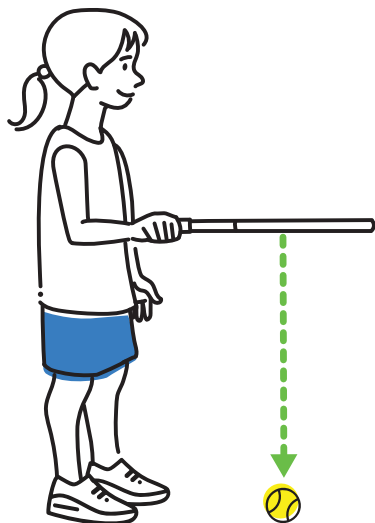


RACQUET AND BALL HANDLING

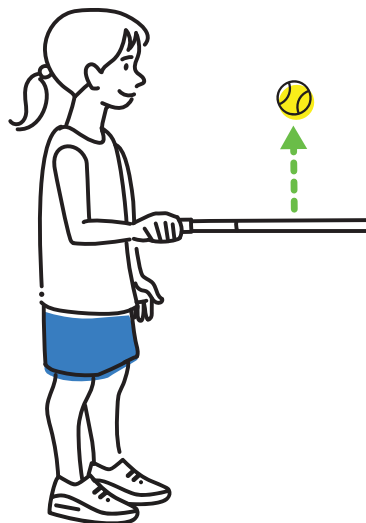
- Tap Downs: Bounce the ball down at waist level.
- Bump Ups: Bounce the ball up eye level without letting the ball touch the ground.
- Edgies: Dribble the ball down at waist level using the edge of the tennis racquet.
- Self-Rallies: Alternate bumping the ball off the racquet and off the ground.
- Invent a Bounce: Students attempt different ways to dribble or bump the ball.
- Cues: Shake hands grip used.
- For adaptive students use a bigger ball or balloon.

EQUIPMENT NEEDED

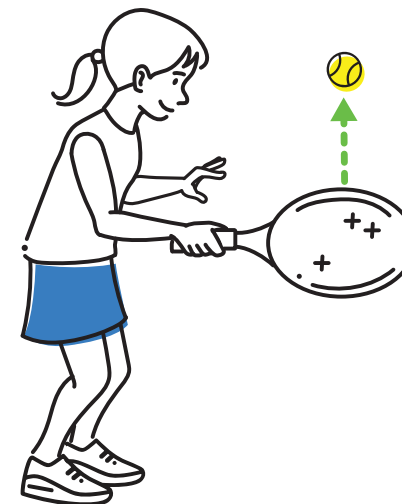
- One racquet per student
- One ball per student



Tap Downs



Tap Ups



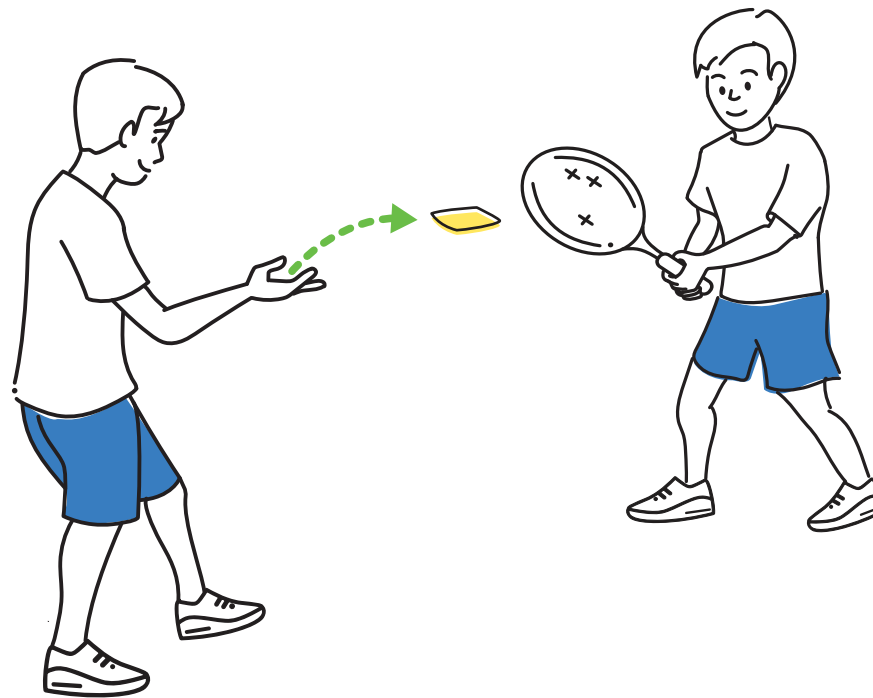
Edgies

SENDING THE MAIL

- One student is the tosser and the other is the hitter. The tosser will toss a foam or red felt ball to their partner who rotates (forehand or backhand side) and returns the ball to the tosser off the bounce.
- For adaptive students use bigger ball or balloon, allow multiple bounces.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per two students
- One ball per two students

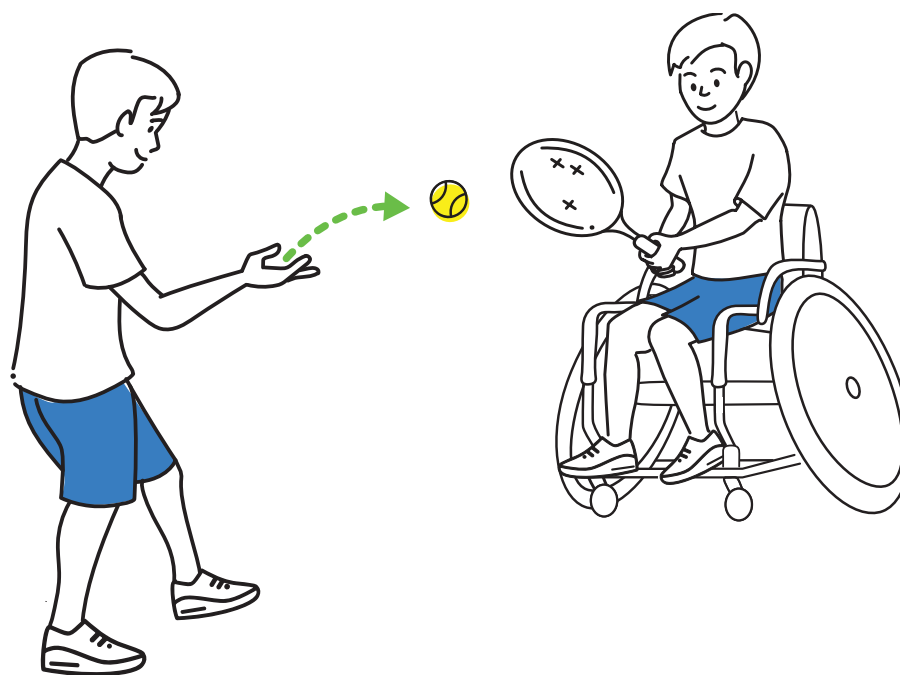


TOSS, VOLLEY, AND CATCH

- Using a foam or red felt ball, one partner tosses to the forehand or backhand side of their partner. The partner volleys the ball back to their partner who catches the ball. Begin with partners three steps apart. Change roles after six tosses.
- Cues: Hammer grip for forehand and backhand.
- For adaptive students use a bigger ball or balloon.

EQUIPMENT NEEDED

- One racquet per two students
- One foam or red felt ball per two students

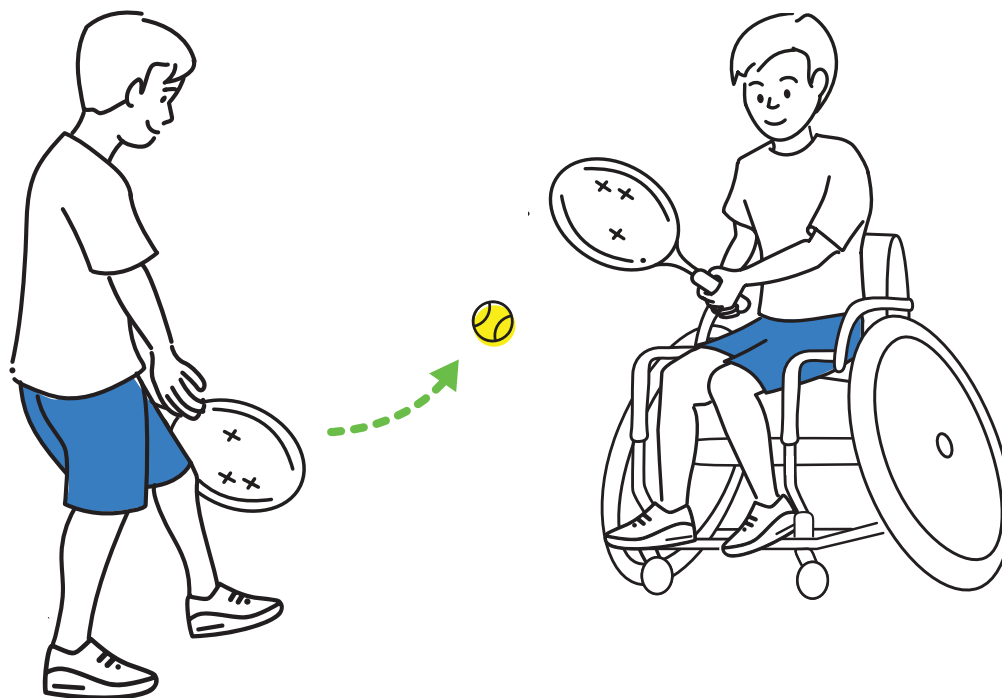


HIT-RETURN-TRAP

- Student #1 drop-hits the ball to student #2 who hits the ball back. Student #1 lets the ball bounce and traps it on the strings.
- For adaptive students use balloon or bigger ball.
- Cues: Shake hands grip, turn, hit.

EQUIPMENT NEEDED

- One racquet per student
- One foam or red felt ball per two students

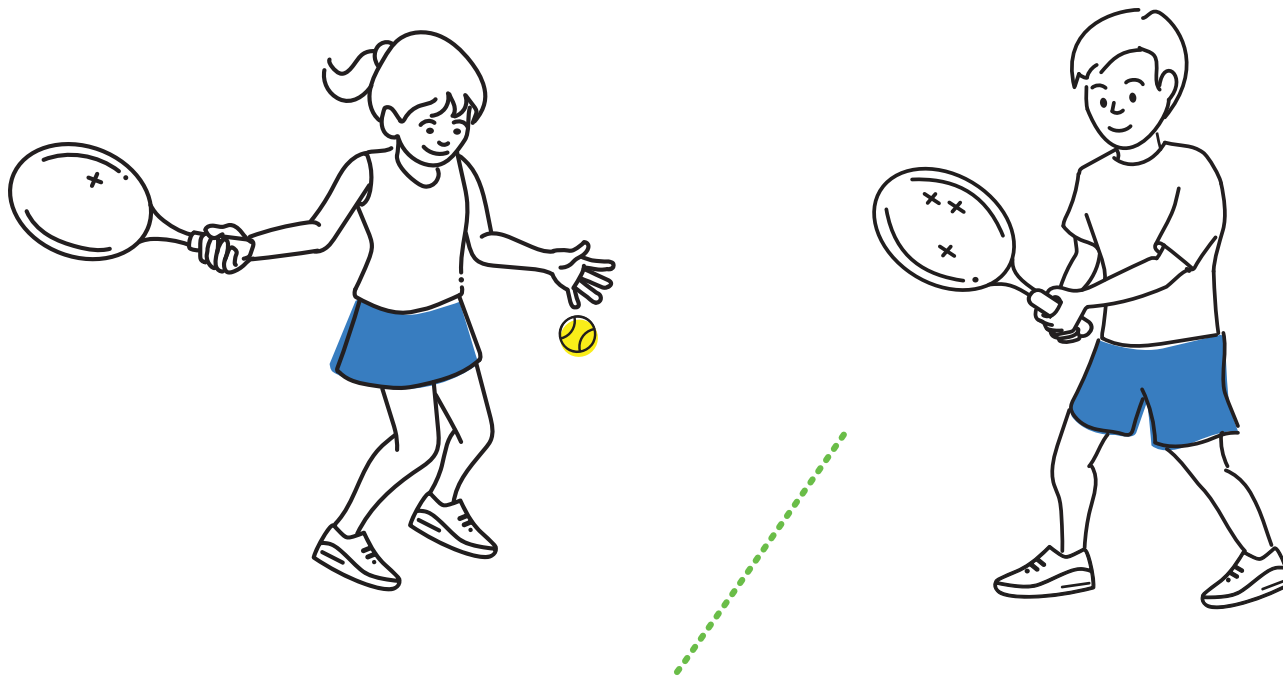


PARTNER RALLIES OVER LINE

- Partners work together with a line or jump rope between them to serve as an imaginary net. They bounce and hit the ball back and forth. To start the rally, students should start close, match up the racquet faces, and take two steps back. Have students try and set the “world record” for longest rally.
- For adaptive students use bigger ball, multiple bounces, drop hit-bounce-catch.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One foam, or red felt ball per two students

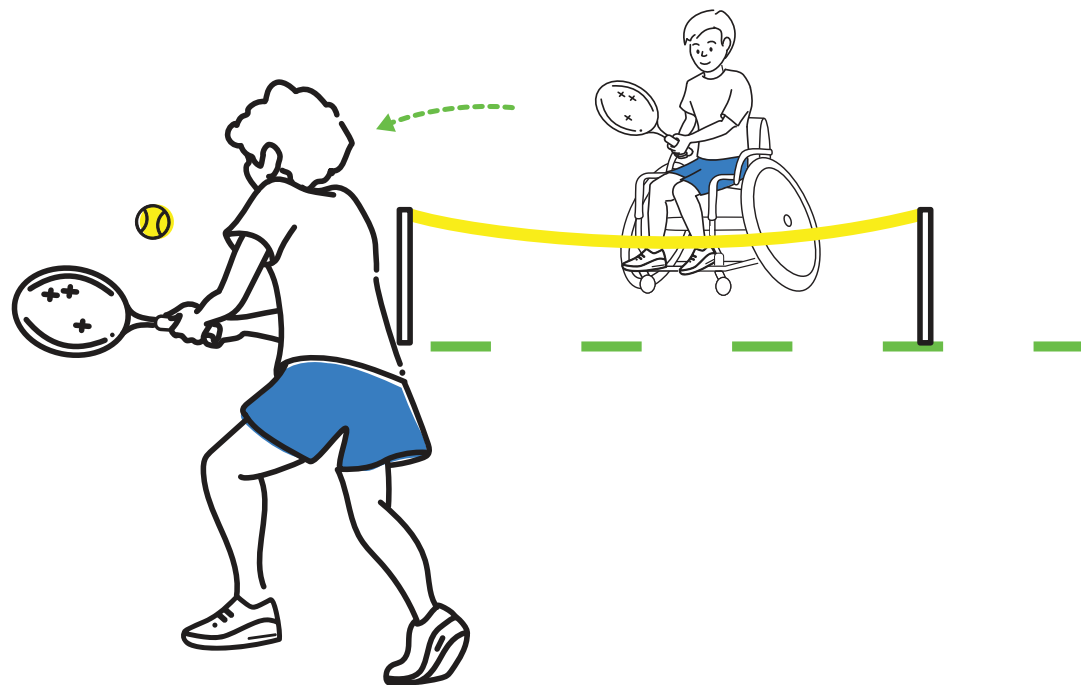


WHAT'S YOUR RECORD?

- Students partnered across the net.
- Rally to get the highest number in the class.
- For adaptive students use bigger ball, rally with a balloon, allow multiple bounces.
- Cues: Shake hands grip for forehand, hammer grip for backhand.

EQUIPMENT NEEDED

- One racquet per student
- One foam or red felt ball per two students

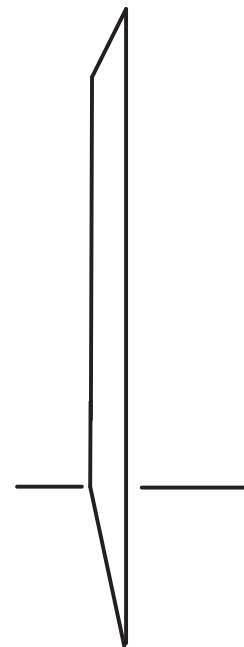
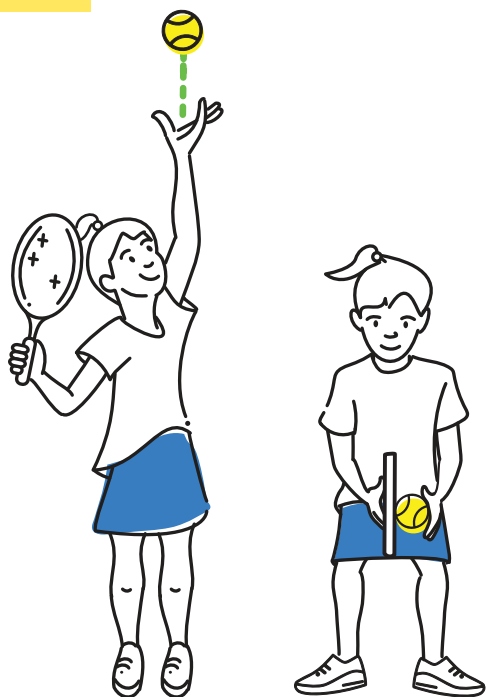


SERVE AND TRAP

- Students serve the ball at the wall and trap the rebounding ball on the racquet strings. Students should hit the ball in a controlled manner in order to successfully trap the ball. This activity can also be done with partners serving and trapping the ball to each other.
- Cues: Hammer grip serve, shake hands grip forehand.
- For adaptive students overhand throw, underhand serve, allow multiple bounces before trap.

EQUIPMENT NEEDED

- One racquet per student
- One ball per student



SHORT COURT TENNIS

- Students rally and play over makeshift or portable nets incorporating the different skills they learned from each of the stations.
- Cues: Shake hands grip for forehand, hammer grip for backhand, volley, and serve.
- For adaptive students rally with balloons, toss and catch (no racquets), allow multiple bounces.

EQUIPMENT NEEDED

- One makeshift or portable net
- One racquet per student
- One ball per two or four students

