



#### Movement

- ◆ Demonstrate the correct way to move to the ball
- ◆ Exaggerate what happens if the athlete forgets to take the racquet 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 – Hand feed with underhand toss.

- ◆ 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.



# Special Olympics Tennis Quick Start Guide

## On-Court Training Activities



### 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”