

Developmental/Intellectual Best Practices

USTA MIDWEST

Key Best Practices on the Court

1. **Be clear and simple** - use keywords, bring the group close, keep it simple with directions and verbiage and court management.
2. **Be consistent** - verbiage for skills/activities and keep routines the same week to week.
3. **Use teaching aids** - to provide boundaries, clarify directions and adapt the skill (spots, dots, arrows, cones, various sizes and weights of balls).
4. **Person first** - use the player's name, the person comes before the disability, shake their hand, use eye contact, speak directly to each individual.
5. **Engagement/Motivation** - be positive and upbeat, lots of high fives, give direct praise and choices, first/then, use the player's strengths to accomplish the goals.

For information on how you can get involved, please contact:
Greg Boyd, USTA Director of Community Tennis: 317.669.0448 or greg@midwest.usta.com.