

Swing into Tennis- Lesson Plans

Term Plan Structure

- 6 weeks of structured lessons- coaches encouraged to further adapt lesson plans as they see fit, during the sessions to maximise engagement of all participants.
- Lesson 7 participant choice- After each week, ask the participants what their favourite activity was, and write down for participant's choice week.
- Some participants will have very limited mobility so it may not look like tennis. However, as long as the player is participating, getting small wins and having fun, it doesn't matter what it looks like.

Lesson Structure;

- Warm up/ movement
- Co-operative/ technique
- Competitive/ Game centered
- Serving/ Game play

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	**Lesson 7- participant choice
Rob the nest	Save the turtles	Mirrors	Pass the Parcel	Cuckoo	Mirrors	
Partner catch	Golden egg	Memory	Hot Potato	Peg it	Memory	
Battle Cones	Pyramids	Solar Systems	Safe Cracker	Team battle cones	Solar Systems	
Serve and Return	Serving targets	Serve and return	Serving Statues	Ladder serving	Serve and return	
Serve Rally Score	Serve Rally Score	Serve Rally Score	Serve Rally Score	Serve Rally Score	Serve Rally Score	

Equipment Consideration

- Replace hopes with barrier tape where possible to make it more accessible for people in wheelchair. Make sure barrier tape is stuck down or use drop down lines. So wheelchair participants do not get their chairs stuck.
- Alternate between Hotshot nets and barrier tape (as nets), saves the coaches removing the nets in certain activities
- Fill balloons up with rice, so they do not fly away and can travel further.
- Have all balls handy red, orange, green so you can progress players
- Boccia ramps- TV is looking to get 2 made, one for each program (Green Gully & Ballarat).
- Have larger balls available so wheelchair players can maneuver the balls with wheelchairs (soccer balls or similar).
- Be creative, incorporate your surroundings and any equipment that may not necessarily be used for tennis- Chairs, balls from other sports, Balloons, buckets etc.

Lesson 1

Rob the nest

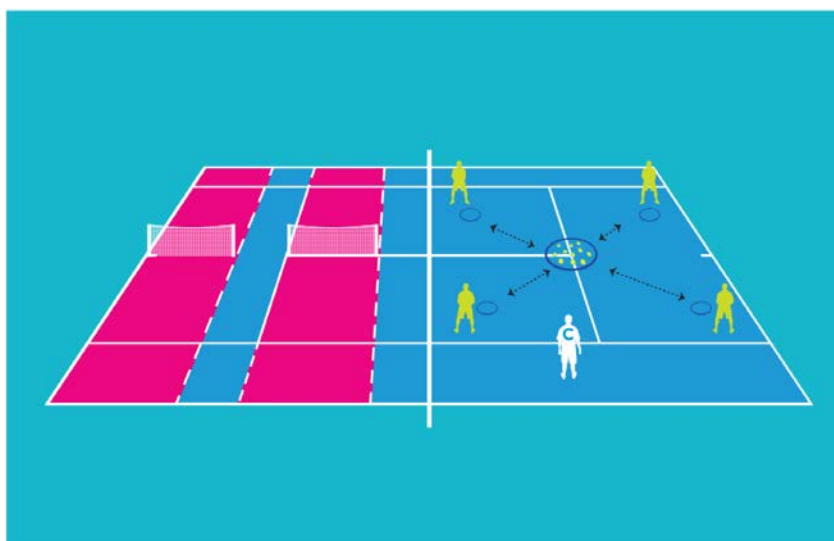
Primary Skill Focus

Movement

Equipment

A hoop (drop down lines) containing 40 red balls and a racquet for each player. Soccer balls/large balls. Ball tube.

Image



Watch the video

<https://www.youtube.com/embed/fZMp9FA4mCs>

Description

1. The coach places a hoop with 40 red balls on the service box 'T'.
2. Players place their racquet on the ground (evenly spaced) and approximately 3 metres from the 'nest' of balls.
3. On 'GO' the players run to the hoop, squat down low to retrieve a ball then return to their racquet where they place the ball.
4. Continue until all the balls are gone from the hoop in the middle. The player who has gathered the most number of red balls on their racquet is the winner.

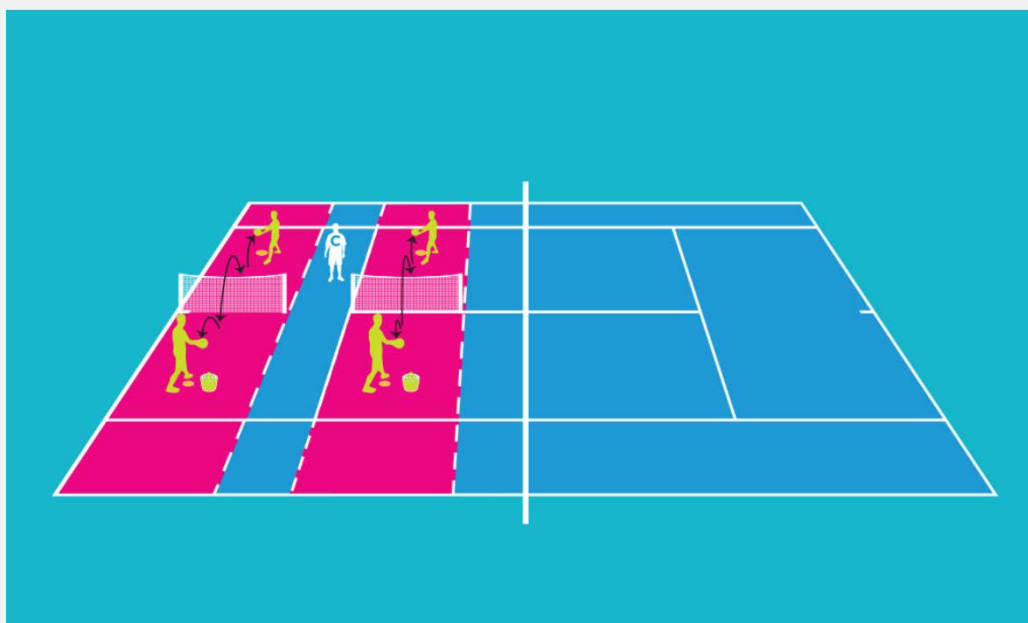
Variations

1. *Progression-* 'Stealing' - when all the balls are gone from the middle, players can 'steal' from others in the group.
2. *Progression-* Use different movement patterns such as sidestepping, hopping and skipping.
3. *Adapted-* For participants with wheelchairs replace the hoop with drop down lines to easily access the balls in the centre.
4. *Adapted-* For participants with some upper body limitations to use ball tube to pick up balls.
5. *Adapted-* For participants with limited upper body mobility, to maneuver large balls with the wheelchairs.
6. *Adapted-* Split the participants in wheelchairs on one side of the court and those without a wheelchair on another.

Partner catch

Primary Skill Focus	Groundstrokes
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	2 soccer balls (or similar) and spot markers. Red balls. Buckets.

Image



Watch the video

<https://www.youtube.com/embed/eHrLEzihuks>

Description

1. Partners commence on opposite sides of the net standing on spot markers placed two metres from the net.
2. Player 1 throws the ball with a two hand sidearm throw over the net to player 2 who catches the ball after one bounce at waist height and throws it back.
3. Players continue to count the number of successful throw and catch combinations.
4. Rotate partners at appropriate intervals.

Variations

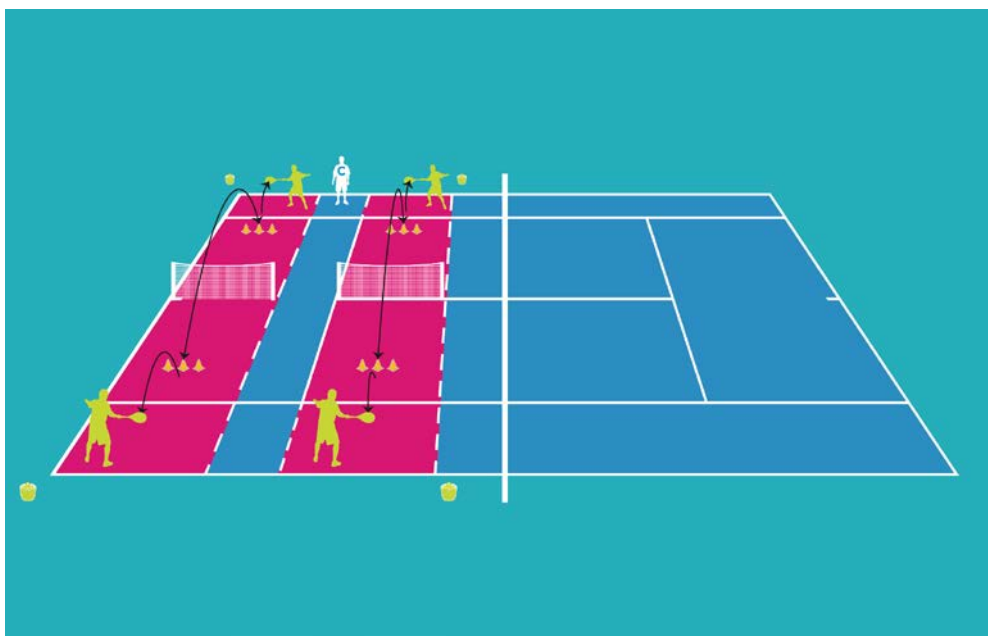
1. *Progression-* Players alternate catching and throwing on the forehand and backhand side of their body.
2. *Progression-* Players move each other around the court. Have the players announce if their partner's throw will land short or deep.
3. *Adapted-* can use the bucket to catch the ball.

4. *Adapted-* Remove the nets if necessary. Roll the larger balls, down the arm of the participant-forehand or backhand side. You may want to place a bucket or a target in front of the player, to aim.
5. *Adapted-* Players use a different ball (e.g., red ball) and use the Boccia ramp to roll the ball to partner.

Battle cones

Primary Skill Focus	Groundstrokes
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Soft cones, red balls and 3 metre nets. Larger targets, buckets. Boccia ramps.

Image



Description

1. Players are in pairs and positioned on a court.
2. Each player positions soft cones at their end of the court.
3. Players commence on the red stage baseline and attempt to hit their opponent's soft cones.
4. Each time a player hits a cone they take possession of that cone and add it to their group of soft cones.
5. Each player is attempting to take possession of all their opponent's soft cones.

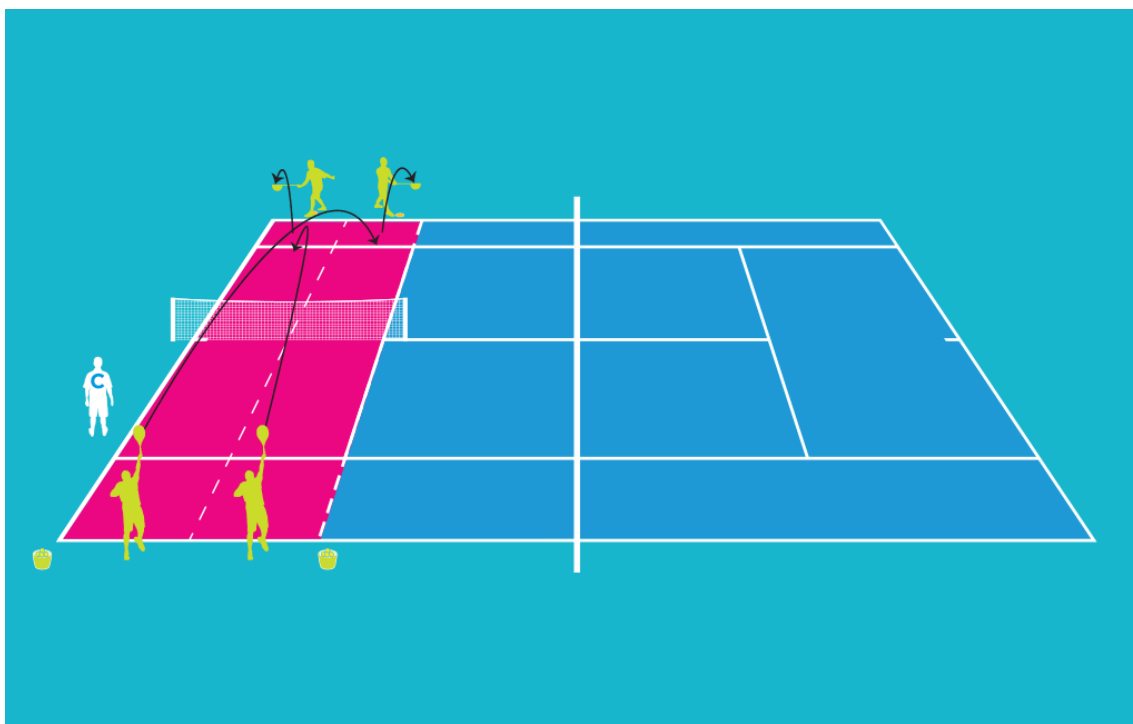
Variations

1. *Progression*- Vary the position of the soft cones to increase the difficulty.
2. *Progression*- Players can choose the position of the soft cones.
3. *Adapted*- Remove the nets if necessary.
4. *Adapted*- Increase the target sizes (large targets, buckets)
5. *Adapted*- Using the boccia ramps to assist participants aim for the larger targets.

Serve

Primary Skill Focus	Serving
Secondary Skill Focus	Groundstrokes
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar).

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net.
5. Players aim to complete 5 successful serve and return combinations.
6. Players change roles after 10 attempts.

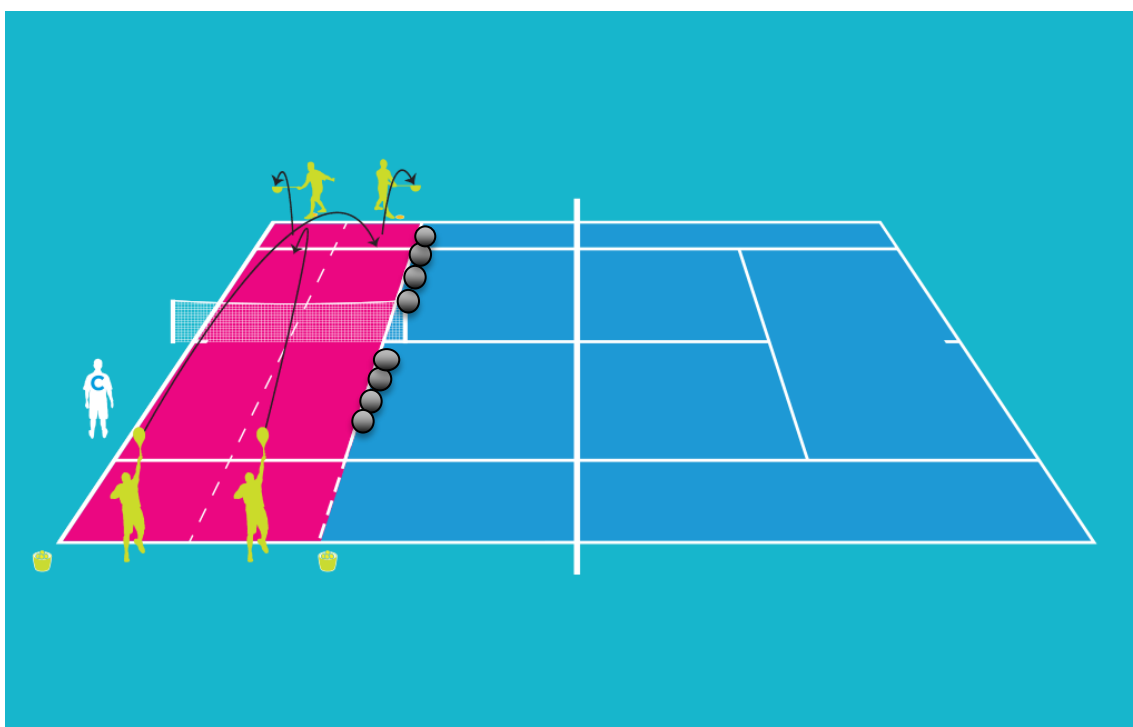
Variations

1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.

Serve Rally Score

Primary Skill Focus	Serving
Secondary Skill Focus	Movement
Primary Tactical Focus	Groundstrokes
Secondary Tactical Focus	Accuracy
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar). Cones with (15,30,40,Game) stuck on the cones.

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net.
5. Players aim to complete 5 successful serve and return combinations.
6. Players change roles after 10 attempts.

Variations

1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.

Lesson 2

Save the turtles

Primary Skill Focus

Groundstrokes

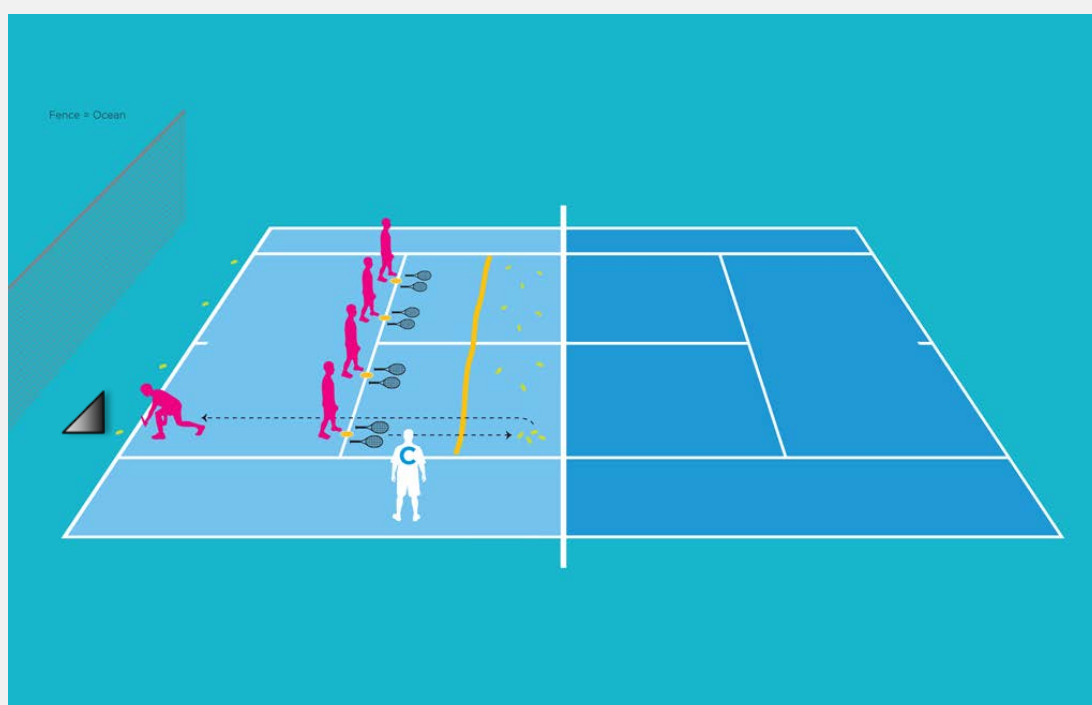
Primary Tactical Focus

Consistency

Equipment

4 spot markers, 8 racquets, bean bags, large soft balls, red balls, barrier tape, ball tube, large balls, boccia ramps

Image



Watch the video

<https://www.youtube.com/embed/I55-fhIfgQA>

Description

1. The players have two racquets in their hands and start on the service line.
2. The players step over the barrier tape (Make sure the barrier tape is stuck down to the ground, so wheelchairs don't get stuck) and using both racquets pick up a turtle (bean bag or ball).
3. They walk to their spot marker on the baseline and place the ball/bean bag on the ground.
4. The players then hit the object towards the ocean (back fence).
5. Scoring – How many turtles can you save?

Variations

1. The players can also place the object on the ground then hit the ball towards the ocean.
2. *Adapted-* Can use the ball tube to pick up balls and use the boccia ramps to roll the balls into the ocean.
3. *Adapted-* Have soccer balls or large balls so they can maneuver the balls into the 'ocean', you may even want to place a large target for them to aim for.

Golden egg

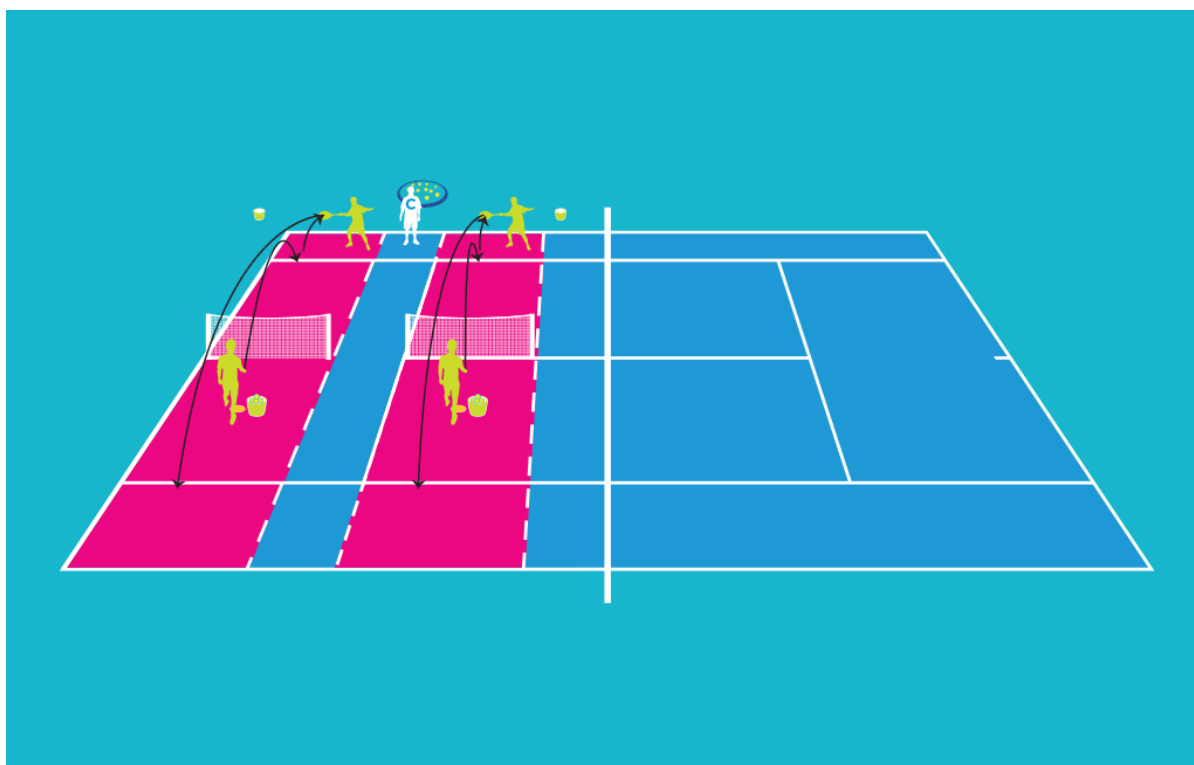
Primary Skill Focus Groundstrokes

Primary Tactical Focus Consistency

Secondary tactical Focus Accuracy

Equipment Bean bags, red balls, hoops (barrier tape), buckets, spot markers and 3. Larger balls. Balloons
metre nets, balloon, large balls,

Image



Watch the video

https://www.youtube.com/embed/cLBoli_x96w

Description

1. Players form pairs and have a bucket of red balls in addition to a hoop full of bean bags ('golden eggs'). The bucket of red balls are placed in a safe position next to the 'thrower', while the hoop and bean bags are positioned behind the 'hitter' in a safe position at the back of the court.
2. Player 1 is positioned on a spot marker and throws a ball in an underarm action to player 2 who is positioned on a spot marker on the baseline hitting forehands.
3. When player 2 consecutively hits 3 balls over the net and in the court they score a 'golden egg' (bean bag). At this time, player 2 collects a bean bag from the hoop and places it in their bucket.
4. The pair with the most 'golden eggs' in the allocated time wins.
5. Players change roles.

Variations

1. The 'thrower' must catch the ball for the team to score a 'golden egg'. Players can use the bucket to catch the ball.
2. The same activity can be used for backhands.
3. The coach can introduce cross-court
4. *Adapted*- Can use the larger balls and use a bucket to catch. May require care assistance to catch.
5. *Adapted*- Can use a balloon to rally over the net (fill balloons with rice to travel further)

Pyramids

Primary Skill Focus

Groundstrokes

Primary Tactical Focus

Consistency

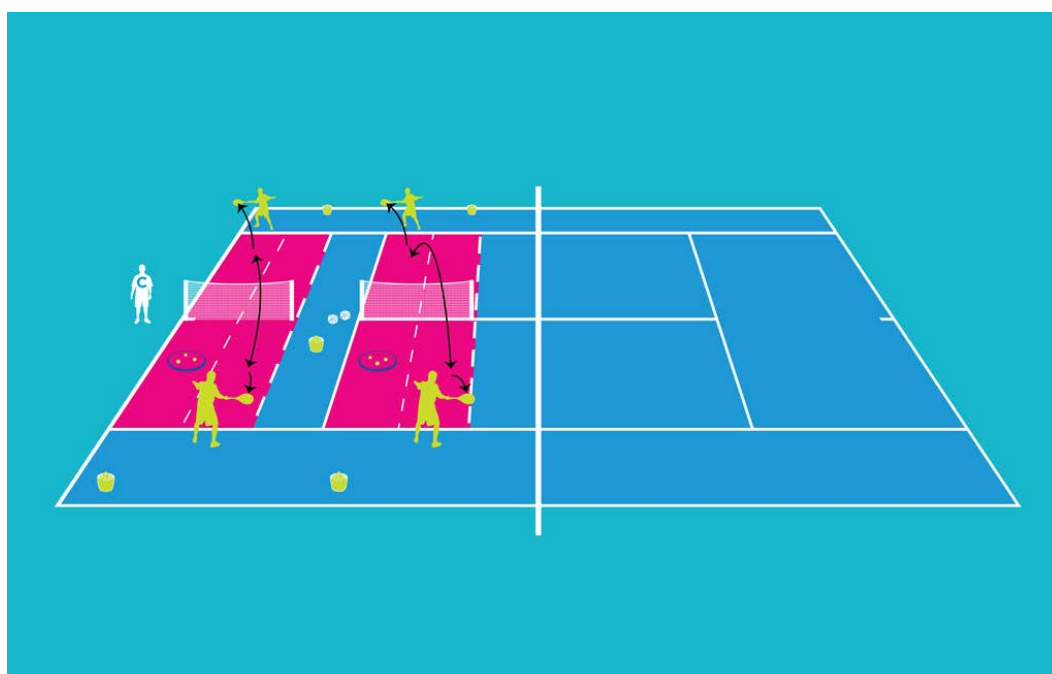
Secondary tactical Focus

Accuracy

Equipment

Red balls, hoops, drop down lines, one dice and buckets

Image



Watch the video

<https://www.youtube.com/embed/fKQwHvj7uUA>

Description

1. Divide the court into two halves with drop down lines.
2. Players are in pairs and start on the baseline. Each pair has a hoop placed in the opposite half of the court.
3. One player is asked to roll a dice which will be the number of cross-court forehands each pair attempts to get in a row.
4. The rally starts with a drop hit.
5. Each time a pair successfully reaches the rally target, they add a ball to their 'pyramid' which is built inside their hoop. The pyramid is complete when five balls are constructed with four on the base and one on top.
6. Change partners and repeat.

Variations

1. Players can hit cross-court backhands.
2. Players can use the whole court to complete the rally
3. *Adapted-* participants can use bucket to catch, throw rally.
4. *Adapted-* can use the ramp to roll the ball back to the hitter, if difficult you can remove the net.

Serving targets

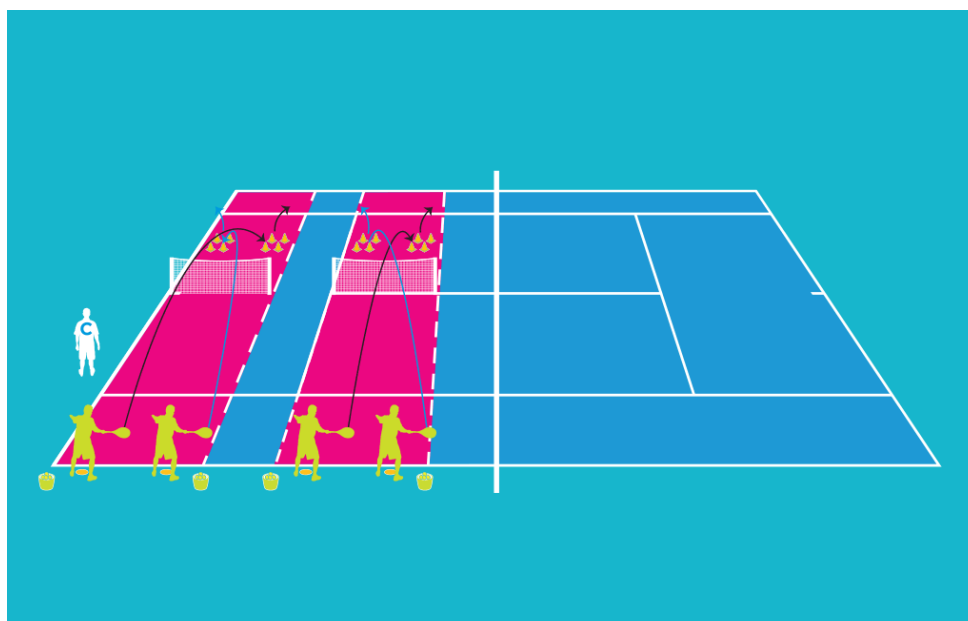
Primary Skill Focus Serving

Primary Tactical Focus Accuracy

Secondary tactical Focus Consistency

Equipment A bucket of balls for each designated serving area, soft cones and spot markers, large balls, balloons

Image



Description

1. All players are assigned a position on the baseline with a bucket of balls.
2. Each player serves 5 balls underarm and then rotates one position on the baseline.
3. The coach remains in one location and observes each players (as they move to this position) technical and tactical performance in relation to the serve.

Variations

1. Create smaller target areas in the service boxes.
2. Players must hit a target positioned in the service box prior to moving to the next designated serving position.
3. *Adapted-* Create larger targets in the service box
4. *Adapted-* vary the ball sizes, larger balls, balloons
5. *Adapted-* vary the serving position of the player, if they are finding it difficult move them closer to the net and as they progress, move them back gradually.

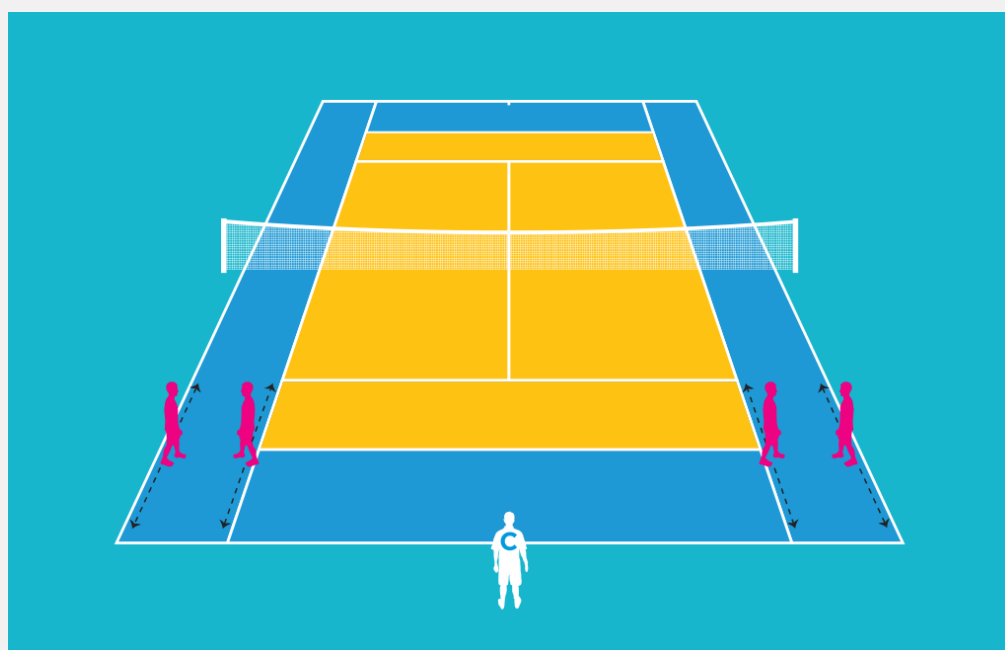
5. Players commence with a drop-hit.
6. 'Returners' catch with a cone, bucket or their hands.
7. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
8. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.

Lesson 3

Mirrors

Primary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Equipment	No equipment required

Image



Watch the video

<https://www.youtube.com/embed/kiubH5SxXBo>

Description

1. Players are positioned on the side lines facing each other (player 1 on the singles line and player 2 on the doubles line).
2. Player 1 is nominated as the 'leader' and player 2 is the 'follower'.
3. Player 1 (the 'leader') moves up and down the side line.
4. Player 2 (the 'follower') attempts to copy and 'mirror' the 'leader's' movement patterns.
5. The coach nominates an appropriate amount of time.
6. Players change roles.

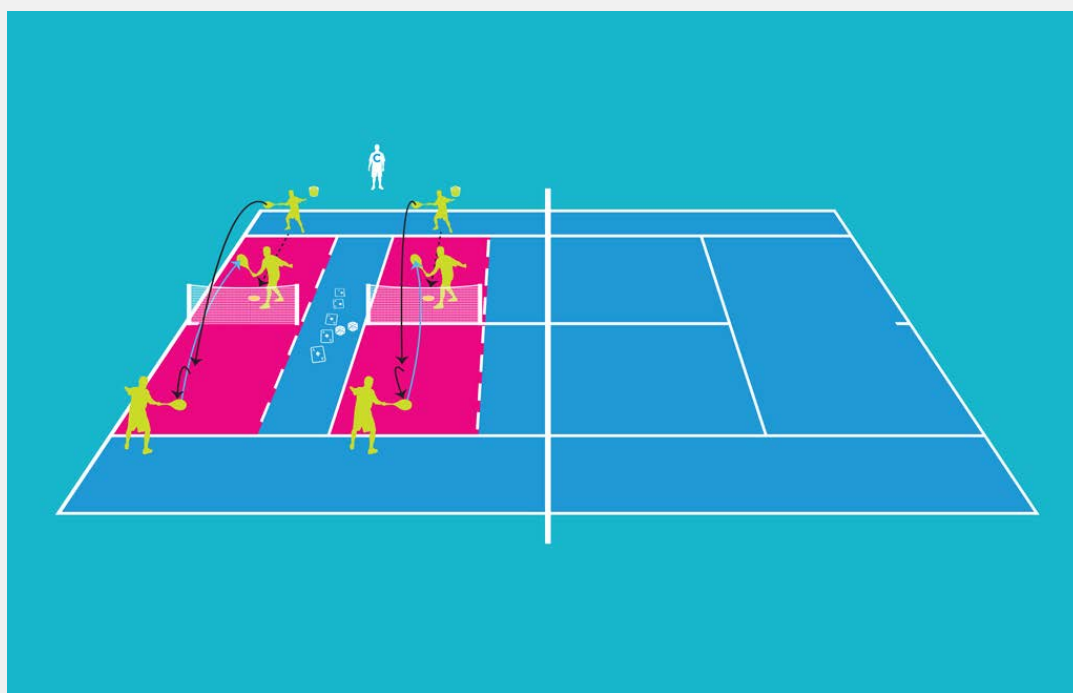
Variations

1. The 'leader' can perform additional body movements (e.g., squats, jumping, or tennis swings).
2. Players can conduct the activity in an area that permits movement in a multi-directional pattern (e.g., the service box).
3. *Adapted- Set up red courts, wheelchair participants to face each other on either side of the red court and mirror actions.*

Memory

Primary Skill Focus	Volley
Secondary Skill Focus	Net play
Primary Tactical Focus	Move the opponent
Secondary tactical Focus	Consistency
Equipment	Red balls, drop down lines, spot markers, playing cards, dice and buckets

Image



Watch the video

<https://www.youtube.com/embed/ihTQpZ1Ebfq>

Description

1. Players form pairs and start on opposite sides of the court.
2. Player 1 starts with a drop hit to their partner and moves immediately to the net ready to volley.
3. Player 2 attempts to hit the return to player 1 who then attempts to hit the volley.
4. Any player can roll the dice and the number rolled will be the number of times the combination of shots needs to be completed successfully.
5. When a team successfully completes the task they get to turn over two cards, if the cards are the same they get to keep that pair e.g., two aces.
6. Teams repeat until all pairs of cards have been collected, the winning team is the team with the most pairs of cards.

Variations

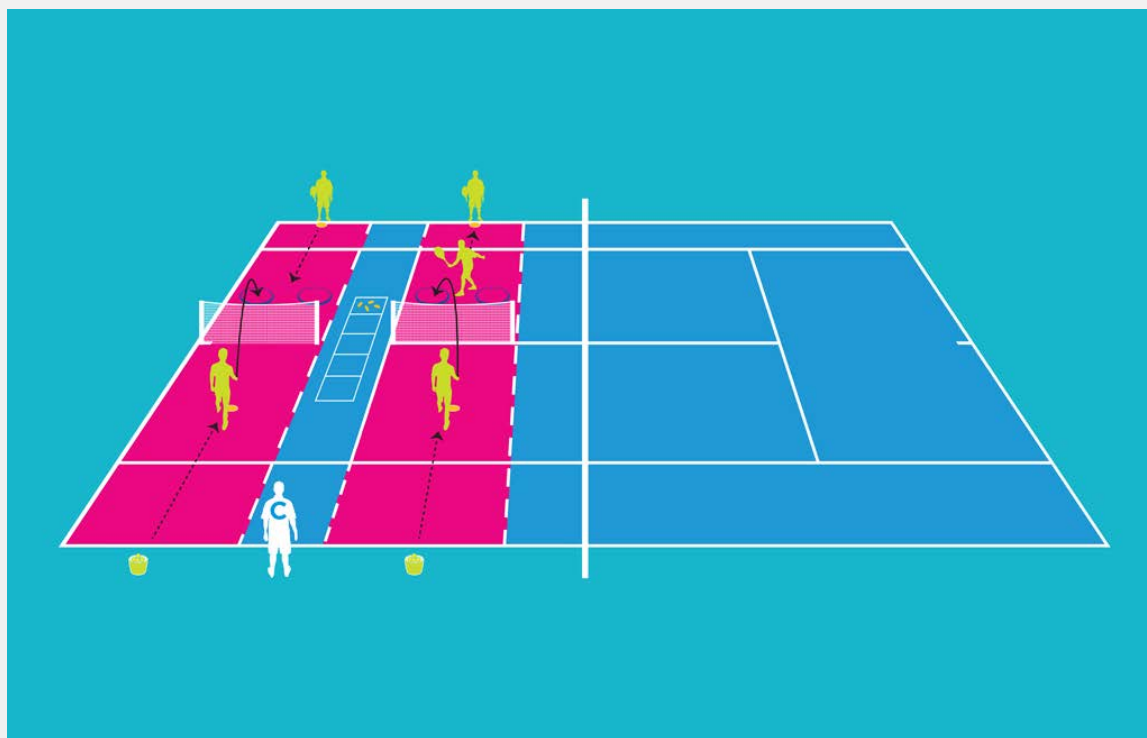
1. Increase or decrease the number of shots in the combination
2. Players can throw and catch instead of hitting.
3. *Adapted-* Decrease the deck size or have a hoop with a bean bag thrown in as a point first to 5 points

4. *Adapted-* Remove the cards, and place the scoring cones instead. Competition.
5. *Adapted-* partner one wheelchair participant, with able-bodied participant, the wheelchair participant uses the Boccia ramp to feed the ball into play. First ball ground stroke, then move into the net for the second feed. If both shots executed successfully, one point. They are working as a team to get mutual success.

Solar system

Primary Skill Focus	Volley
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Move your opponent
Equipment	Hoops, buckets, spot markers, red balls, bean bags and ladder

Image



Watch the video

<https://www.youtube.com/embed/cr9DXT1Xv3U>

Description

1. Players are in pairs and start on the service line at each end of the court.
2. Player 1 will throw underarm aiming to land the ball (meteorite) into the hoops (planets) placed on the court.
3. Player 2 attempts to save the planets by volleying the meteorites.
4. After each throw, player 1 runs to get another ball from their bucket at the back of the court which contains 10 balls and player 2 must run and touch a spot marker at the back of the court.
5. Player 1 moves their bean bag one rung for each meteorite that hits a planet and player 2 moves their bean bag one rung for every volley they return into the court.
6. Players change roles and repeat.

Variations

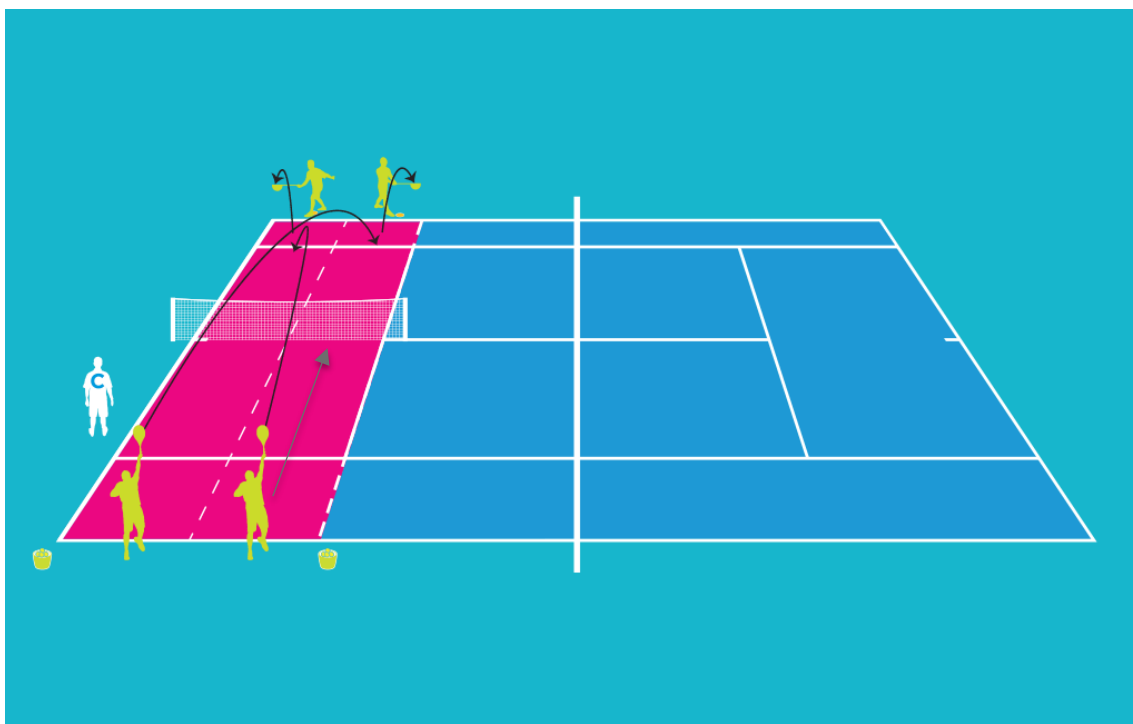
1. Player 2 catches the ball instead of volleying.

2. Player 1 starts the rally with a drop-hit.
3. Replace the hoops with drop down lines, so the wheelchairs do not get stuck on the hoops
4. Place a participant in the wheelchair protecting the solar system, they can use anything to protect the balls from going into the solar system.

Serve Return Volley

Primary Skill Focus	Serving
Secondary Skill Focus	Groundstrokes
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar).

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net then returns the ball for a volley
5. Players aim to complete 5 successful serve, return and volley combinations.
6. Players change roles after 10 attempts.

Variations

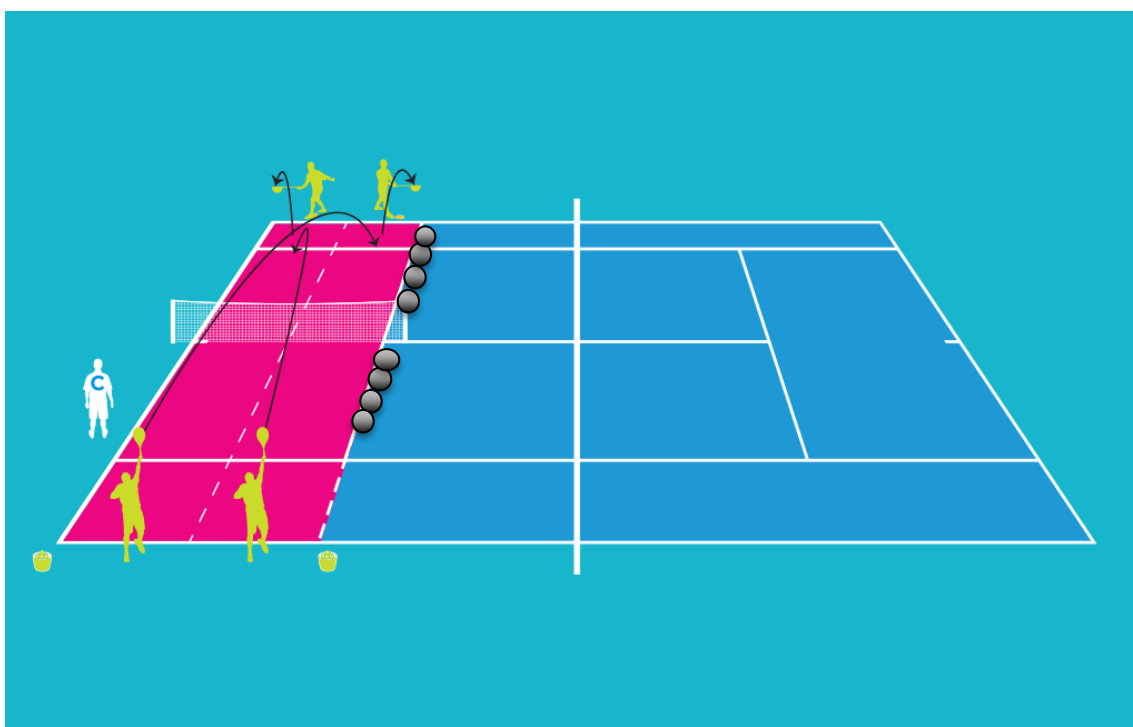
1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. If partners complete the serve, return & volley combination they receive three points, 2 points if they complete serve and return and one point if they serve.

5. *Adapted-* Use balloons, rather than balls, can still complete the serve, return, volley, using hands and the balloon rather than racquets.
6. *Adapted-* Start the server closer to the service line to get more success with the serve.

Serve Rally Score

Primary Skill Focus	Serving
Secondary Skill Focus	Movement
Primary Tactical Focus	Groundstrokes
Secondary Tactical Focus	Accuracy
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar). Cones with (15,30,40,Game) stuck on the cones.

Image



Description

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2. Player 1 has a bucket of balls and is nominated as the 'server'.
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5. Players aim to complete 5 successful serve and return combinations.
6. Players change roles after 10 attempts.

Variations

1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.



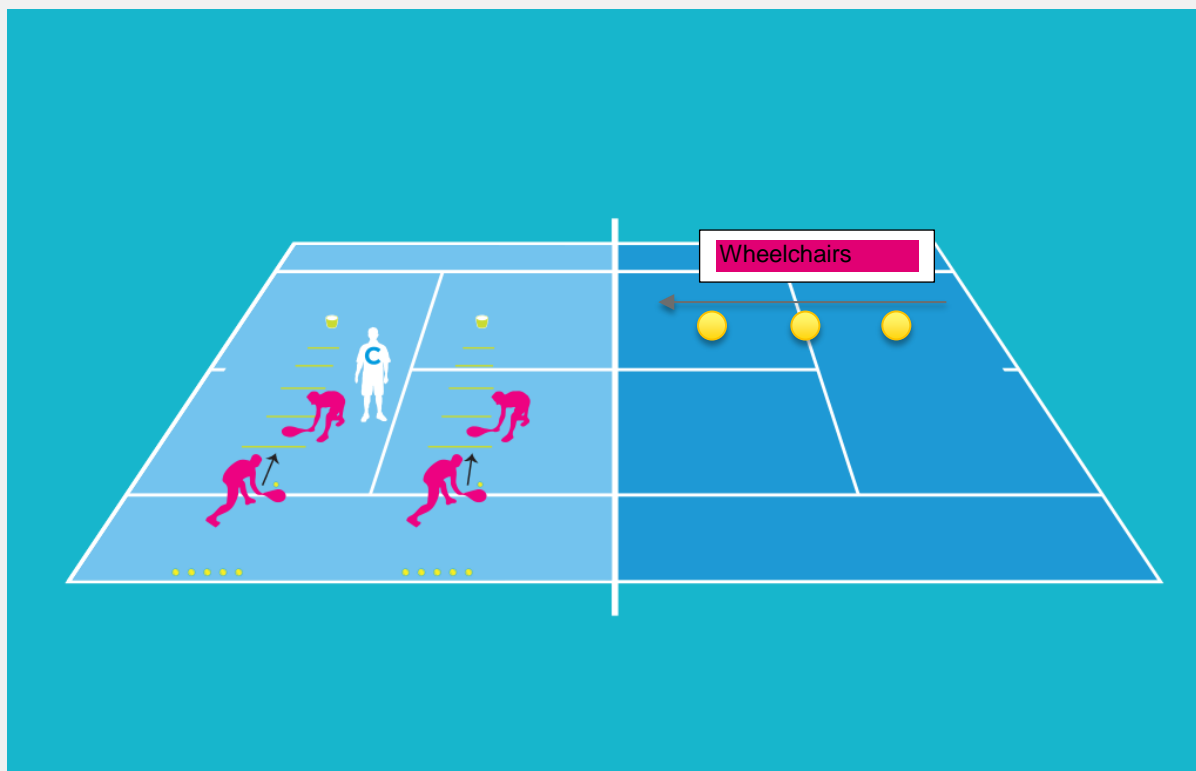
GET
COURT
UP

Lesson 4

Pass the parcel

Primary Skill Focus	Groundstrokes
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Red balls, drop down lines and buckets, soft cones, large balls

Image



Watch the video

https://www.youtube.com/embed/t_rZJhR3iDQ

Description

1. Place 4 drop down lines 3 metres apart in a single file with a bucket 1 metre further on from the final drop down line.
2. Place 5 balls at the starting position.
3. Players form pairs with 1 player positioned at the start and 1 player at the first drop down line.
4. Players attempt to roll the ball (the 'parcel') to their partner before moving to the following drop down line ready for the next 'pass'.
5. The player who receives the ball at the final drop down line places the ball in the bucket
6. Both players return to their starting position and repeat.

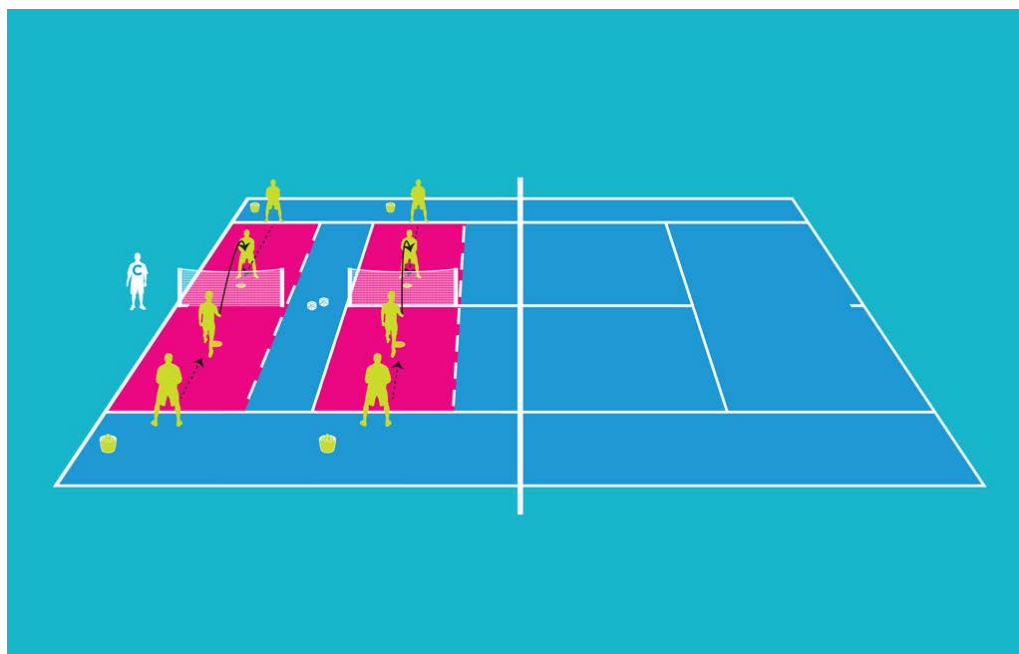
Variations

1. Players can use a different body part to stop or push the ball.
2. Players can use racquets to roll the ball.
3. *Adapted-* Wheelchair participants on the other side of the court, matching the speed and maneuvering a soccer or large ball around the cones.
4. *Adapted-* All participants maneuvering a large ball down the ladder and having a wheelchair participants lined up where the bucket is, who maneuvers the ball back to the beginning and continue until everyone has had a shot.

Hot potato

Primary Skill Focus	Volley
Primary Tactical Focus	Approach the net
Secondary Tactical Focus	Consistency
Equipment	Red balls, spot markers, dice and buckets, larger balls. Boccia ramps.

Image



Watch the video	https://www.youtube.com/embed/ThjL2kUzG-s
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Description

1. Players are in pairs starting on the baseline at opposite ends of the court.
2. Player 1 has an empty bucket behind the court and player 2 has a bucket with 10 red balls.
3. The coach rolls the dice and calls out the number of throw and catches each pair need to complete.
4. The coach shouts 'Hot Potato' and player 2 takes a ball from their bucket and runs to the net to meet player 1 to complete the required number of underarm throw and catches.
5. For each successful set of throw and catches player 1 adds the ball to their bucket. Repeat until one team successfully takes all ten balls from one bucket to the other.
6. Change partners, roll the dice and repeat.

Variations

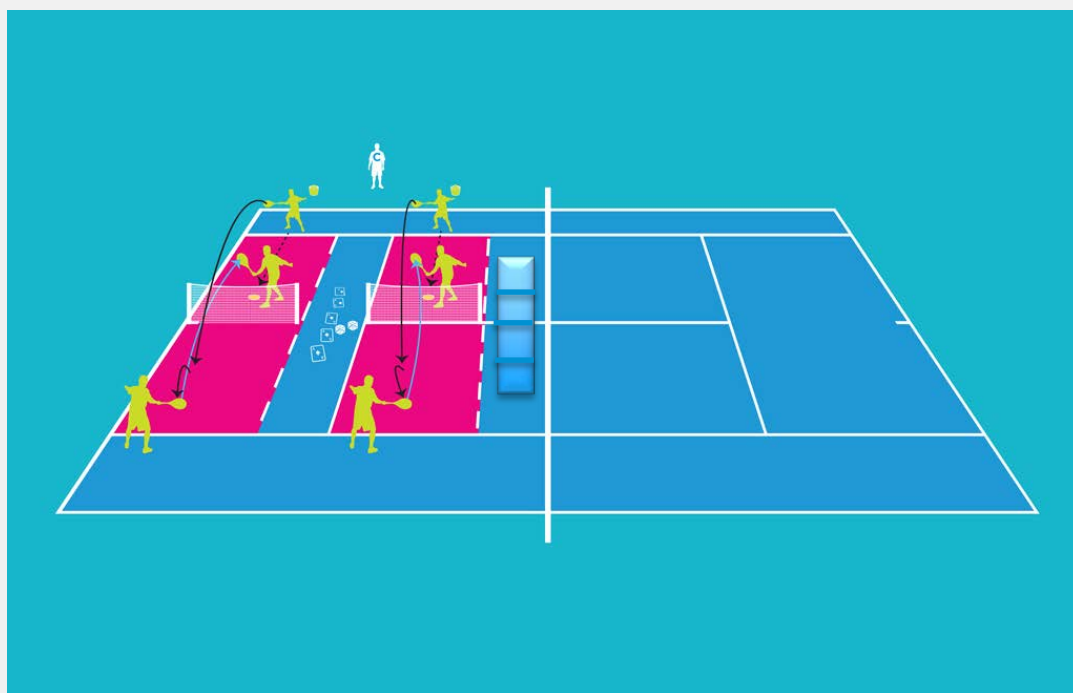
1. Players to catch with just one hand.
2. Players can throw cross-court.
3. Players can have an additional bucket to catch in

4. Remove the net and have buckets laid on their sides for players to aim for. Use either Boccia ramps to aim or larger balls for the participants to maneuver a larger ball into.
5. Mix the participants- one wheelchair player with able bodied player. Wheelchair player uses the ramp and the able-bodied player uses bucket to catch or racquet to return the ball.

Safe Cracker

Primary Skill Focus	Movement
Secondary Skill Focus	Groundstrokes
Primary Tactical Focus	Consistency
Secondary tactical Focus	Accuracy
Equipment	Red balls, drop down lines, buckets. Ladder and 1 x cone for scoring.

Image



Watch the video

<https://youtube.com/embed/ihTQpZ1Ebfg>

Description

1. Players form pairs and start on opposite sides of the court.
2. Coach calls out the first combination e.g. 1,2,3.
3. Player 1 starts with a drop hit to their partner who must catch it after 1 bounce, the next one they must catch after 2 bounces and the third after 3 bounces in order to 'crack the code'.
4. Each time a pair cracks a code they move the team's cone up the ladder (safe) 1 place. All players are working as a team and the coach should time how long it takes the group to 'unlock the safe'.

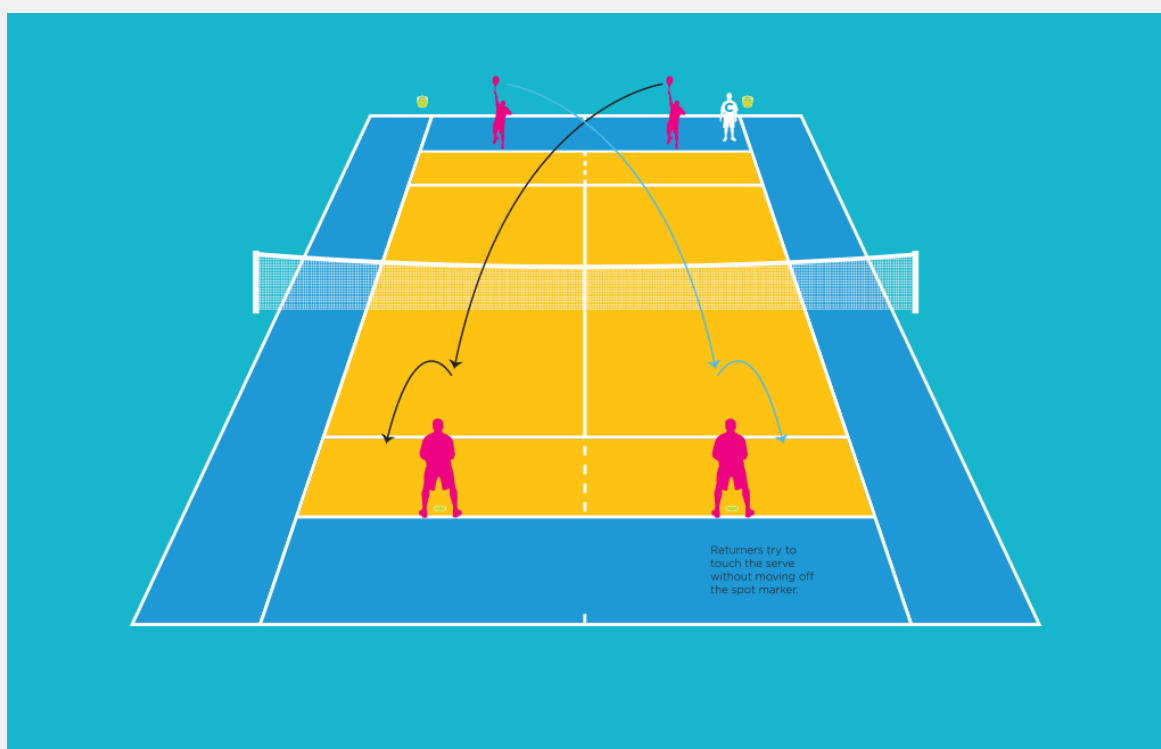
Variations

1. Increase or decrease the number of shots in the combination. Players can throw and catch instead of hitting.
2. Players can use the balloons, everyone is working as a team to crack the safe, all participants will get a win when complete.

Serving statues

Primary Skill Focus	Serving
Secondary Skill Focus	Groundstrokes
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Move the opponent
Equipment	Drop down lines, buckets and orange balls, balloons or large soft balls.

Image



Watch the video

<https://www.youtube.com/embed/Md0qK2FdJ0A>

Description

1. Players form pairs – one player is the 'server' and one player is the 'returner'.
2. The 'server' must announce if they wish to direct the serve wide or down the centre.
3. The 'returner' positions a spot marker where they wish to stand and are not permitted to move from the spot marker. They also alternate the following 'starting' positions:
 - Standing with feet crossed over
 - Standing with feet together
 - Standing in a ready position on a spot marker
4. If the 'server' hits the ball past the 'returner' they score a point. If the 'returner' is able to make contact with the ball they score a point.
5. The 'returners' must decide where to position the spot marker to maximise their chance of making contact with the ball..

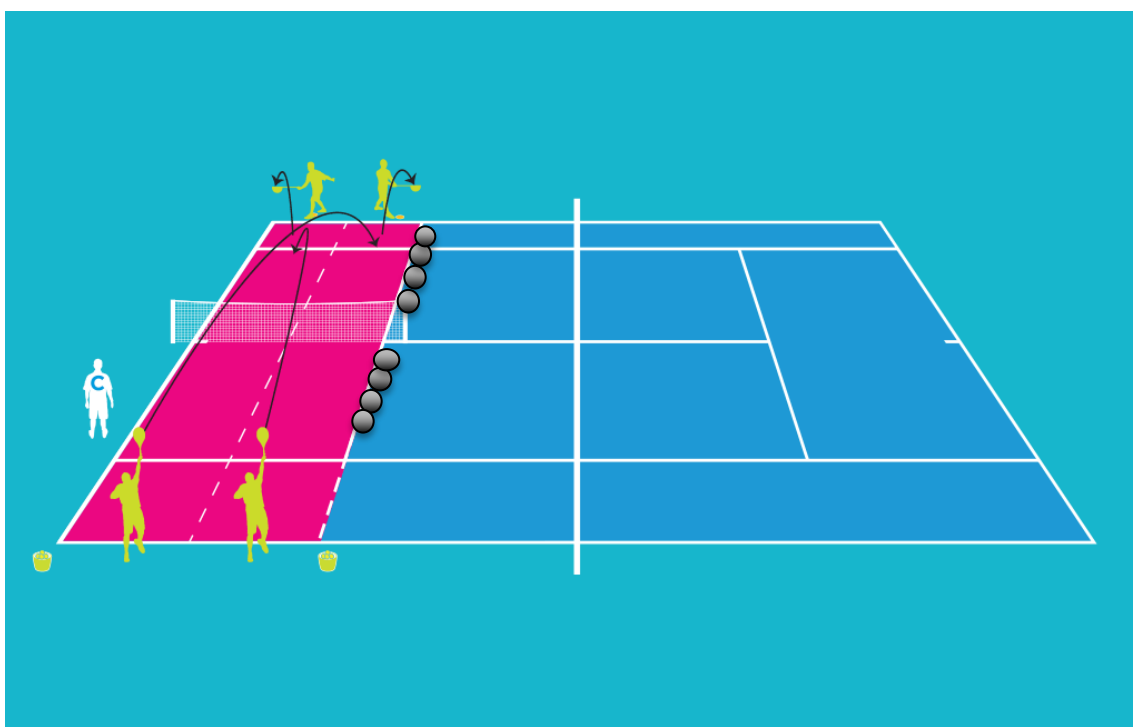
Variations

1. Commence serving from the service line and gradually move toward the orange baseline.
2. The 'returner' can take 2 or 3 steps to return the ball.
3. The 'server' can use an overarm throw.
4. Move down a court size to a Red Court and use balloons rather than racquets and balls.

Serve Rally Score

Primary Skill Focus	Serving
Secondary Skill Focus	Movement
Primary Tactical Focus	Groundstrokes
Secondary Tactical Focus	Accuracy
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar). Cones with (15,30,40,Game) stuck on the cones.

Image



Description

7. Players are in pairs and positioned on a spot marker on a court.
8. Player 1 has a bucket of balls and is nominated as the 'server'.
9. Player 2 has a butterfly net and is nominated as the 'returner'.
10. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net.
11. Players aim to complete 5 successful serve and return combinations.
12. Players change roles after 10 attempts.

Variations

5. Players commence with a drop-hit.
6. 'Returners' catch with a cone, bucket or their hands.
7. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
8. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.



GET
COURT
UP

Lesson 5

Cuckoo

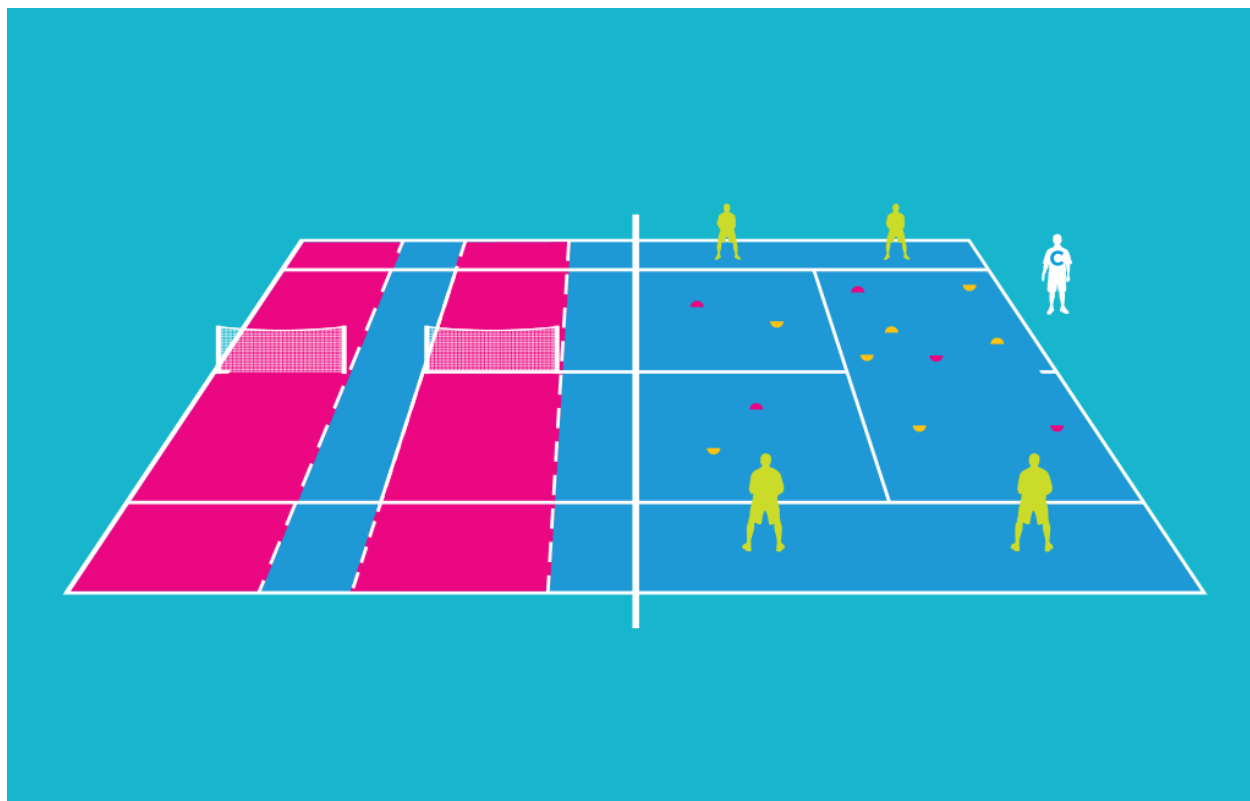
Primary Skill Focus

Movement

Equipment

12 soft cones and larger cones

Image



Watch the video

<https://www.youtube.com/embed/rOofrV1Zbds>

Description

1. Create two teams.
2. Players spread the soft cones around one end of the court. Half are placed right way up and half are placed upside down.
3. One team must turn all the soft cones right way up while the other team must turn all the soft cones upside-down.
4. On 'GO', players attempt to place as many soft cones in their team's nominated position as possible.
5. The team with the most number of soft cones in their nominated position is the winner.

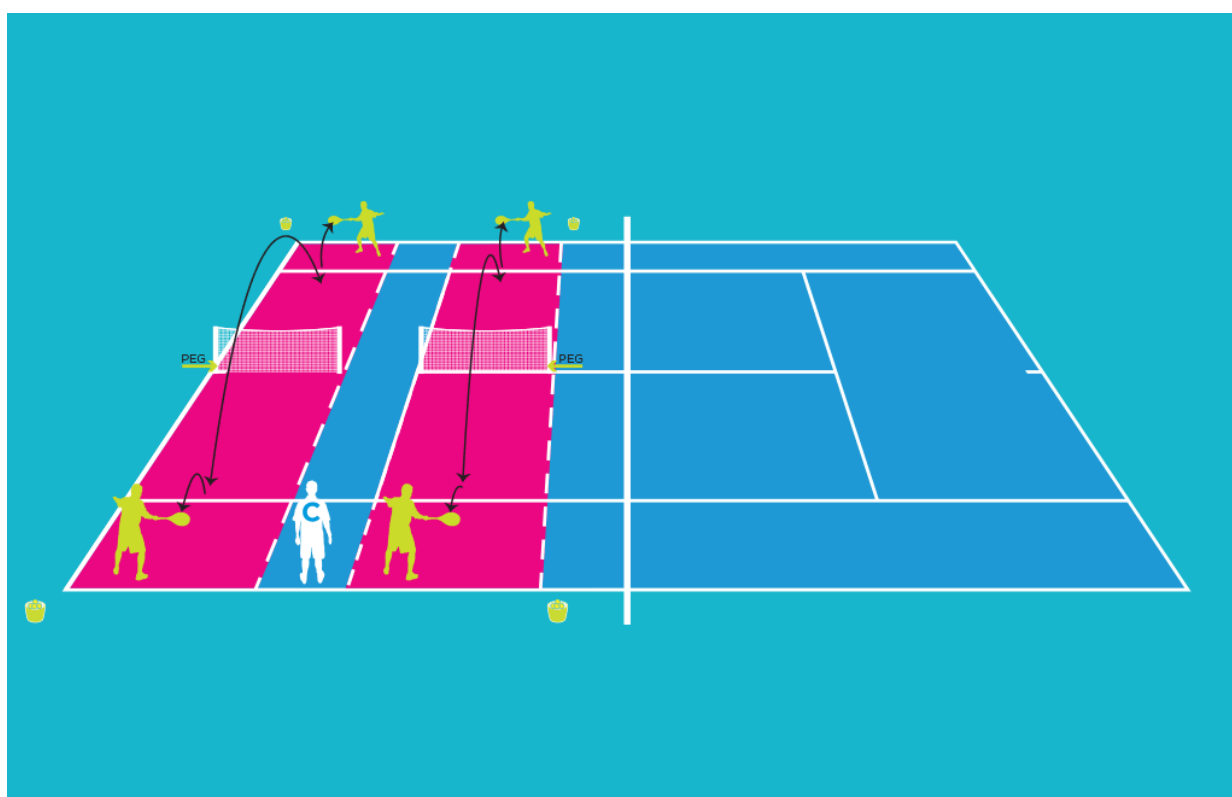
Variations

1. Increase the area required to position the cones (create a larger playing area).
2. Stipulate that different coloured cones are worth extra points.
3. Apply different movement patterns such as sidestepping, hopping and skipping.
4. Use larger cones so that wheelchair participants are able to knock the cones over using their chairs.

Peg it

Primary Skill Focus	Groundstrokes
Primary Tactical Focus	Consistency
Secondary Tactical Focus	Accuracy
Equipment	Pegs and red balls, balloons

Image



Watch the video

<https://www.youtube.com/embed/mW8dGo5Py1c>

Description

1. Players are in pairs and provided with one peg which they place on the bottom rung of the net near the net post.
2. Players rally with their partner.
3. Players count the number of successful shots in the rally.
4. Players move their peg up the net according to the number of successful shots in the rally (i.e., if a pair achieve 4 successful shots they move their peg up 4 rungs on the net).
5. Players change partners when their peg reaches the top of the net.

Variations

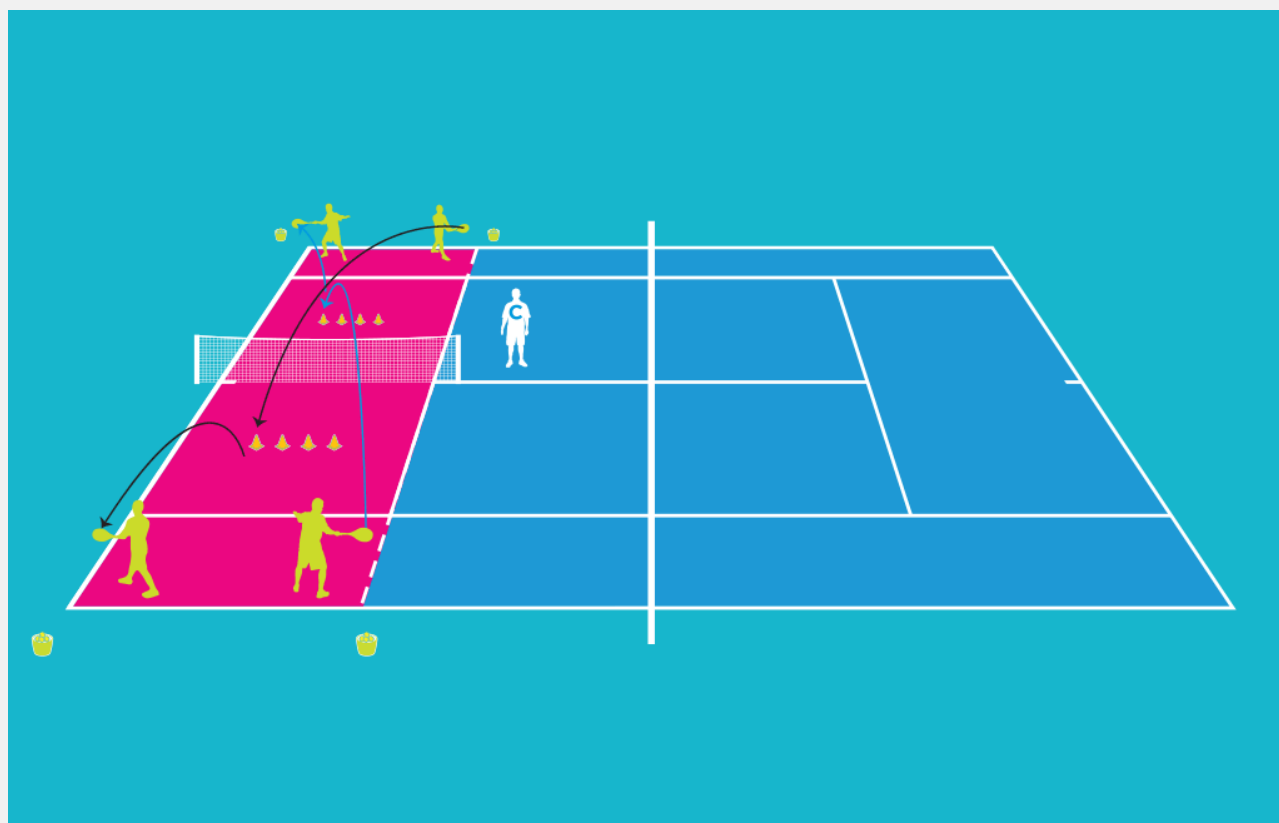
1. The coach can create specific zones on the court which the ball must land in for the rally to continue (e.g., cross-court or deep).
2. Commence the rally with an overarm serve.

3. Players can throw and catch.
4. Players can use a balloon filled with rice to rally and their hands.

Team battle cones

Primary Skill Focus	Groundstrokes
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Soft cones, red balls and 6 metre nets, larger targets, large balls (soccer or similar), Boccia ramps.

Image



Description

1. Players are in pairs and positioned on a 6 metre court.
2. Each pair positions four soft cones in a cluster between the net and the red stage baseline at their end of the court.
3. Players commence on the red stage baseline and attempt to hit their opponent's soft cones.
4. Each time a pair hits a cone they take possession of that cone and add it to their group of soft cones.
5. Each pair is attempting to take possession of all their opponent's soft cones.

Variations

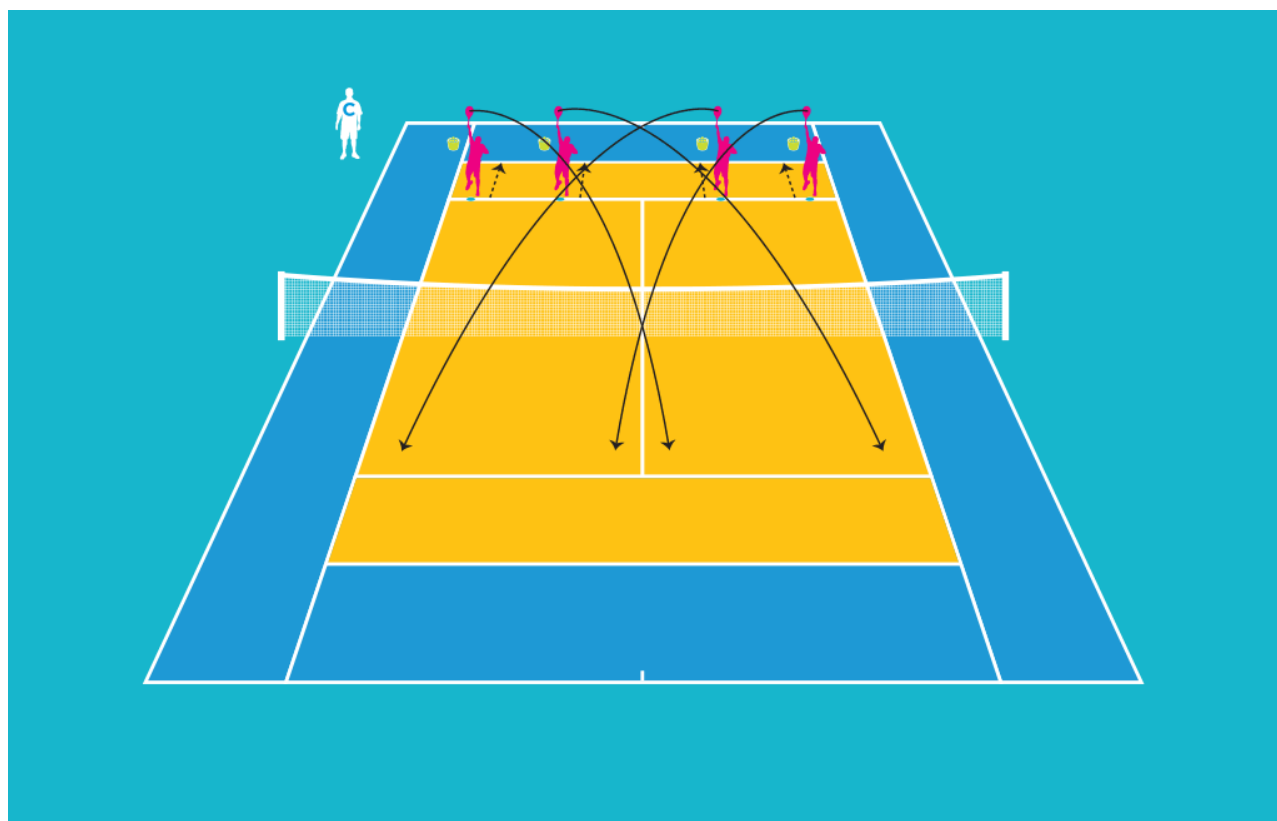
1. Vary the position of the soft cones to increase the difficulty.
2. Players can choose the position of the soft cones.

3. *Adapted-* Splat and roll the ball if rallying is too difficult.
4. *Adapted-* Bounce, hit, catch, hit if difficulty rallying
5. *Adapted-* Decrease or increase the playing area if necessary
6. *Adapted-* Remove the nets and have larger targets
7. *Adapted-* Using boccia ramps to roll the ball down the ramp aimed at the targets.

Ladder serving

Primary Skill Focus	Serving
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Spot markers, orange balls and buckets, Balloons

Image



Description

1. Players are positioned on a spot marker and commence serving from the service line.
2. Players move their spot marker toward the baseline (approximately one racquet length) each time they successfully serve a ball in the correct service box.
3. Players move their spot marker toward the service line (approximately one racquet length) each time they serve a fault.
4. Players are attempting to reach the baseline.
5. Players are encouraged to perform a complete service swing (rather than an incomplete 'pushing' action).

Variations

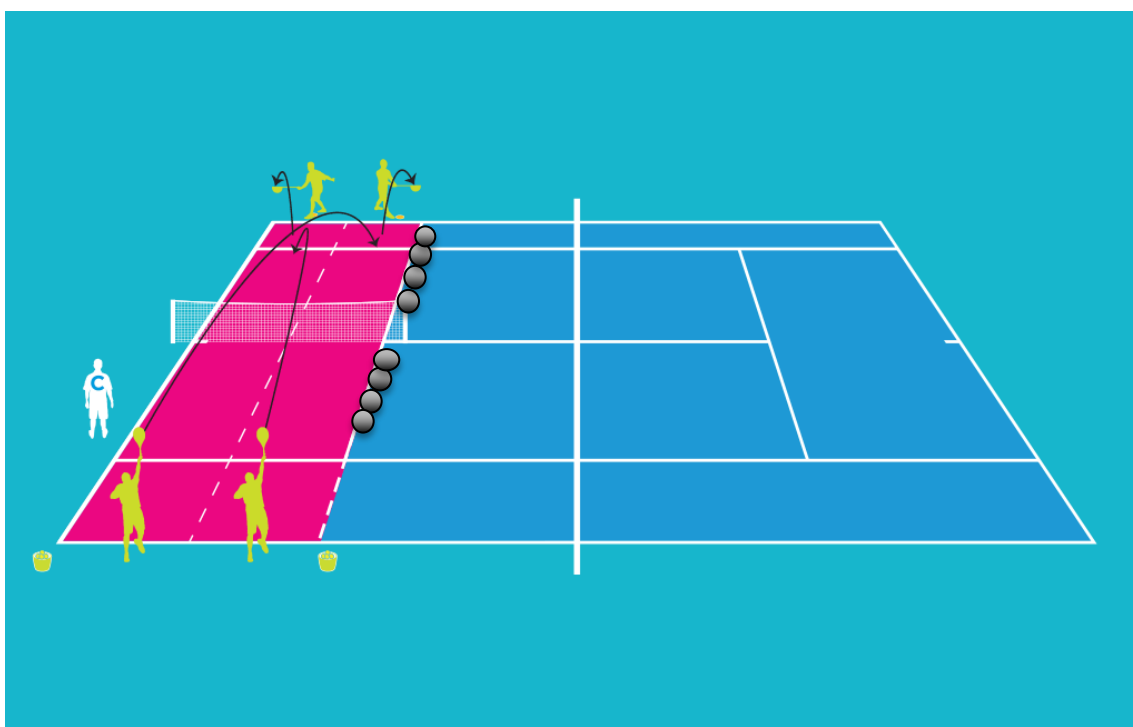
1. Create smaller target areas in the service boxes.
2. Players are required to perform a specific type of serve (e.g., slice serve).
3. Introduce a 'returner' who attempts to catch the players' serves after the bounce.

4. *Adapted-* Use balloons filled with rice, rather than balls (or larger soft balls)
5. *Adapted-* use a red court rather than an Orange court
6. *Adapted-* Introduce large targets on the other side of the court.

Serve Rally Score

Primary Skill Focus	Serving
Secondary Skill Focus	Movement
Primary Tactical Focus	Groundstrokes
Secondary Tactical Focus	Accuracy
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar). Cones with (15,30,40,Game) stuck on the cones.

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net.
5. Players aim to complete 5 successful serve and return combinations.
6. Players change roles after 10 attempts.

Variations

1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.



GET
COURT
UP

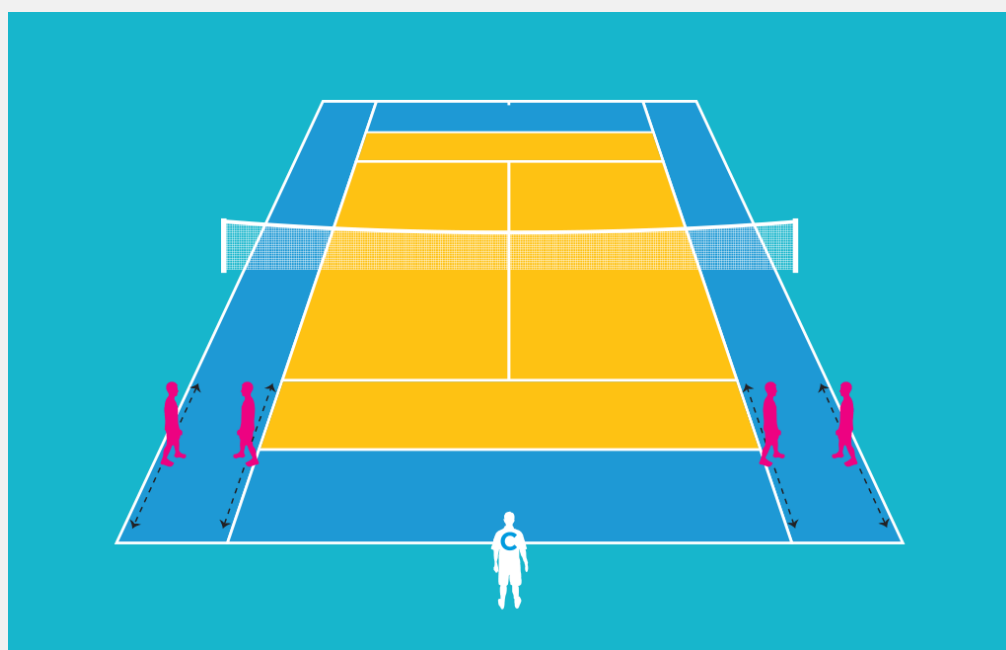
Lesson 6

(Same as Lesson 3)

Mirrors

Primary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Equipment	No equipment required

Image



Watch the video

<https://www.youtube.com/embed/kiubH5SxXBo>

Description

1. Players are positioned on the side lines facing each other (player 1 on the singles line and player 2 on the doubles line).
2. Player 1 is nominated as the 'leader' and player 2 is the 'follower'.
3. Player 1 (the 'leader') moves up and down the side line.
4. Player 2 (the 'follower') attempts to copy and 'mirror' the 'leader's' movement patterns.
5. The coach nominates an appropriate amount of time.
6. Players change roles.

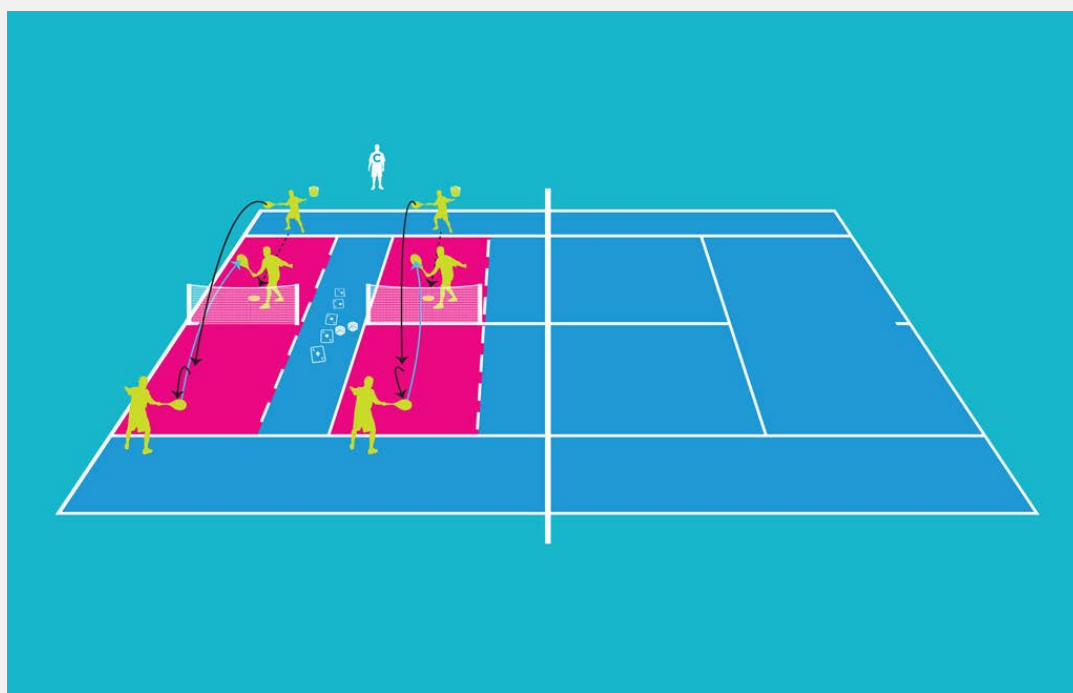
Variations

1. The 'leader' can perform additional body movements (e.g., squats, jumping, or tennis swings).
2. Players can conduct the activity in an area that permits movement in a multi-directional pattern (e.g., the service box).
3. *Adapted- Set up red courts, wheelchair participants to face each other on either side of the red court and mirror actions.*

Memory

Primary Skill Focus	Volley
Secondary Skill Focus	Net play
Primary Tactical Focus	Move the opponent
Secondary tactical Focus	Consistency
Equipment	Red balls, drop down lines, spot markers, playing cards, dice and buckets

Image



Watch the video

<https://www.youtube.com/embed/ihTQpZ1Ebfq>

Description

1. Players form pairs and start on opposite sides of the court.
2. Player 1 starts with a drop hit to their partner and moves immediately to the net ready to volley.
3. Player 2 attempts to hit the return to player 1 who then attempts to hit the volley.
4. Any player can roll the dice and the number rolled will be the number of times the combination of shots needs to be completed successfully.
5. When a team successfully completes the task they get to turn over two cards, if the cards are the same they get to keep that pair e.g., two aces.
6. Teams repeat until all pairs of cards have been collected, the winning team is the team with the most pairs of cards.

Variations

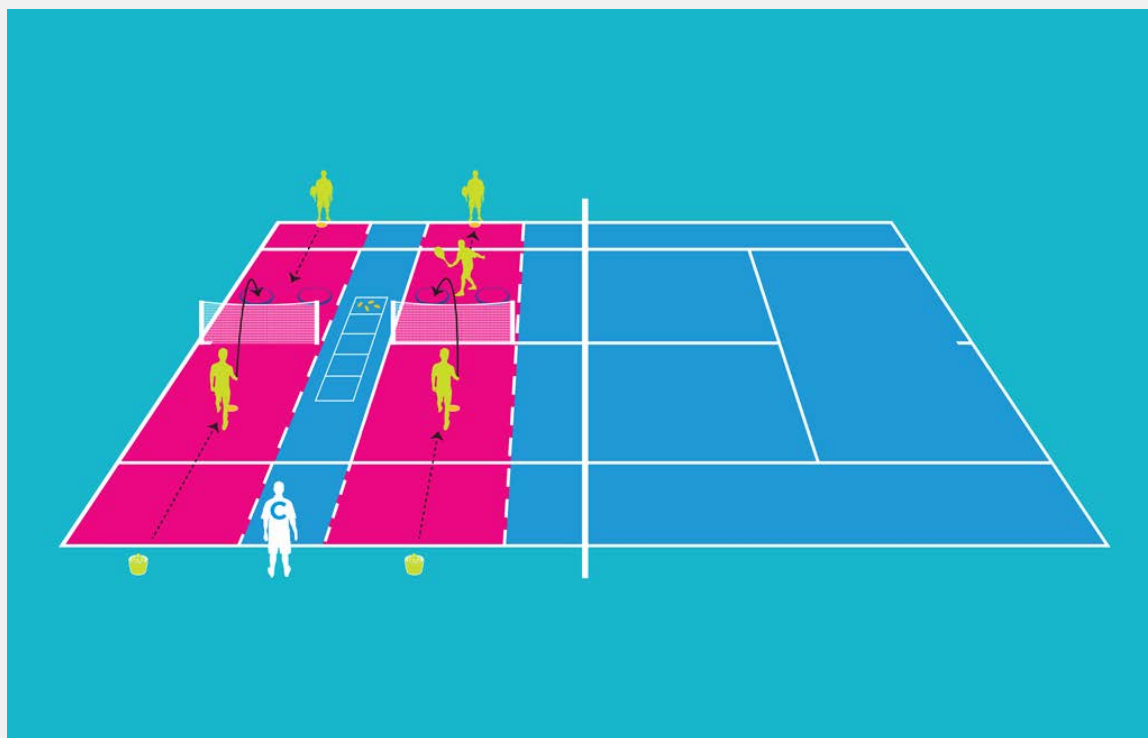
1. Increase or decrease the number of shots in the combination
2. Players can throw and catch instead of hitting.
3. *Adapted-* Decrease the deck size or have a hoop with a bean bag thrown in as a point first to 5 points

4. *Adapted-* Remove the cards, and place the scoring cones instead. Competition.
5. *Adapted-* partner one wheelchair participant, with able-bodied participant, the wheelchair participant uses the Boccia ramp to feed the ball into play. First ball ground stroke, then move into the net for the second feed. If both shots executed successfully, one point. They are working as a team to get mutual success.

Solar system

Primary Skill Focus	Volley
Secondary Skill Focus	Movement
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Move your opponent
Equipment	Hoops, buckets, spot markers, red balls, bean bags and ladder

Image



Watch the video

<https://www.youtube.com/embed/cr9DXT1Xv3U>

Description

1. Players are in pairs and start on the service line at each end of the court.
2. Player 1 will throw underarm aiming to land the ball (meteorite) into the hoops (planets) placed on the court.
3. Player 2 attempts to save the planets by volleying the meteorites.
4. After each throw, player 1 runs to get another ball from their bucket at the back of the court which contains 10 balls and player 2 must run and touch a spot marker at the back of the court.
5. Player 1 moves their bean bag one rung for each meteorite that hits a planet and player 2 moves their bean bag one rung for every volley they return into the court.
6. Players change roles and repeat.

Variations

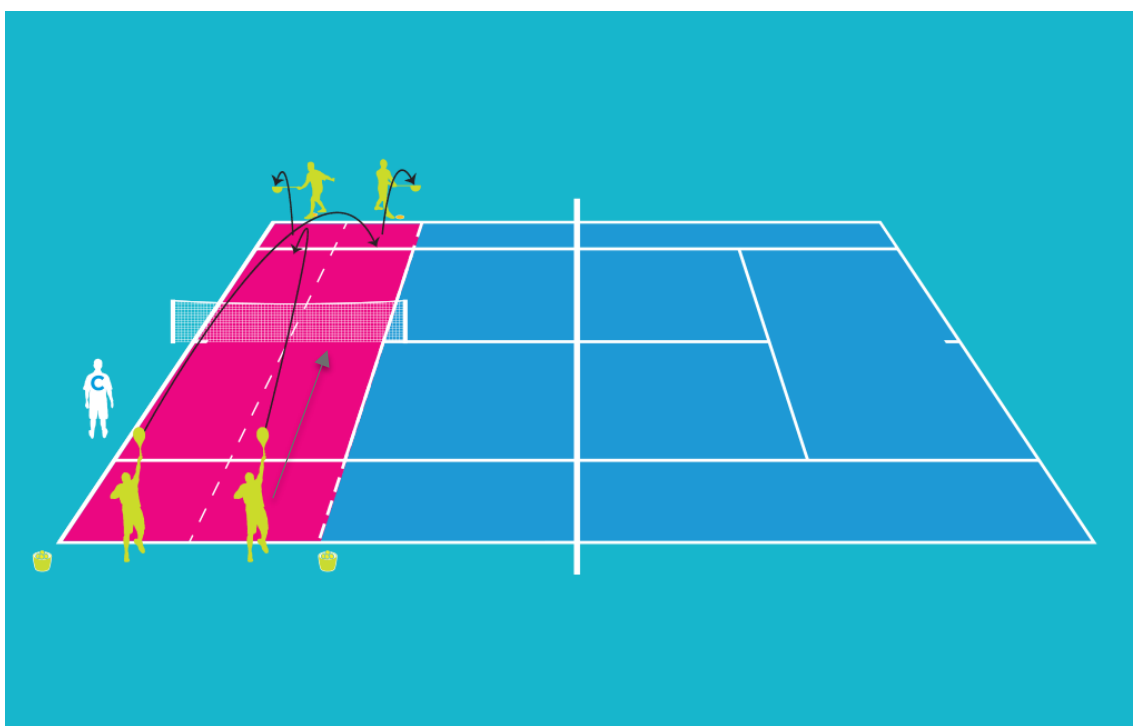
1. Player 2 catches the ball instead of volleying.

2. Player 1 starts the rally with a drop-hit.
3. Replace the hoops with drop down lines, so the wheelchairs do not get stuck on the hoops
4. Place a participant in the wheelchair protecting the solar system, they can use anything to protect the balls from going into the solar system.

Serve Return Volley

Primary Skill Focus	Serving
Secondary Skill Focus	Groundstrokes
Primary Tactical Focus	Accuracy
Secondary Tactical Focus	Consistency
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar).

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net then returns the ball for a volley
5. Players aim to complete 5 successful serve, return and volley combinations.
6. Players change roles after 10 attempts.

Variations

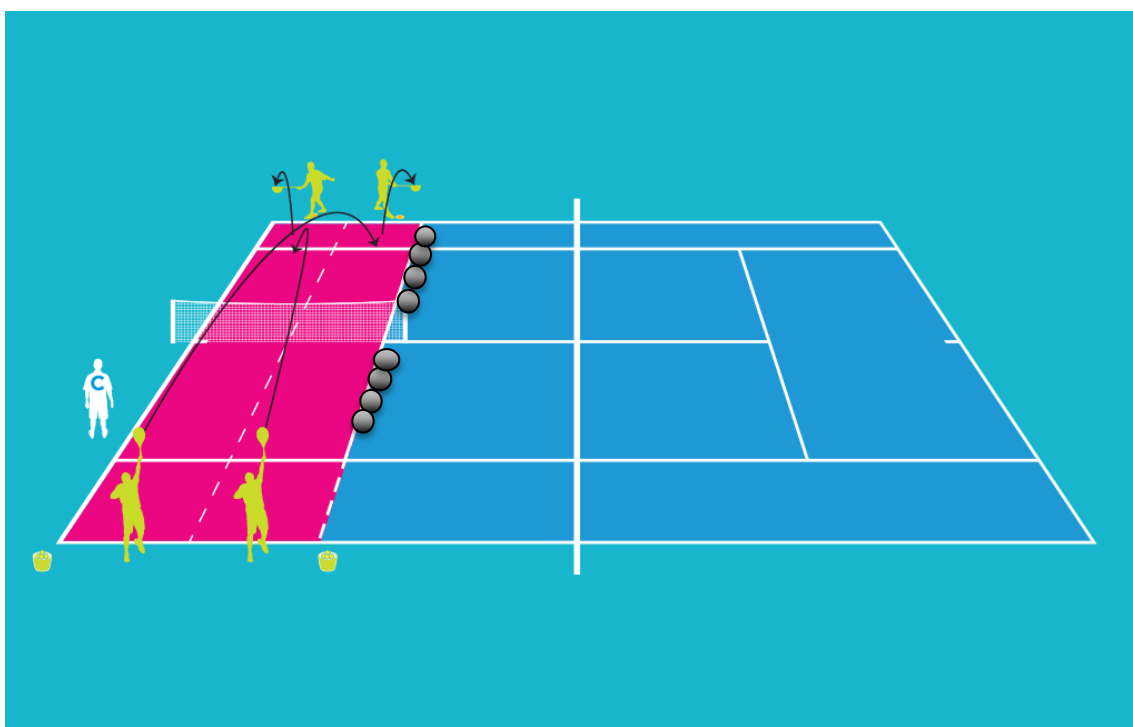
1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. If partners complete the serve, return & volley combination they receive three points, 2 points if they complete serve and return and one point if they serve.

5. *Adapted-* Use balloons, rather than balls, can still complete the serve, return, volley, using hands and the balloon rather than racquets.
6. *Adapted-* Start the server closer to the service line to get more success with the serve.

Serve Rally Score

Primary Skill Focus	Serving
Secondary Skill Focus	Movement
Primary Tactical Focus	Groundstrokes
Secondary Tactical Focus	Accuracy
Equipment	Butterfly nets, buckets, spot markers, drop down lines, red balls and 3 or 6 metre nets. Balloons filled with rice (light large balls, similar). Cones with (15,30,40,Game) stuck on the cones.

Image



Description

1. Players are in pairs and positioned on a spot marker on a court.
2. Player 1 has a bucket of balls and is nominated as the 'server'.
3. Player 2 has a butterfly net and is nominated as the 'returner'.
4. Player 1 performs an overarm serve with a racquet in a cross-court direction to player 2 who attempts to catch the ball in the butterfly net.
5. Players aim to complete 5 successful serve and return combinations.
6. Players change roles after 10 attempts.

Variations

1. Players commence with a drop-hit.
2. 'Returners' catch with a cone, bucket or their hands.
3. Use balloons to serve instead of balls. Fill the balloons with rice so they travel further.
4. Set up the cones on either side of the court. Once they win the point they knock over one cone. To signal 15-0, continue playing until someone reaches game and all cones are knocked over.

