



Matchplay for Advanced Beginners

Assessing Player Readiness

For Advanced Beginners, who have been successful in Beginner skills and are ready to transition to a larger defined space and smaller, slower ball. Advanced Beginner athletes are able to sustain a short rally with movement (3 hits in a row) and demonstrate basic strategy. Common mistakes are lack of depth, poor directional control, poor recovery and pushes serves.

A. Warm-ups: examples

Any previous level warm-ups

- ♦ **High Knees**

With knees reaching waist height, athletes go from baseline to net.

- ♦ **Line runs:**

- ♦ Athletes stand on doubles sideline, perpendicular to net.
- ♦ Athletes run to singles sideline, bend knees, touch line with both hands and return to start.
- ♦ Repeat to center line, then opposite singles sideline and lastly opposite doubles sideline.

Variation:

- ♦ Athletes stand at center line in ready position.
- ♦ Athletes turn and run to right (deuce) singles sideline and touch with racquet, then shuffle back to center in ready position.
- ♦ Athletes repeat to left (ad) singles sideline.
- ♦ Repeat again to right and left doubles sideline.

B. Readiness, preparation and recovery drills: examples

1. Ready

- ♦ Players jog in place while in ready position. When the whistle blows, players split step.
- ♦ Players jog in place, split step when coach drops ball.
- ♦ Players jog in place, split step when coach drops ball runs to sideline and complete imaginary swing and shuffle back to start.

2. Ready 2

- ♦ Players (A and B) partner up.
- ♦ Player A holds 1 ball in each hand with arms outstretched.
- ♦ Player B faces partner 3' away.
- ♦ Player A drops one ball.
- ♦ Player B steps forward and catches ball after one bounce.
- ♦ Repeat 4xs and switch positions.

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3. Preparation and recovery 1

- ♦ Run and Shuffle - 2 cones for each player. Set one for each player on the deuce single sideline and one on the ad single side line.
- ♦ Players form a single file line, facing the net and the 1st person is 3 feet from the net. On signal, players run to the Deuce-Single sideline, touch the cone with their left hand and shuffle back to centre.
- ♦ Players then run toward the Ad-Alley, touch the cone with right hand, then shuffle back to the centre.

4. Preparation and recovery 2

- ♦ Players form single file line at 60' line.
- ♦ Coach stands on opposite side of net and underhand tosses ball to the right or left of 1st person in line.
- ♦ Player runs to the ball, stops, and catches ball after one bounce, throws ball overhand over the net, then shuffles back to start.
- ♦ Repeat then go to end of line.

5. Preparation and recovery 3

- ♦ Players form 2 lines with racquets.
- ♦ Coach stands facing lines.
- ♦ Coach tosses a ball toward single sidelines to each line.
- ♦ 1st players in line start in ready position. Players run to the ball, stop and hit.
- ♦ Players shuffle back to start while facing the net and in ready position.
- ♦ Repeat then go to the end of the opposite line.

C. Rally Drills: examples

4 per court - Ground stroke or volleys

- ♦ Hit straight ahead – Goal 10 in a row. Increase as players are able. Rotate partners. (*forehand only, backhand only, alternate, be creative*)
- ♦ Hit cross court - Goal 10 in a row. Increase as players are able. Rotate partners. (*forehand only, backhand only, alternate, be creative*)

3 per court - Ground stroke or volleys

- ♦ Player A is singles player, Players B and C are on opposite side of net.
- ♦ Play may be ground strokes to ground strokes, volleys to volleys or ground strokes to volleys.
- ♦ Goal – 10 hits in a row

D. Lead up games: examples

- ♦ Champion of the Court
 - ♦ Singles game.
 - ♦ 1 King/Queen on opposite side of net and others line up in a single file line behind the 60' line.
 - ♦ First person in line serves to King and play out point.



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- ♦ If server wins, they have to the count of 5 to become King/Queen before the next person serves. The Ex-king returns to the end of the serving line.
- ♦ Add-um up
 - ♦ Divide class in half.
 - ♦ Form single file lines on opposite sides of net on 60' line.
 - ♦ With a drop hit, the 1st two play out singles point.
 - ♦ Winner stays on court and is joined the next team mate.
 - ♦ The loser, returns to the end of their line.
 - ♦ The goal is to win the point with all team members on the court.
 - ♦ The single player always starts the point.
 - ♦ If the single player wins, all players on the opposite side return to the end of their line.

E. Tournament Warm – up:

Each match has a 5 minute warm-up period.

After the official has flipped the coin to decide server/receiver

Players warm-up on the side they will begin play on.

- ♦ Rally straight ahead – 1 minute
- ♦ Practice volleys, lobs and overheads -1 minute
- ♦ Practice serves 2 minutes
 - ♦ Use two balls.
 - ♦ Serve 2 and receiver catches each one.
 - ♦ Receiver becomes the server and serves 2 back

Coaching Tips

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 racquet in the "back scratch position."
- 3/4 serve is started with the racquet behind the body and pointing toward the ground.