

# GREEN BALL

WHEELCHAIR TENNIS COMMUNITY PRACTICE AND PLAY PLANS

COMMUNITY 1 / COMMUNITY 2



NetGeneration.com

# DEAR COACH,

## WELCOME TO NET GENERATION!

On behalf of the USTA, thank you for supporting Net Generation. Together, we will shape the future of tennis. Net Generation isn't just a new brand—it's a comprehensive platform and development program for kids ages five through 18. By creating a singular platform for tennis that we all can rally behind, and through the support the USTA will offer along the way, we believe we can grow tennis participation, instill the love of the game in future generations, and ensure that tennis remains a vibrant sport in our communities for years to come.

As a former #1 world tennis player, former President of the Women's Tennis Association, ESPN analyst, business owner, entrepreneur, and mother, I'm a Net Generation ambassador because I believe this new approach will benefit the growth of youth tennis. Sports today don't meet the needs of parents, players, coaches, and community organizations quite like we will with Net Generation.

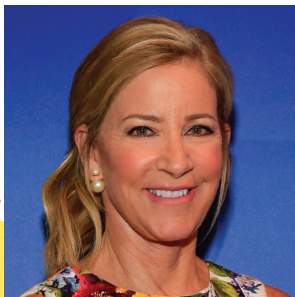
By registering and becoming an active part of Net Generation, you will get access to the very best curricula that will help you facilitate play and deliver programs, digital tools, and resources that make teaching, coaching, planning and playing easier, and marketing resources and support to enhance your program's visibility.

This manual is just one tool under the Net Generation brand and we hope it becomes a valuable resource for you. It's comprehensive, competency-based, collaborative, and also packaged conveniently online with additional resources to help you customize your approach to creating programs for the sport you love.

Again, thank you for being a part of Net Generation! Together, we will shape the future of tennis!



**Chris Evert**  
Former World #1 Tennis Player



# FOREWARD

## NET GENERATION WHEELCHAIR CURRICULA

For a sport that had its origins in Southern California, created by an extreme skier named Brad Parks in 1976, the sport of wheelchair tennis has come a very long way. How could Brad have ever dreamed how much growth and inclusion wheelchair tennis would receive from the overall global tennis community? Wheelchair tennis has been included into all four Grand Slam events, been a medal sport at the Paralympic Games since 1992, created the World Team Cup (wheelchair tennis' equivalence to Davis Cup and Fed Cup) in 1985, the creation of the year-end NEC Singles and UNIQLO Doubles Masters, and the building of an entire professional tour managed by the ITF (International Tennis Federation) and sponsored by UNIQLO. Having all of that history behind it, the future for wheelchair tennis and it's growth looks to be even greater!

Net Generation, the official youth tennis brand of the USTA, will provide ALL youth the opportunity to play more tennis and to have the sport made more accessible to those who need some adaptation to make it work! The Net Generation Wheelchair Tennis adapted curricula, created here by the USTA National Wheelchair Staff, will allow teachers, physical therapists, occupational therapists, parents and volunteers to bring tennis to kids who otherwise might find the able-bodied curricula more difficult to adapt to. Adaptation, accessibility and inclusion, all in one curriculum!

We hope you enjoy the journey you are about to embark upon and with the power of Net Generation at your back! There is only the love and joy that tennis brings all of us that is coming your way.

### **Jason Harnett**

USTA National Manager - Wheelchair  
Head Paralympic Coach for Team USA



# FOREWARD

## NET GENERATION WHEELCHAIR CURRICULA

On behalf of the USTA Wheelchair Tennis Department, it brings me much joy to introduce this adapted Net Generation Curricula. On a personal level, much satisfaction was derived in this lengthy process. Wheelchair tennis is unique in that it is the most integrated of all the disabled sports. This integration is due to several factors that we celebrate frequently. Wheelchair players get two bounces and all the rest is the same including court size and equipment. We also observe that there is a professional wheelchair tennis tour sanctioned and managed by the ITF. I highlight this as a precursor to the fantastic integration that our department has enjoyed through this process of utilizing the Net Generation platform.

Through this effort to adapt Net Generation curricula, we had the opportunity to liaise and collaborate with several departments within the USTA. In doing so, we were able to solidify strong relationships while bringing more attention to this great sport. Over the next few years, we look forward to continued collaborative work in order to grow wheelchair tennis.

I have personally seen how children's lives have changed as a result of playing wheelchair tennis. As you begin to utilize these curricula, enjoy the shared wonderful moments. Hopefully, you will find the immense education value in this program. I want to highlight two essential ground-breaking aspects. All of these curricula are a stellar example of transition tennis based on appropriate progressions. Moreover, they all promote high levels of engagement during every lesson. Long gone are the days of children waiting in a line to hit a ball.

We wish you and your students' great success. Hopefully we will see you on the courts!

**Jason Allen**  
Manager  
USTA Wheelchair Tennis



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# INTRODUCTION

Net Generation Community is a “Learn to Play” program designed to engage more players in the game of tennis. The program uses modified equipment to promote early success, with a focus on serve, rally, and play. The Net Generation Community curriculum was created for wheelchair coaches who may have little to no experience in delivering wheelchair tennis.

Community Green encompasses two levels of Practice and Play Plans.

## COMMUNITY 1

Program covers the beginning stages of serve, rally, and play in a team environment

### Recommended Age/Level:

Players who complete Orange Community 2, or 15- to 18-year-old beginner players.

## COMMUNITY 2

Designed to further develop serve, rally, and play in a team environment.

### Recommended Age/Level:

Players who complete Green Community 1 or have some prior tennis experience. Target age range is 15 to 18.

Note: In all disabled sports, the coach must make an aged-based decision depending on various factors surrounding the child’s disability.

The program has been designed to allow for local flexibility regarding the length of the individual and overall sessions.

# RECOMMENDED EQUIPMENT

## ORANGE BALLS

Orange balls. Two per player.

## GREEN BALLS

Green balls. Two per player.

## RACQUETS

25- to 27-inch racquets.

## BALL BUCKETS

One 40- to 60-quart plastic container and one small plastic paint bucket per coach. The large containers can hold orange and green balls, and the small buckets are ideal when students work in small groups and need a limited supply of green balls.

## POLY-SPOTS AND THROW-DOWN-LINES (TDL)

For targets, recovery spots, court lines, group control, etc.

## CONES

One nine-inch or half-cone for every two players.

## PLAYING CARDS

Use for challenges in different activities. Two packs per class.

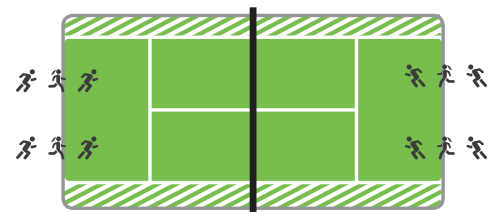
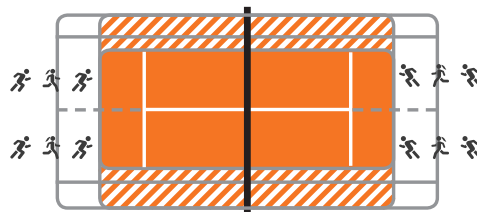
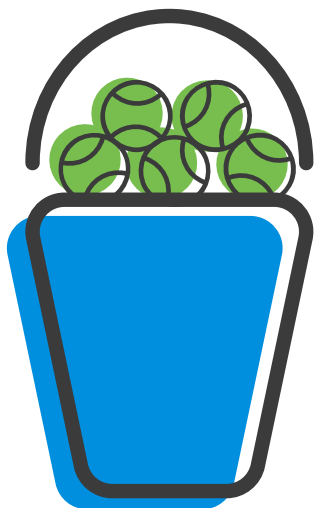
## COURT – ORANGE 60-FOOT

The first two chapters of Green 1 use a 60-foot court. The dimensions for the orange court for singles play are 60 feet long (nine feet inside the 78-foot court baseline), and 21 feet wide (three feet inside the 78-foot court singles sidelines). Orange court for doubles play are 60 feet long and 27 feet wide (using singles line of 78-foot court). For more than two players, the doubles alley of the 78-foot court can be used to accommodate additional play.

If there are no 60-foot blended lines on the court, chalk, throw down lines, or painters tape can be used to create temporary lines.

## COURT – GREEN 78-FOOT

The remaining four chapters of Green 1, and all six chapters of Green 2, use the 78-foot court. The dimensions for the green court for singles are 78 feet long and 27 feet wide. Green court for doubles play are 78 feet long and 36 feet wide. For more than two players, the doubles alley of the 78-foot court can be used to accommodate additional play.



# STRUCTURE OF PRACTICE AND PLAY PLANS

## WARM UP

Each practice starts with a simple, fun activity that gives players a chance to become engaged and gives the coach time to make final adjustments for the session.

## PLEDGE/CHARACTER DEVELOPMENT

All players will recite the pledge, and the coach will introduce the character development “word of the day.”

## TENNIS SKILLS

Each session has activities for players to build the foundation for serve, rally, and play. These include individual and partner activities.

## GAME

Players are divided into teams to work on the skills covered in each practice.

## FREE PLAY

All players will have an opportunity to play the game of tennis at the end of the session.

## PLAY AT HOME

With each practice and play plan, players have specific challenges to practice at home. They can practice independently or with a friend or family member.

# DESCRIPTIONS OF ACTIVITIES

## SETUP

Location of players, balls, and equipment.

## MISSION

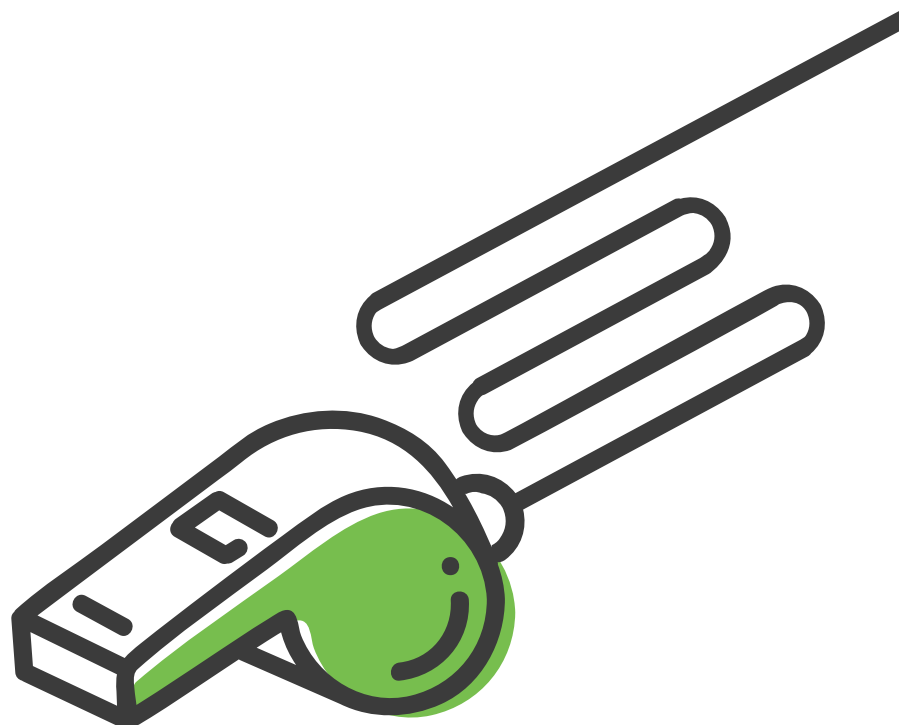
What we want players to do, followed by bullet points containing specific instructions.

## LEVEL 2, LEVEL 3, ETC.

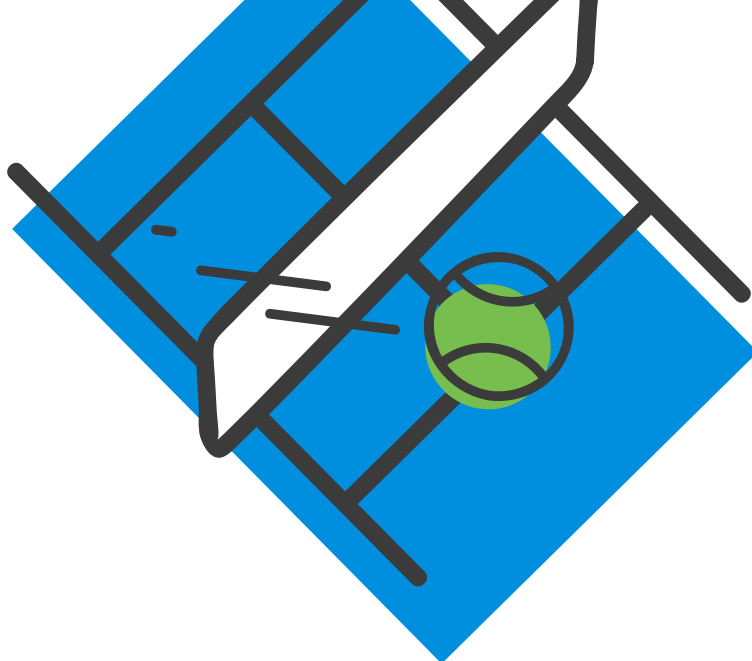
Progressions to make activities more difficult.

## COACHING CUES

Short tips to help players with the serve, rally, and play.







## INTRODUCTION

Welcome to Community Green 1 Practice and Play Plans! This serve, rally, and play program supports and follows the Orange 2 Practice and Play Plans or it can be an introduction to tennis for 15- to 18-year-old players. This program focuses on partner rallies and being on a team. Players will work on fundamental skills, including an introduction to the serve, which will help prepare them for play. Progressions are used to match the skill level of the individual. After completing Community Green 1, players will be more comfortable with playing the game.

## GAME COMPONENTS

For each of the tennis activities in Community 1 and 2, coaches can use different tools to motivate players.



### Numbers

These measure players' success and increase the challenge. Can use six or 10 to work on tennis scoring.



### Time

Each activity has a specific start and end time.



### Cards

Use a deck of playing cards to determine how many points players must attain or how many repetitions they must complete.



### Distance

Making the court smaller (half-court) or bigger (full-court) will adjust the amount of challenge for the player. A smaller court will make it easier and a bigger court will increase the challenge.

### Example of Game Components

These can be used singularly (try to get 10 in a row) or in combination (players have one minute to see how many points they can score in a game). Cards can be used to determine the score the players need to reach.

## PLANS AT A GLANCE



	Warm Up	Character	Tennis Skills	Game	Free Play	Play at Home
<b>01</b> Let's Rally	Positional Starts	Listen	Rally Me	Rally Pyramids	Free Play	Rally Me
	Ball Drops		Half-Pound Lobster Trap			
			Toss, Hit, Catch			
<b>02</b> Control It	4 x 4 Tag	Respect	Toss, Hit, Catch	Gladiator	Free Play	Half-Pound Lobster Trap
	Make 'Em Move		Build Up			
			Rally Pyramids			
<b>03</b> Party At The Net	One Hand Push	Effort	Toss, Hit, Catch-Volley	Positive - Negative	Free Play	Throw, Hit, Volley
	Four-Corner Toss		Up-and-Back Volley			
			Build Up			
<b>04</b> I Can Serve	Rock-Paper-Scissors	Teamwork	Rally Pyramids	Four Square	Free Play	Serve Pyramid
	Fence Throws		Serve - Return Progression			
			Serve Plus One			
<b>05</b> I Love Doubles	Zig Zags	Responsibility	What's It Worth	Charge! Doubles	Free Play	Rally
	Make 'Em Move		All-Position Doubles			
			One Up - One Back Doubles			
<b>06</b> Let's Play	4x4 Tag	Sportsmanship	Card Shark	Team Challenge		Try Out New Skills
	Quarterback		Serve Plus One			

## CHAPTER 01

## LET'S RALLY

**Equipment:** 25- to 27-inch racquets, orange balls, small buckets/containers, throw down lines (TDLs), poly-spots, chalk and cones, and decks of cards.

## I. WARM UP (5 – 10 MINUTES)

## POSITIONAL STARTS

**Setup**

- Players spread out on sideline on both sides of net. Up to four on each side.

**Mission**

- Start in various positions as chosen by the coach, and on coach's command, sprint push and stop on opposite sideline.
- Emphasis is on big, strong pushes and driving arms.
- When finished, push backwards to starting point.

**Progressions**

1. Start facing the net and turn to start.
2. Do the entire activity pushing backwards.
3. Stop on opposite baseline and do three wiggles.

## BALL DROPS

**Setup**

- Players in pairs spread out around court.
- One player has two orange balls, their partner catches.
- Pairs start about four feet apart, facing each other.

**Mission**

- Player with balls holds them straight out at shoulder level with their arms in a V position with palms down.
- Drop one ball. Partner catches with one hand after bounce.
- Catch with right hand on right side of body, left hand on left.
- After four successful catches on each side, switch roles.

**Level 2:** Alternate catching one on the left side and one on the right.

**Level 3:** Hold your arms straight out to the side.

**Level 4:** Take a push back.

## II. CHARACTER DEVELOPMENT (3 MINUTES)

### PLEDGE

I will listen to my coach, be nice to my teammates, try my best and HAVE FUN!

### WORD OF THE DAY: LISTEN

Introduce Character Theme

- What makes a good listener/communicator?
- How can we show our partner that we are listening to them?



## III. TENNIS SKILLS (20 – 25 MINUTES)

### RALLY ME 123

#### Setup

- Spread players out on both sides of the net, each with a racquet and an orange ball.

#### Mission

- Toss the ball up and let it bounce, then tap it up to about head level with the racquet (palm up).
- Players will try to continue to tap the ball up after each bounce, rallying on their own.
- Players can use a target on the ground (poly-spot, chalk, etc.) to encourage hitting ball up instead of away from them.

**Level 2:** Hit backhands (knuckles up).

**Level 3:** Alternate forehand (palm up) and backhands (knuckles up).

**Level 4:** Rally over a line with a partner (use existing line or a throw-down-line).

# HALF-POUND LOBSTER TRAP 123



## Setup

- Pair up players, with racquets and one orange ball.
- Partners sit eight to 10 feet apart. One player (the feeder) has an orange ball; the other (the lobster) has a racquet in one hand.
- This can be done with or without a net.

## Mission

- The feeder tosses the ball to the forehand side (palm forward), and the lobster traps it against the racquet with the free hand after the bounce.
- The lobster gently drop-hits the ball back to the feeder.

**Level 2:** Use a backhand. The player will hold the racquet with the dominant hand at the bottom of the grip, and trap the ball against the strings with the non-dominant hand.

**Level 3:** Make the lobster move to the side, back, and forward.

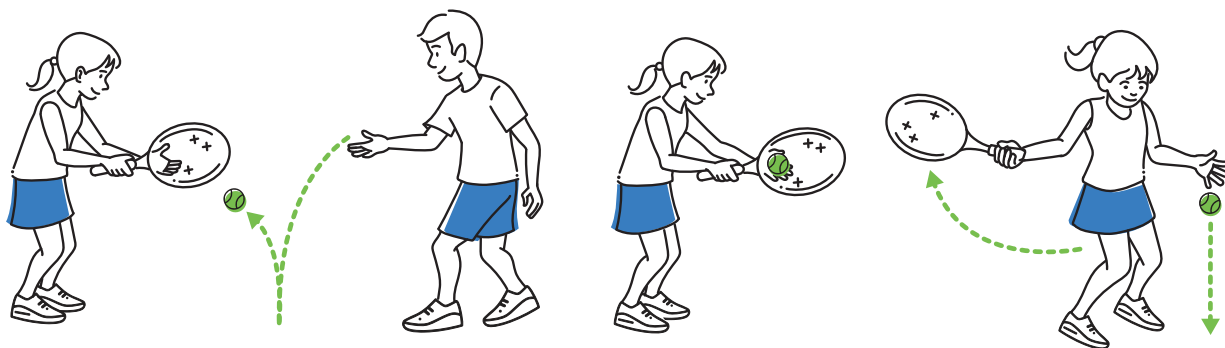
**Level 4:** Feeder moves back increasing the distance between feeder and lobster.



## COACHING CUE

Keep the trap to the side, and in front of the body.

## ILLUSTRATION: HALF-POUND LOBSTER TRAP



# TOSS, HIT, CATCH 123



## Setup

- Two teams of three per court, each team uses half-court.
- Feeder sits in the middle of the service box, on the same side of the net as the hitter, with a supply of orange balls.
- Hitter is in the center of the service line; catcher is on the opposite service line.
- Use a TDL or poly-spot to mark “home base” for the hitter.

## Mission

- Feeder tosses a ball to the forehand side of the hitter. Ball should be tossed a safe distance away from the hitter, so the feeder is not hit with the ball.
- Hitter plays the ball over the net, and recovers to the spot.
- Hitter’s shot should land in the middle of the opposite service box. A target can be created with a cone, poly-spot, or ball pyramid.
- After six balls, players change positions. Feeder moves to hitter’s position, hitter moves to catcher’s position, catcher moves to feeder’s position.

**Level 2:** Toss to backhand side.

**Level 3:** Alternate forehands and backhands.

**Level 4:** Hitter moves to baseline.



## COACHING CUE

Return to the hub after each shot, and follow through to the target/partner.

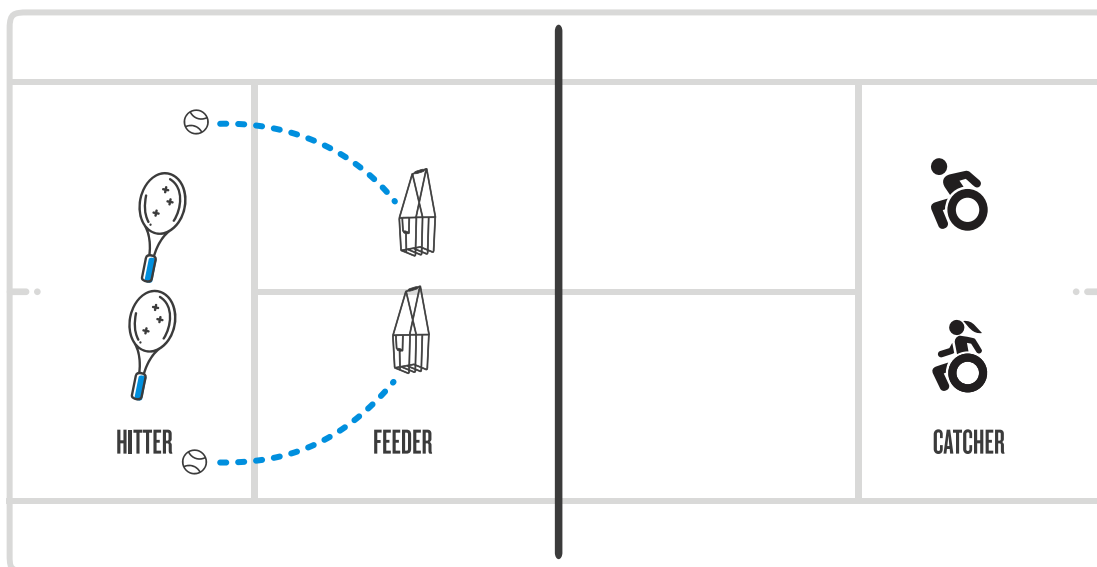


## CHARACTER CHECK UP

How could you tell your partner was listening to you?

Why is it important to listen to your partner?

## ILLUSTRATION: TOSS, HIT, CATCH



## IV. GAME SKILLS (10 – 12 MINUTES)

### RALLY PYRAMIDS



#### Setup

- Pair up players, with two pairs per court, using half-court.
- Players will rally from the service line with an orange ball. For sidelines, use the middle line out to the doubles sideline of the 78-foot court.
- Pairs have a designated spot on the side of the court to build a four-ball pyramid (three on bottom, one on top).

#### Mission

- Player 1 will start the rally with a drop-hit, Player 2 hits the ball over the net with the forehand stroke, and Player 1 hits it back.
- For every successful rally of two each, add a ball to the pyramid.

**Level 2:** Three each, then four each, etc., to score a point.

**Level 3:** Hit crosscourt.



#### COACHING CUE

For consistency, use a short backswing and follow through to control the ball.

## V. FREE PLAY (5 MINUTES)



**Note:** This is an opportunity to play the game of tennis, as all players like to try and hit the ball over the net. Players may struggle, so focus on the effort.

#### Setup:

- Pair up players according to skill level using half-court, playing inside the service boxes of the 78-foot court.
- Start players on the service line, and move backwards as they are more successful.
- Two orange balls per pair.

#### Mission:

- Rally over net: start with a drop-hit serve. Players can trap and drop-hit back, or bump up and then hit back (can bump up multiple times).
- More advanced players can rally back and forth.
- Alternative: have one-minute rotations; partner up with a different player each round, regardless of playing level.

## VI. WRAP UP (5 MINUTES)

### TEAM TALK

- What was one new skill you enjoyed learning today?
- Who can you work on listening to better at home?
- How can listening help you at home and school?

### PLAY AT HOME: RALLY ME

- Toss the ball up and let it bounce, tap it up to about head level with the racquet (palm up).
- Players will try to continue to tap the ball up after each bounce, rallying on their own.

### TEAM HUDDLE

Huddle all players together to perform a team chant. Team chant can be asking all the players to put one hand on top of each other in a circle formation and on the count of 1-2-3 they shout “Net Generation!”

