

# Adapting Tennis in Schools and Beyond!

## Adapting Tennis to suit your Schools and Community needs!



**Everything you do is right!**

**Remember to be flexible and ready to change as needed:-**

**Racquets:-** use the sizes that match the level of the student/Athlete. 19, 21, 23, 25, 27 inch or foam. Wheelchairs and walkers will need a bigger racquet for a ball rolling on the ground (walk the dog). Student/Athlete may need a lighter racquet for volleys at the net and ground strokes.

**Balls:-** Foam is your friend inside a gym or on hard courts.  
Balls on Strings for walkers and wheelchairs.  
Jingle Bell Foam Balls

**Or:-** Beanbags, Koosh Balls

**Extra:-** Hula Hoops, Poly Spots(Red Yellow Green), Cones, Barrier Tape

**Scoring:-** Points, stickers, anything that is fun and works for the group you are hosting. We want the students/Athletes to learn to score so start now if you are playing matches.

**Play Format:-** What suites your group, are you in a gym, out in a parking lot or on courts.

**Resource:-** <https://tennis4learning.com>

**Thank you to Amy Franklin for introducing this new amazing resource**



**What:** “USTA Team Challenge” Adapted Tennis Clinic

(Adapted PE Coach) Tennis stations and Games for student participants from Fulton County. Riverwood HS, Centennial HS and North Springs HS

**Where:** Riverwood High School 5900 Raider Dr, Sandy Springs, GA 30328  
Outside Tennis Courts

**When:** Thursday, October 23, 2025 from 10:15am - 12:30pm

8:45am - Fiona/PE Teacher equipment unload/Set up

9:45am - Student volunteers meet at the courts. Help Set up. Assign volunteers to centers.

10:15am - Help Buses unload. Buses unload at the lower level tennis court direct students to stations

10:30am - 11:30am Tennis Stations on court and Water/snack station - tattoos - postcard

11:30am - 12:00pm - Hit for prizes

12:00pm - Medals as they exit court to board the buses!!

## **Athlete Participants:**

Riverwood HS - 24 students (6 teachers)

North Springs HS - 20 students (6 teachers)

Centennial HS - 20 students? (6 teachers)

## **Total Participant Count: approx. ? Students**

Total Teacher Count: 18

Total Student Volunteers: 35 (Peer Facilitators)

Total Adult volunteer: Fiona, Jim and Allan

**2 student volunteers per station if possible (10 stations)**

## Equipment Needed:-

Racquets:- 34 **All Sizes**

Buckets:- 12 min

Foam Balls:- Crate

Red Balls:- Crate

Poly Spots:- 32

Cones:- 6

Hoola Hoops:- 4

Tennis equipment pack - Racquets

Foam balls

Red balls

Cones - 10

Poly Spots - 32

Foam Balls - Crate -

Red Balls - Crate -

Koosh balls/beanbags -

Buckets -

Hoola Hoops - Big and Small

Wilson Ball - Complete

Netgen Yellow Ball x 2 - Complete



## Items Needed:-

Tattoos - Halloween

Laminated Station Cards/Activity

Laminated Station numbers

Pegs - Complete

Netgen Yellow Ball x 2 - Complete

Mailbox and postcards - Complete

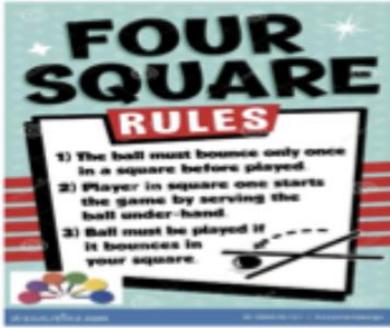
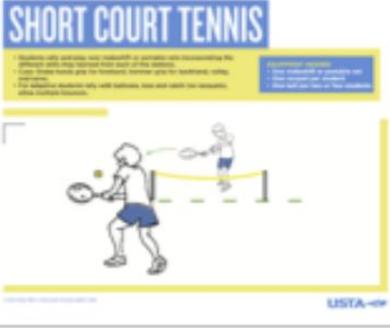
Lanyards - Volunteer (Black) - Complete

4 cases 24/ bottle water/snacks of some kind - Purchased

Medals - 70 - Ordered 10/3/25 - received



#	Station	Description	Equipment Needed	Starting Group
1	<b>Ball Kid Burst Relay</b>	<p><b>Ball Kid Burst</b></p> <p>Place a racquet flat on the ground with a pile of three tennis balls places 10-15 feet away. Using a stopwatch, run and grab one ball at a time and place each ball on the racquet strings until all of the balls are picked up.</p> 	3 Racquets 3 Buckets 5 Foam balls	Riverwood Casteel
2	<b>Lobster Catch/ Trap</b>	 <p>Feeder tosses Ball to Students who have 2 raquets, one in each hand, and they use them to try to catch the ball tossed underhand by “clapping” the raquets together to catch the ball</p>	8 Racquets 1 Bucket 8 Foam Balls 4 Balls on Strings 8 Poly Spots	North Springs 1 (Lower Skilled)
3	<b>Sandwich/ Pancake Relay</b>	 <p><b>TENNIS SANDWICH</b></p> <p><b>Setup</b></p> <ul style="list-style-type: none"> <li>Each player has a racquet and a red ball.</li> <li>Create teams of three to five.</li> <li>Place each on a station, which you've created using mats, Tubs or existing lines.</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>First player holds the racquet palm up and places a ball on the strings.</li> <li>Second player holds the racquet palm down and places the racquet on top of the other ball. The same player then places another ball on the strings.</li> <li>Players continue adding to the “sandwich” in this manner.</li> <li>Two variations exist. The coach can help each player finish adding to the sandwich or there could be three independent sandwich groups to see how long they can maintain the sandwich.</li> </ul> <p><b>Note:</b> Let players describe what's in their sandwich. The ball could be a baseball and the racquets the bread.</p>	8 Racquets 3 Buckets 8 Red Ball 8 Poly Spots	Centennial 1 (Lower Skilled)
4	<b>Red Light Green Light - roll ball, tap down, bump up</b>	 <p><b>WALK THE DOG</b></p> <p><b>RACQUET AND BALL HANDLING</b></p>	8 Racquets 1 Bucket 8 Foam Balls 4 Balls on Strings 8 Poly Spots	Riverwood Greco

5	<b>Postcard to Mail</b>	Write/draw on a postcard that kids will be handed what they learned/did today at tennis to their parents	Mailbox, postcards, pens	North Springs 2
6	<b>Four Square Tennis – With/Without Foam Paddles with Foam Ball</b>	 <p><b>FOUR SQUARE RULES</b></p> <ol style="list-style-type: none"> <li>1) The ball must bounce only once in a square before played.</li> <li>2) Player in square one starts the game by serving the ball under-hand.</li> <li>3) Ball must be played if it bounces in your square.</li> </ol>	1 Bucket 1 Big Wilson Ball 1 Netgen yellow Ball 1 Foam Ball 4 Hoola Hoops	Centennial 2
7	<b>Add Em Up Game</b>	 <p><b>ADD EM UP</b></p> <p><b>GOALS</b></p> <ul style="list-style-type: none"> <li>• Create stories of your own.</li> <li>• Practice skills and abilities on the court.</li> </ul> <p><b>HOW TO PLAY</b></p> <ol style="list-style-type: none"> <li>1. Player allowed to hit the ball by sliding the ball along the ground with their racket using a forehand.</li> <li>2. The racket can hit in order or number and the ball bounces from each base.</li> <li>3. Player must be able to hit the ball with a racket.</li> <li>4. Player allowed to hit the ball by sliding the ball along the ground with their racket using a forehand.</li> <li>5. Add up scores at the end.</li> </ol> <p><b>WHAT YOU NEED</b></p> <ul style="list-style-type: none"> <li>• 4 Rackets</li> <li>• 1 Bucket</li> <li>• 4 Red Balls</li> <li>• 3 Poly Spots</li> <li>• 6 Cones</li> </ul>	3 Racquets 1 Bucket 4 Red Balls 3 Poly Spots 6 Cones	Centennial 3
8/ 9	<b>Full Court Net Play - Champs and Challengers</b>	 <p><b>SHORT COURT TENNIS</b></p> <p>Practice skills and abilities on the court using a racket and ball. This is a fun and challenging game that can be played in a variety of ways. It is a great way to improve your tennis skills and have fun at the same time.</p> <p><b>HOW TO PLAY</b></p> <ol style="list-style-type: none"> <li>1. Player allowed to hit the ball by sliding the ball along the ground with their racket using a forehand.</li> <li>2. The racket can hit in order or number and the ball bounces from each base.</li> <li>3. Player must be able to hit the ball with a racket.</li> <li>4. Player allowed to hit the ball by sliding the ball along the ground with their racket using a forehand.</li> <li>5. Add up scores at the end.</li> </ol> <p><b>WHAT YOU NEED</b></p> <ul style="list-style-type: none"> <li>• 4 Rackets</li> <li>• 1 Bucket</li> <li>• 12 Red balls</li> <li>• 4 Poly Spots</li> </ul>	4 Racquets 1 Bucket 12 Red balls 4 Poly Spots	Riverwood Breland
1 0	<b>Snack/Tattoos</b>	Students enjoy provided snack	Tattoos, water, Snack	North Springs 3



Georgia schools!

End with fun games!



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