Drills

- ♦ Coach calls out "running forehand." Athlete runs to hit an imaginary forehand and completes a forehand stroke, executing a "split step" after recovering from each stroke.
- ♦ Coach calls out "running backhand." Athlete runs to hit an imaginary backhand and completes a backhand stroke, executing a "split step" after recovering from each stroke.

Tossing Drills

- ♦ Toss balls to alternating sides and have athletes hit and move.
- ♦ Toss balls progressively farther away from athletes.
- ♦ Toss balls without a pattern and have athletes hit and move.

Feeding Drills with a Basket

- ♦ Athletes stand in a line at the baseline.
- ♦ Players respond one at a time by hitting and moving to a ball fed by the coach.
- ♦ Athletes run side to side to hit a designated number of alternating forehands and backhands.

Five Ball Drill

- ♦ Coach feeds five balls in the following sequence: forehand, backhand, mid-court forehand, backhand volley, forehand volley.
- ♦ Athlete hits five balls and returns to the hitting line.

Agility Drills

- ♦ Shuttle Runs: The doubles sideline is the starting line. Run to the center service line and back to the doubles sideline. Then run to the singles sideline and back. Continue running to far service sideline and back. This can be done several times in a row or on several courts.
- ♦ Run the lines: Starting in the corner of the doubles sideline, run to the net and backpedal back to the corner. Shuffle over to the singles sideline and run to the net. Backpedal to the service line and shuffle to the center service line.
- ♦ Line jumps: Athletes stand on one side of any line on the court. As fast as possible they jump back and forth over the line for 30 seconds.
- ♦ Jump roping: A great way to increase agility. Do various skipping and hopping routines. Go for speed and endurance.

Key words

- ♦ "Relax"
- ♦ "Look for the ball"
- ♦ "Be ready"
- ♦ "Split step"
- ♦ "Take little steps"

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