Three horizontal black lines of varying lengths, slanted downwards from left to right, suggesting motion or speed.

RED BALL

**WHEELCHAIR TENNIS COMMUNITY
PRACTICE AND PLAY PLANS CURRICULUM**

COMMUNITY 1 / COMMUNITY 2 / COMMUNITY 3



NetGeneration.com

DEAR COACH,

WELCOME TO NET GENERATION!

On behalf of the USTA, we 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 5 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 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.

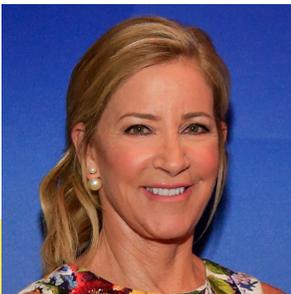
As a former #1 world tennis player, former President of the Women's Tennis Association, ESPN analyst, business owner, entrepreneur, and mother, I'm a Net Generation ambassador because I believe this new approach will benefit the growth of youth tennis. Sports today don't meet the needs of parents, players,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

This manual is just one item 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
and Mother



FOREWORD

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



FOREWORD

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 challenge, skills and play. The Net Generation Community was created for coaches who may have little to no experience in delivering tennis. This particular edition also highlights adaptations for the wheelchair tennis player.

Community Red encompasses three levels of Practice and Play Plans.

COMMUNITY 1

A challenge and skills program that helps develop a passion for tennis and builds the foundation for future success.

Recommended Age/
Level:

Five- to eight-year-old beginners.

COMMUNITY 2

Covers the beginning stages of serve, rally and play in a team environment.

Recommended Age/
Level:

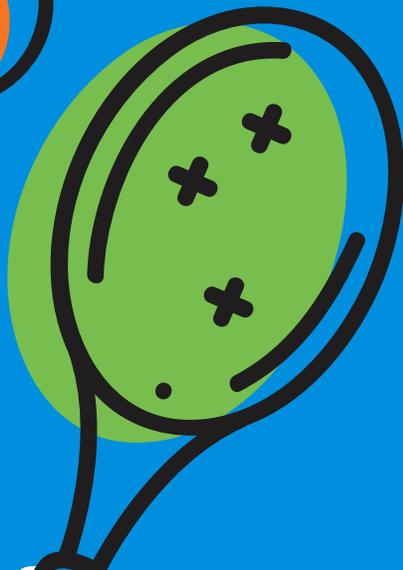
Players who complete Community 1, or seven- to nine-year-old beginners.

COMMUNITY 3

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

Recommended Age/Level:

Players who complete Community 2 or have some prior tennis experience. Target age is eight to ten.



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

RECOMMENDED EQUIPMENT

PLAYGROUND BALLS

Large, lightweight balls available at most big-box stores.

RED BALLS

Low-compression red felt and foam balls. Two of each type per player.

RACQUETS

23 inches and smaller.

BALL BUCKETS

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

NETS

18-foot pop-up nets are available for 36-foot courts. You can also attach things like barrier tape, rope or pennant banners to a standard net, the 18-foot pop-up net or objects such as fences, teaching carts, hoppers, chairs/benches or cooler stands.

COURT

You can conduct Community 1 on any flat surface. Community 2 and 3 are designed for a tennis court.

CLOTHESPINS

Use for scorekeeping—one packet of 200 per class.

PLAYING CARDS

Use for challenges in different activities—two packs per class.



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 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.”

ATHLETIC SKILLS

These are fundamental movement skills that work on the ABCs (agility, balance and coordination), along with sending and receiving skills that include rolling, tossing (underhand), throwing (overhand) and catching.

TENNIS SKILLS

Each session has activities for players to build the foundation for serve, rally and play. These include individual and partner activities. We will show some adaptations, but coaches are encouraged to be creative in order to foster inclusiveness.

GAMES

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

FREE PLAY

For Community 2 and 3, all players will have an opportunity to play the game of tennis at the end of the session.

PLAY AT HOME

Each week, players have specific challenges to practice at home. They can practice independently or with a friend or family member.

TEAM HUDDLE

Players can end the session with a team chant, such as “1-2-3 Net Generation.”

DESCRIPTIONS OF ACTIVITIES



SETUP

Location of players, balls and equipment.

MISSION

What we want players to do, followed by bullets with specific instructions.

LEVEL 2, LEVEL 3, ETC.

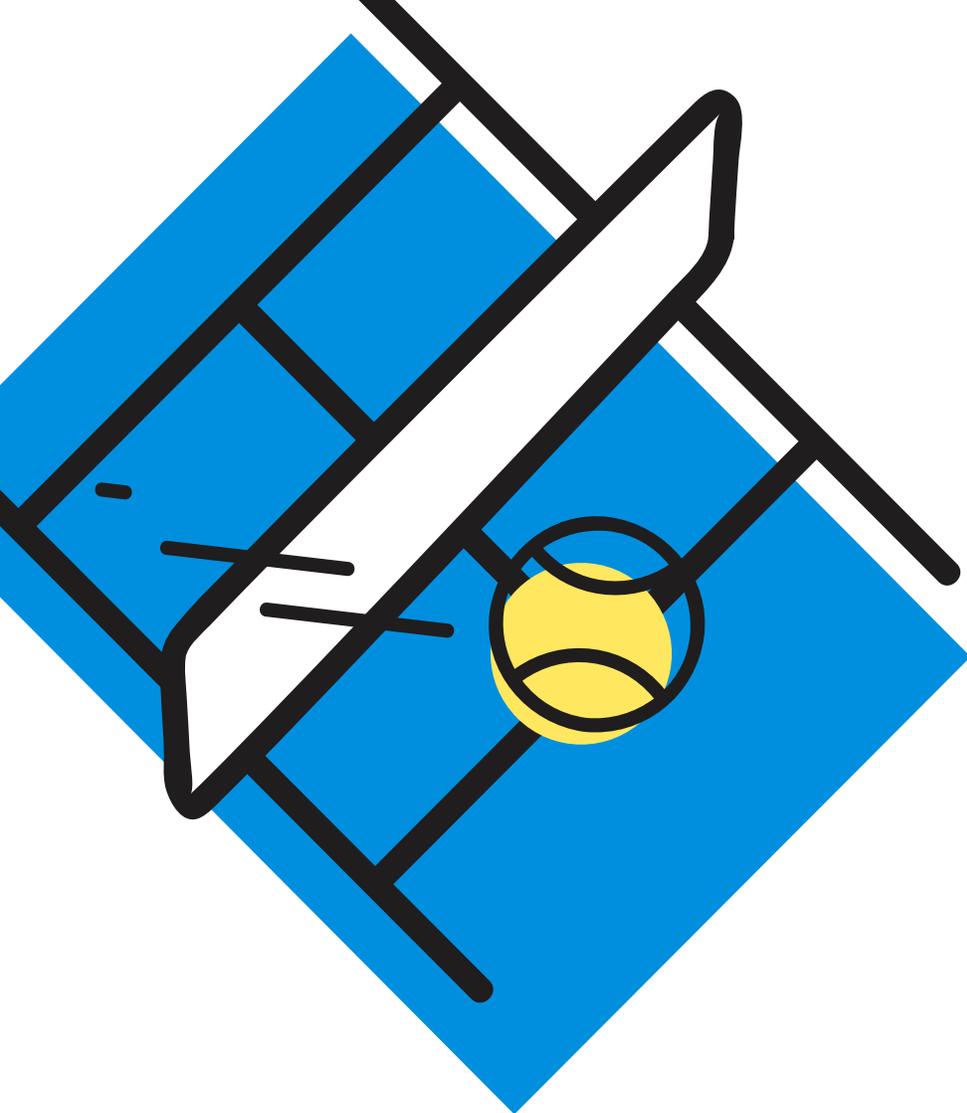
Progressions to make activities more difficult.

COACHING CUES

Short tips to help players with the challenge, skills and play.

GOAL

How we want players to execute the activity, related to a specific outcome.



INTRODUCTION

Welcome to Community Red 1 Practice and Play Plans! This challenge and skills based program was developed for the first time player (ages five to eight) as an introduction to tennis. It is written specifically for any flat surface including a tennis court, gymnasium, or even a parking lot! Players will work on rally skills which are the foundation for playing with a partner.

A station format is suggested for this program. It will assist a first time coach with the organization of larger groups. Stations should be created around the playing area, a safe distance from each other. Have a coach or volunteer at each station to direct the activity. Players will rotate through the stations every 10 minutes while a coach remains at the designated area.

PLANS AT A GLANCE



	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Community 1						
Lesson Plan Theme	Meet The Ball	Meet My Racquet	Check Out My Forehand	Check Out My Backhand	Let's Rally	Let's Play
Warm Up	Tag	Obstacle Course	Messy Bedroom	Peaks And Valley	Freeze Tag	Your Choice!
Character Theme	Listen	Respect	Effort	Teamwork	Responsibility	Sportsmanship
Station 1	Self-Toss	Pizza Delivery	Jacks	Walk The Dog Zig Zag Backhand	Walk The Dog Zig Zag Alt	Walk The Dog With Partner
Station 2	Walk The Dog	Bungee Jump	Lobster Trap	Jacks With Backhand	Bungee Flips	Jacks Alt
Station 3	Walk The Dog With Partner	Start Your Engines	Walk The Dog Zig Zag With Partner Forehand	Tunnel Ball	Rally Me With Partner Alt	Rally Me With Partner Alt
Game	Bullseye	Tennis Sandwich	Splat	Survivor Backhand	Keep It Moving	Team Rally
Take Home Tennis	Toss And Catch To Wall	Bungees	Jacks	Rally Me Backhand	Rally With A Friend Or Family	Keep Playing!

CHAPTER 01

MEET THE BALL

Equipment: Barrier tape; 23-inch racquets and smaller, playground balls and red balls; small buckets/containers, poly-spots or paper plates, chalk and throw-down lines (TDLs); a deck of cards. **Optional:** Pop-up nets and cones.

I. WARM UP (5 – 10 MINUTES)

TAG

Setup

- Spread players out in defined spaces with four to six in each area.
- Use chalk, lines or cones to establish a playing area.

Mission

- One player is “It.”
- Once tagged, players move out of the playing area and do a fun exercise such as a wiggle and then come back in. (a wiggle is equivalent to a split step in tennis, players wiggle and waggle side to side. Players put both hands on the push rim and move each hand from the 10 o’clock to 2 o’clock position, all while remaining stationary).
- Rotate the “It” player every minute or less.
- Variations can be made by having students tag the back bar of the chair instead of the person.

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

- How can you show someone speaking that you’re listening?
- We listen with our eyes, ears, mind and body.



III. SKILLS (25 – 30 MINUTES)

STATION ONE

SELF-TOSS

Setup

- Give each player a red ball.
- Spread players out around the defined space, using chalk or TDLs to create boundaries.

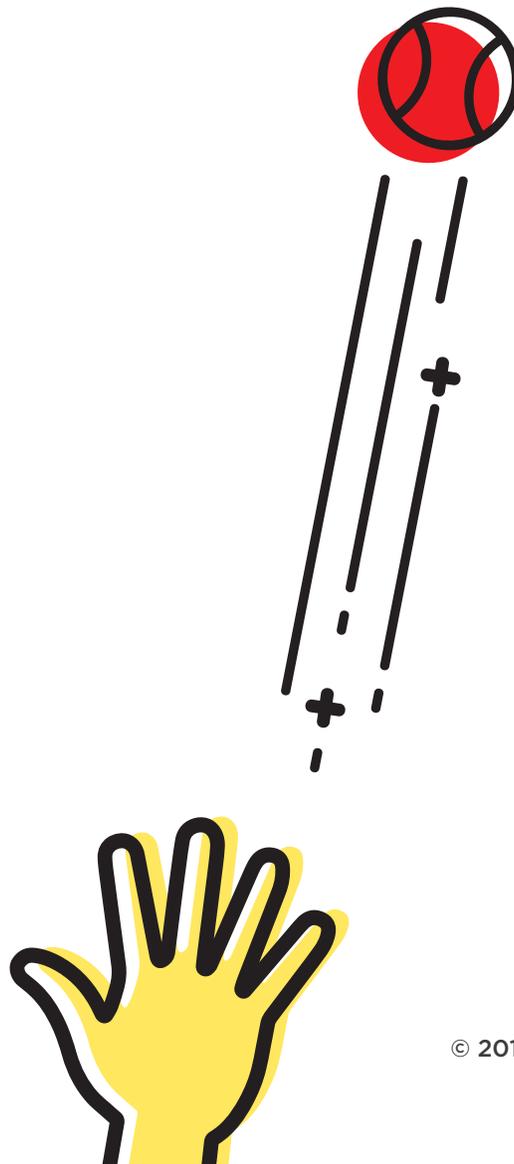
Mission

- Toss the ball with one hand (palm up) above head level.
- Let it bounce and catch it with both hands.
- **Level 2:** Toss it higher and catch with both hands.
- **Level 3:** Toss it farther away and catch with both hands.
- **Level 4:** Toss and catch with one hand.



CHARACTER CHECKUP

How did you show the coach you were listening to instructions?



STATION TWO

WALK THE DOG

Setup

- Make sure each player has a red ball and a racquet.
- Spread players out on a sideline, each with a spot positioned 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

Mission

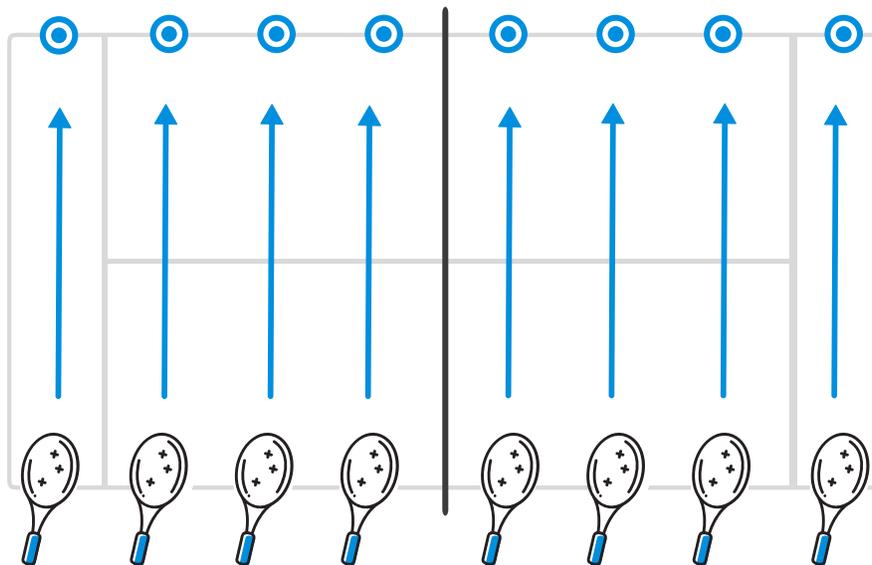
- Starting on the sideline, roll the ball to the spot using the edge of the racquet.
- Stop the ball on the spot with the edge of the racquet, then roll it back to the sideline and stop it again.
- Need help? Use a big ball.
- **Level 2:** Use your backhand.
- **Level 3:** Zig-zag to the end spot and back by using both sides of the racquet.



COACHING CUE

Touch the ground lightly with the edge of the racquet and keep the strings on the ball.

ILLUSTRATION: WALK THE DOG



STATION THREE

WALK DOG WITH PARTNER

Setup

- Pair players up, with racquets and one red ball.
- Spread pairs out on a sideline, each with a spot 15 to 20 feet away. Mark each spot with chalk, a poly-spot or any flat object.

Mission

- Starting on the sideline, roll the ball with the edge of the racquet to the opposite sideline.
- Stop the ball on the spot, turn, send the ball along the ground back to your partner and move back to the starting sideline.
- Partner stops the ball with the racquet and repeats.
- Need help? Use a bigger ball.

Level 2: Use forehands (palm forward) and backhands (knuckles forward).

Level 3: Zig-zag to the spot using both sides of the racquet.



COACHING CUE

Roll the ball to the side of the body and follow-through toward the target.



CHARACTER CHECKUP

How did you and your partner listen to each other?



IV. GAME (10 – 12 MINUTES)

BULLSEYE

Setup

- Have teams create their own areas using chalk, lines...be creative!
- Give each team a supply of red balls.
- Create a big target (about 8x8 feet) using lines or chalk, with a smaller target inside. Use chalk or place an object in the center of the smaller spot as a bullseye.

Mission

- Players stay outside the playing area and take turns tapping the ball with the racquet (palm forward) toward the target.
- Create a scoring system for different target areas—the big target could be one point, the smaller target could be five points and the bullseye, 10.
- Add up the teams' scores to see if they can get to a certain number or play by time and go for a "team best."
- Need help? Let players use their hands to roll the ball.

Level 2: Start farther back.

Level 3: Use backhands and forehands.

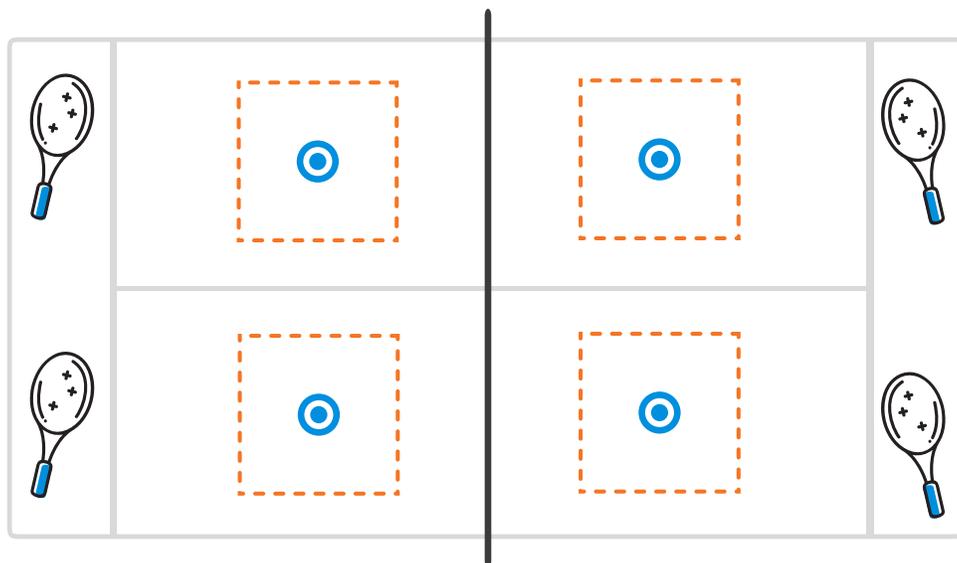
Level 4: Drop-hit to targets.



COACHING CUE

Use a short and simple motion. How can you make it go softer? Harder?

ILLUSTRATION: BULLSEYE



V. WRAP UP (5 MINUTES)

TEAM TALK

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

PLAY AT HOME: TOSS TO THE WALL AND CATCH

- Toss the ball to the wall, let it bounce and catch it with two hands.
- Toss the ball low, medium and high. Catch with two hands, then one.

TEAM HUDDLE

Huddle all players together to perform a team chant. For example, ask players to form a circle, put one hand on top of one another's and on the count of three shout "Net Generation!"

