

WHEELCHAIR TENNIS INSTRUCTOR WORKSHOP

2026



WELCOME! GREAT TO HAVE YOU HERE!

Who are you?

What brings you here?

Any past exposure to wheelchair tennis?



Who Am I?

- National Coach Wheelchair Tennis (Coach 3)
- Scope: High Performance & Some Development areas
- Former player
 - 3-time Paralympian for Germany (Barcelona 92, Sydney 2000, Athens 2004)
 - 14 years of competitive play (1990 - 2004)
- Coaching experience with
 - German Tennis Federation,
 - ITF Development Fund
 - BC Wheelchair Sports
 - Tennis Canada (15 years)
- My “story”





“ IT´S TENNIS!”

-It ain't Rocket Science!
- 3 core differences
 - 2 bounces allowed
 - Inverted backhand
 - **MOBILITY!**
- Same:
 - court size and rules
 - grips
 - strokes
 - tactics
 - ball controls and fundamentals
 - teaching methodologies (Game based approach)
 - progressions, phases of play
 - Physical and mental skills
 - Passion, desire to improve, set backs etc.



“ IT’S TENNIS!”

- Mix of presentation format and on court sessions
- Recertification opportunity - 100% attendance required
- A lot of info to absorb!
- Ask Away!

Let's have fun!....and learn a few things along the way



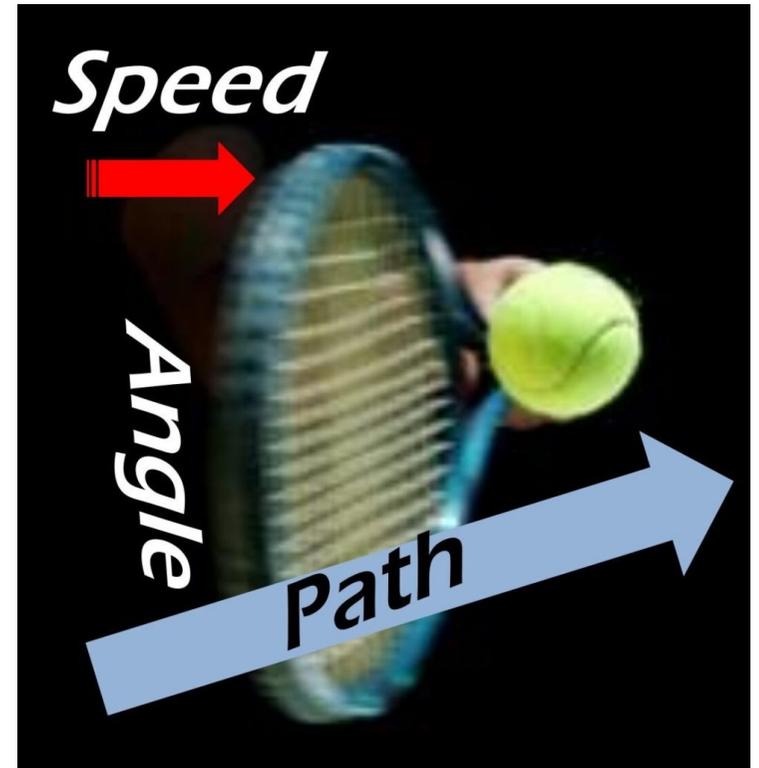
OBJECTIVE OF THE COURSE

- To provide
 - certified Tennis Canada Instructors, teachers, occupational therapists and other persons of interest
 - with tools to help organize dynamic, safe, fun, and active learning environments
 - to allow beginner level wheelchair players to **learn** and **play**.
- 'Supplemental' course designed to be used in conjunction with the Tennis Canada Instructor Course information and materials.



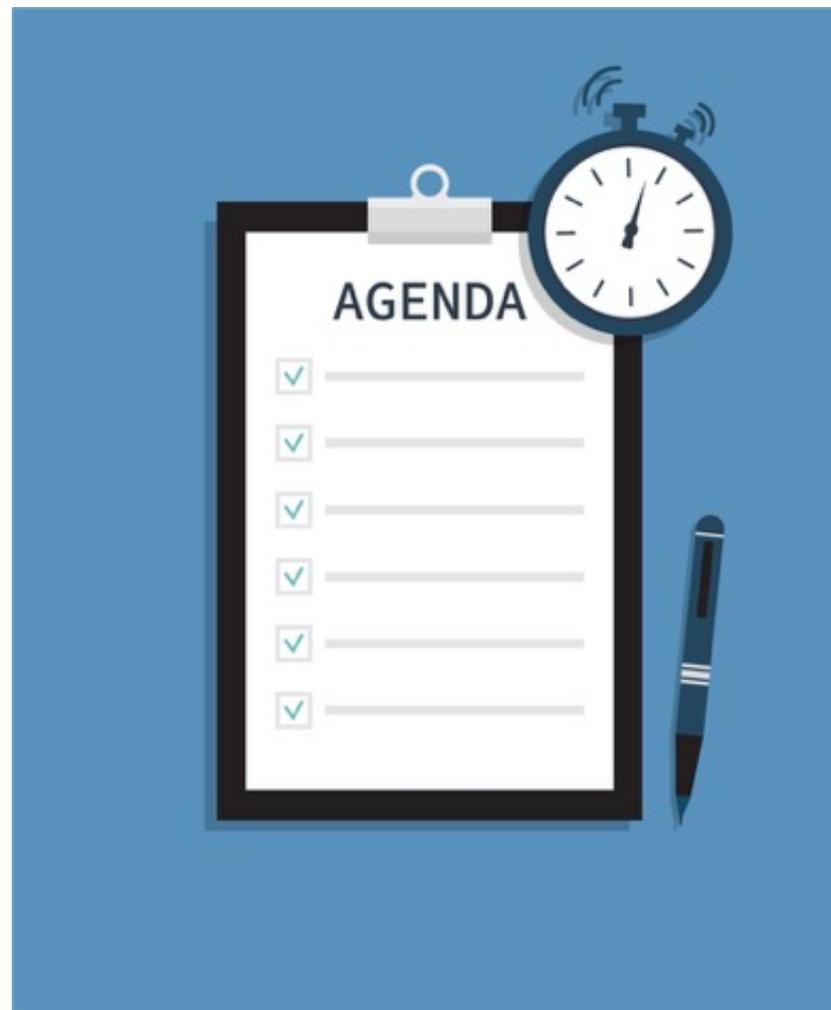
Some things we won't cover

- Game based approach:
 - tactics first (what), technique (how) based on tactics
 - Situational thinking: break you coaching down
- 5 Ball controls: Depth, Distance, Height, Speed, Spin
- PAS principles: Path, Angle, Speedç



COURSE OVERVIEW

- Introduction
- Wheelchair Tennis 101
- Try Out
- Sample Beginner Lesson
- **THE CYCLE OF MOBILITY**
- Inverted backhand
- Serves and Returns
- Summary & Reflections





Its 'only' about changing lives!

COACHES QUOTES

“Coaching wheelchair tennis goes beyond just teaching tennis. The experience of seeing how the players are able to connect to the ball is amazing. The smiles and sense of accomplishment that shows on their faces are priceless. But there is another dimension; wheelchair tennis is such a good vehicle to connect so called “able bodied” coaches/volunteers with disabled persons - it opens a new doorway for the human spirit.”

- Albert Fong, Little Aces Mississauga, Community Champion -



Go Out and Play!



In 2 groups discuss your initial observations and write them down (3 bullets)





HISTORY

- 1976 Brad Parks establishes game in USA
- Late 70s & 80s: game expands to Europe, Asia and Canada
- 1988: International Wheelchair Tennis Federation is founded
- 1997: Wheelchair Tennis integrated into International Tennis Federation (ITF)

Canada

- Beginnings late 70s
- 1988: Canadian Wheelchair Sports Association (CWSA) incorporates Tennis
- 1998: Tennis Canada integration



INTERNATIONAL ORGANIZATION

- ITF as governing body manages tournament circuit
 - +/- 120 events worldwide (8 sanctioned events in Canada)
 - Grand Slam – 1000, 500, 250.....,25 Series
 - World Team Cup (China 2025)
 - Paralympic Sport since 1992 (LA 2028,. Brisbane 2032)
 - Para Pan Am Games (Lima 2027)
- ITF Wheelchair Tennis Development Fund (WTDF) supports International Development of the Game (pre Covid)
- Keeper of the Rules and Regulations
 - Classification
 - World Rankings



2026 ITF TOURNAMENTS IN CANADA

MONTH	Start Date (MM/DD/YYYY)	End Date (MM/DD/YYYY)	Grade	Indoor Outdoor	Tournament Name	City	Province
APRIL	18.04.26	20.04.26	50	Indoor	Premier Racquet Club Wheelchair Classic	Markham	ON
	22.04.26	24.04.26	50	Indoor	Windsor Classic	Windsor	ON
JULY	10.07.26	12.07.26	50	Outdoor	Kamloops Legacy Wheelchair	Kamloops	BC
	15.07.26	17.07.26	50	Outdoor	Vancouver International Wheelchair	Vancouver	BC
	25.07.25	27.07.25	50	Outdoor	Quebec City Wheelchair	Quebec City	QC
SEPTEMBER	10.09.26	13.09.26	175	Outdoor	Birmingham Canadian Wheelchair Tennis Classic	Toronto	ON
OCTOBER	06.10.26	08.10.26	50	Indoor	Sobeys Atlantic Tennis Center International Open	Bedford	NS
	10.10.26	12.10.26	50	Indoor	Sure Grip International Wheelchair Tennis Open	Fredericton	NB
NOVEMBER	12.11.26	15.11.26	50	Indoor	Birmingham Canadian Wheelchair Tennis Nationals	Vancouver	BC



ORGANIZATION IN CANADA

- Department within Tennis Canada
 - Director (Janet Petras, BC)
 - National Coach (Kai Schrameyer, BC)
 - Development Coach (Christian Gingras, QC)
 - Development Consultant Ontario (Lisa Myers)
- High Performance:
 - Canadian Tournament Circuit (8 events)
 - Birmingham Nationals (Vancouver 2025 & 2026)
 - National High Performance Program (8 players)
 - National Development Program (6 players)
 - Training camps (east and west)
- Development : Partnership with
 - Provincial Tennis Associations (PTA)
 - Provincial Wheelchair Sports Associations (PWSA)

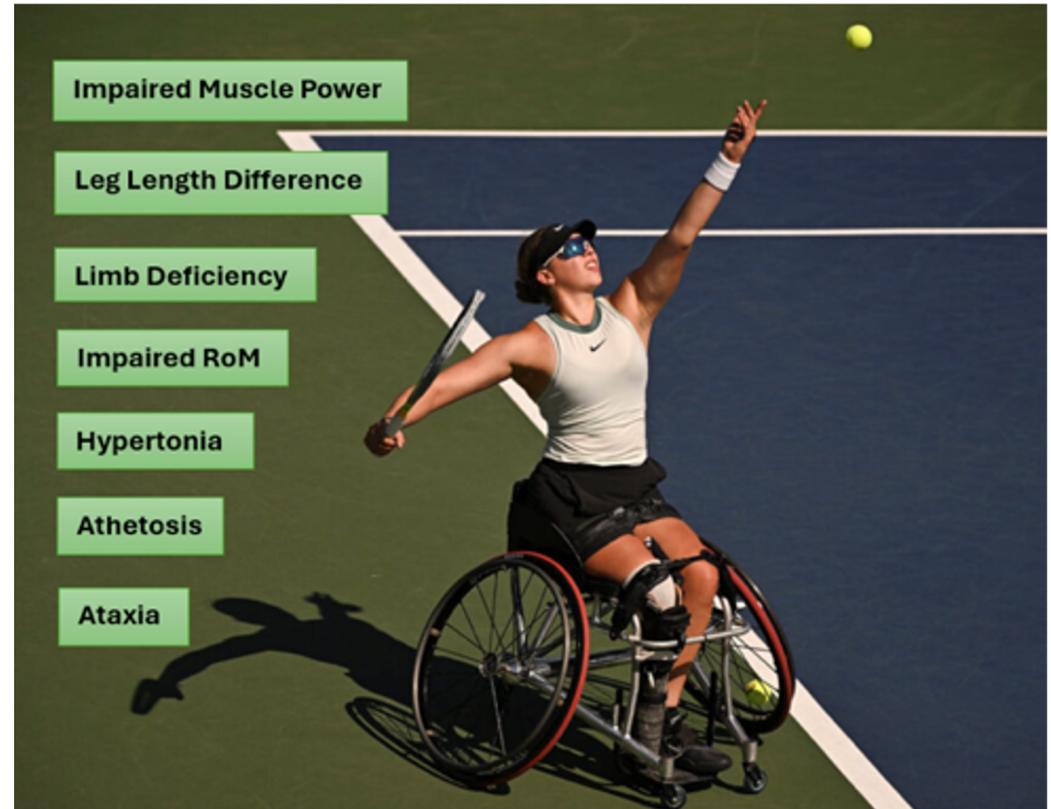


WHO CAN PLAY WHEELCHAIR TENNIS?

Anybody !

Must have a permanent disability that is classifiable within the following 7 impairment types

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WHO IS PLAYING WHEELCHAIR TENNIS?

 95% of Top 75 Players

Currently dominated by three disabilities:



Spinal Cord Injuries

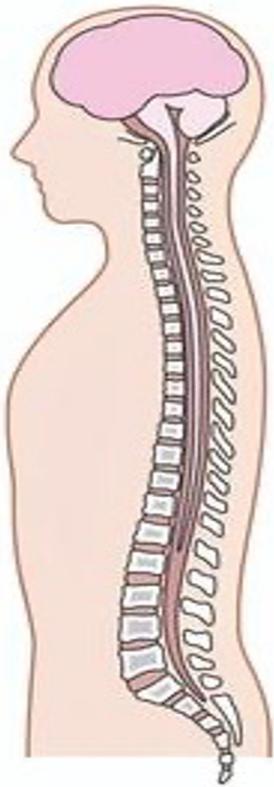


Limb Deficiencies



Cerebral Palsy

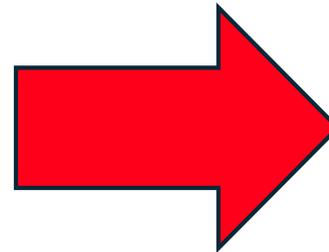
SPINAL CORD INJURIES: OVERVIEW



Traumatic

Congenital

Illness

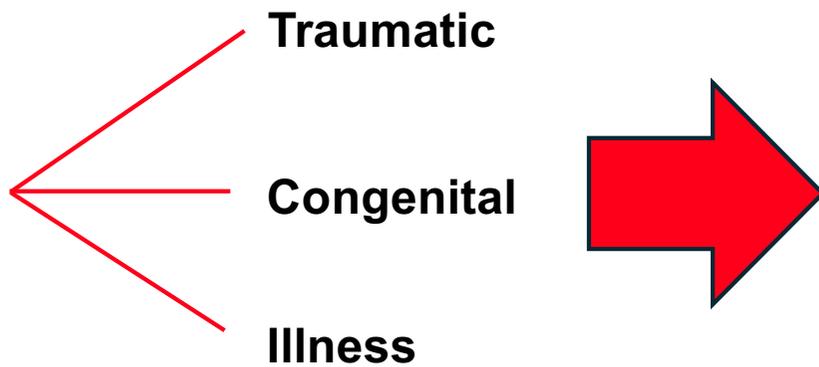
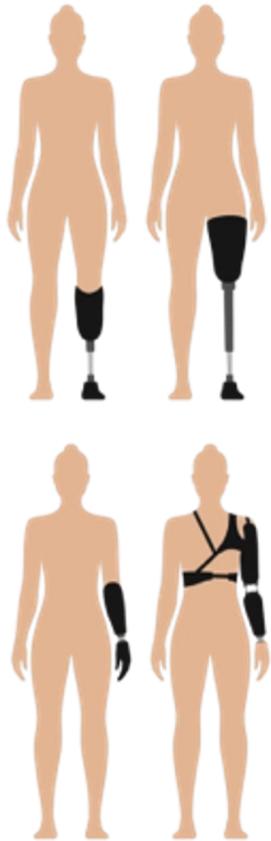


Paraplegia



Quadriplegia

LIMB DEFICIENCIES: OVERVIEW



Single Leg

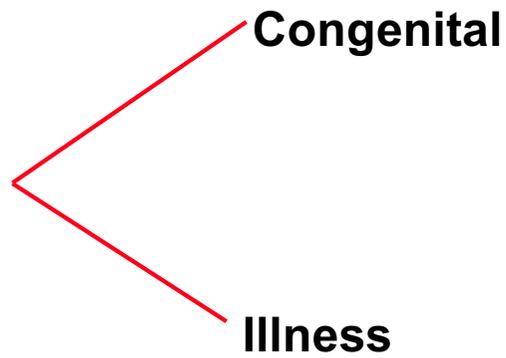
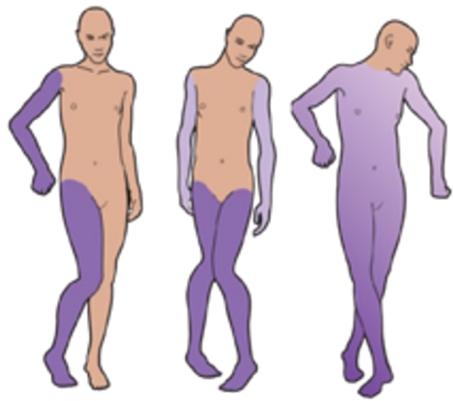


Double Leg



Multi Limb

CEREBRAL PALSY: OVERVIEW



Spastic



Dyskinetic



Ataxic

REGARDLESS OF DISABILITY TYPE

Spinal Cord Injury



Limb Deficiency



Cerebral Palsy



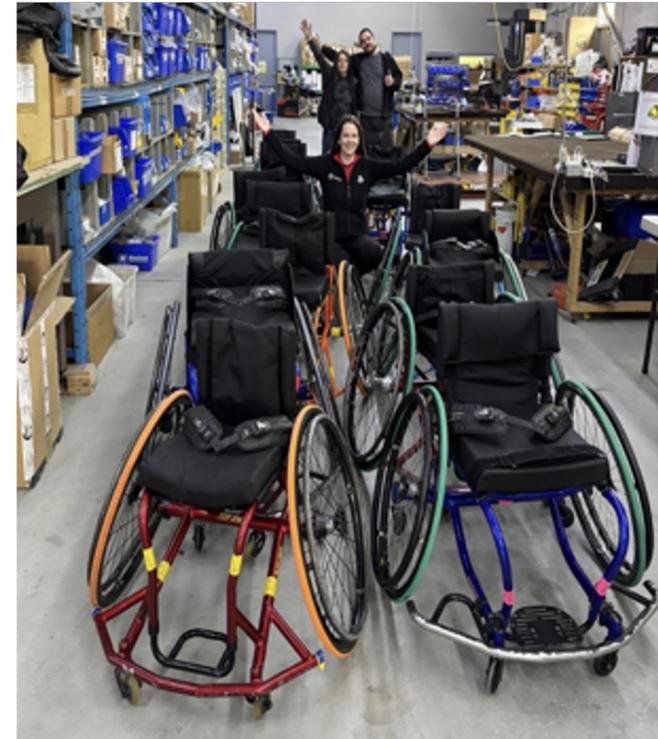
Ask Questions

Be Creative

Make Mistakes

COURTS & EQUIPMENT

- Facilities requirements:
 - all surfaces
 - accessibility (courts, washrooms, parking)
- Racquets
- Straps (muscle replacements):
 - chest
 - waist, legs
- Tape (quad players)



WHEELCHAIR

- Sports chairs v. everyday chairs
- Materials
- Cost
- Frame
- Seat
- Seat Cushion
- Wheels (Camber)
- Tires
- Casters
- Push rims
- Foot Plate



RULES

- 2 bounce rule
- Wheelchair Considered Part of Body
- Service Rules
- 'Up and Down' Doubles
- Power Wheelchairs

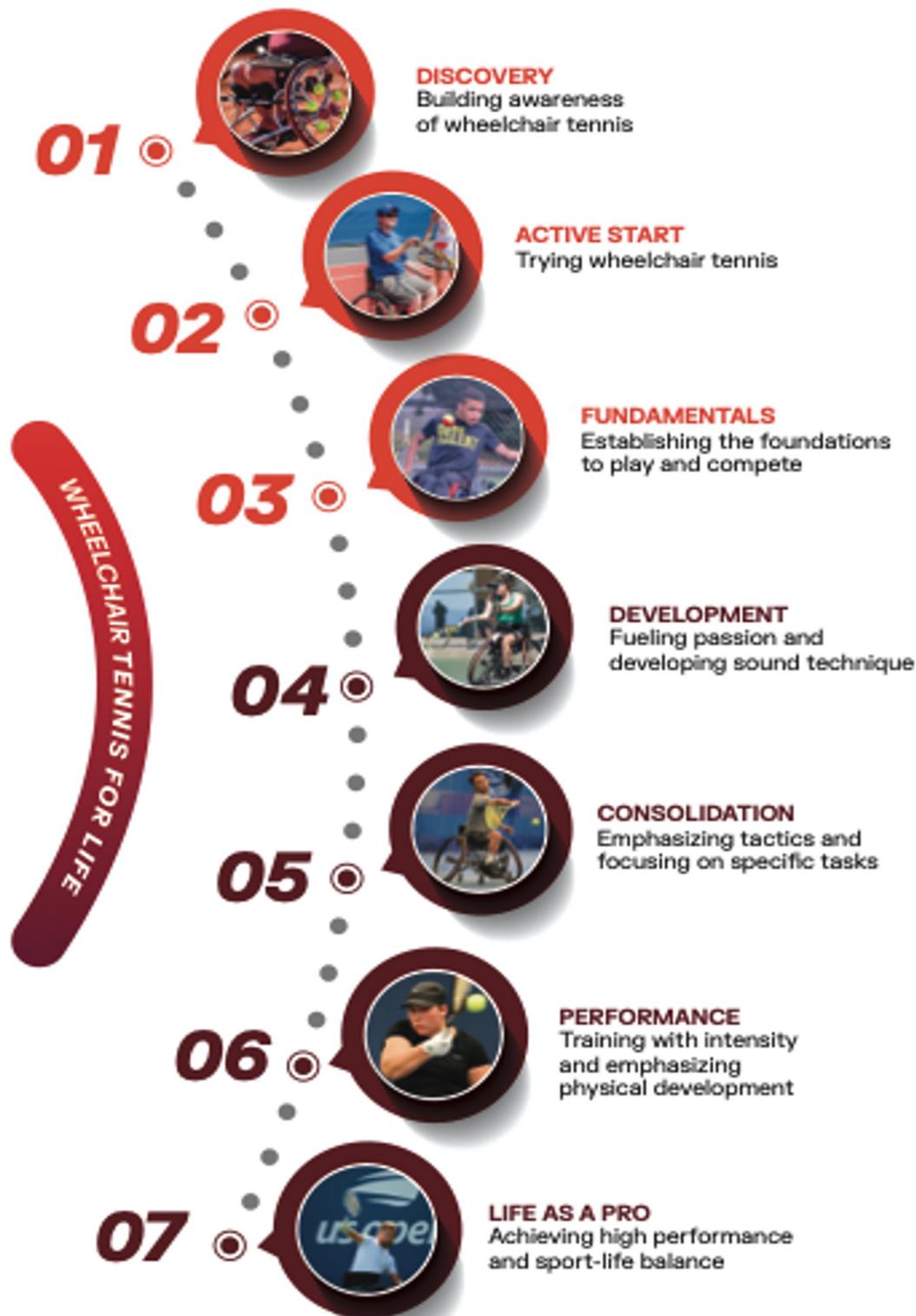


COACHES QUOTES

“Without prejudice and with all respect to the able bodied greats that play and have played on all the International Circuits, my Tennis Champion is Lee Carter (former Canadian Nr 1). He`s been my inspiration from the very first day I saw him hop into his sport chair. Since that day I have challenged myself to be as dedicated, persistent, patient, and understanding in acquiring knowledge of the Sport and Resources. .”

- Marlon Goldburn, Tennis coach Winnipeg, MB -



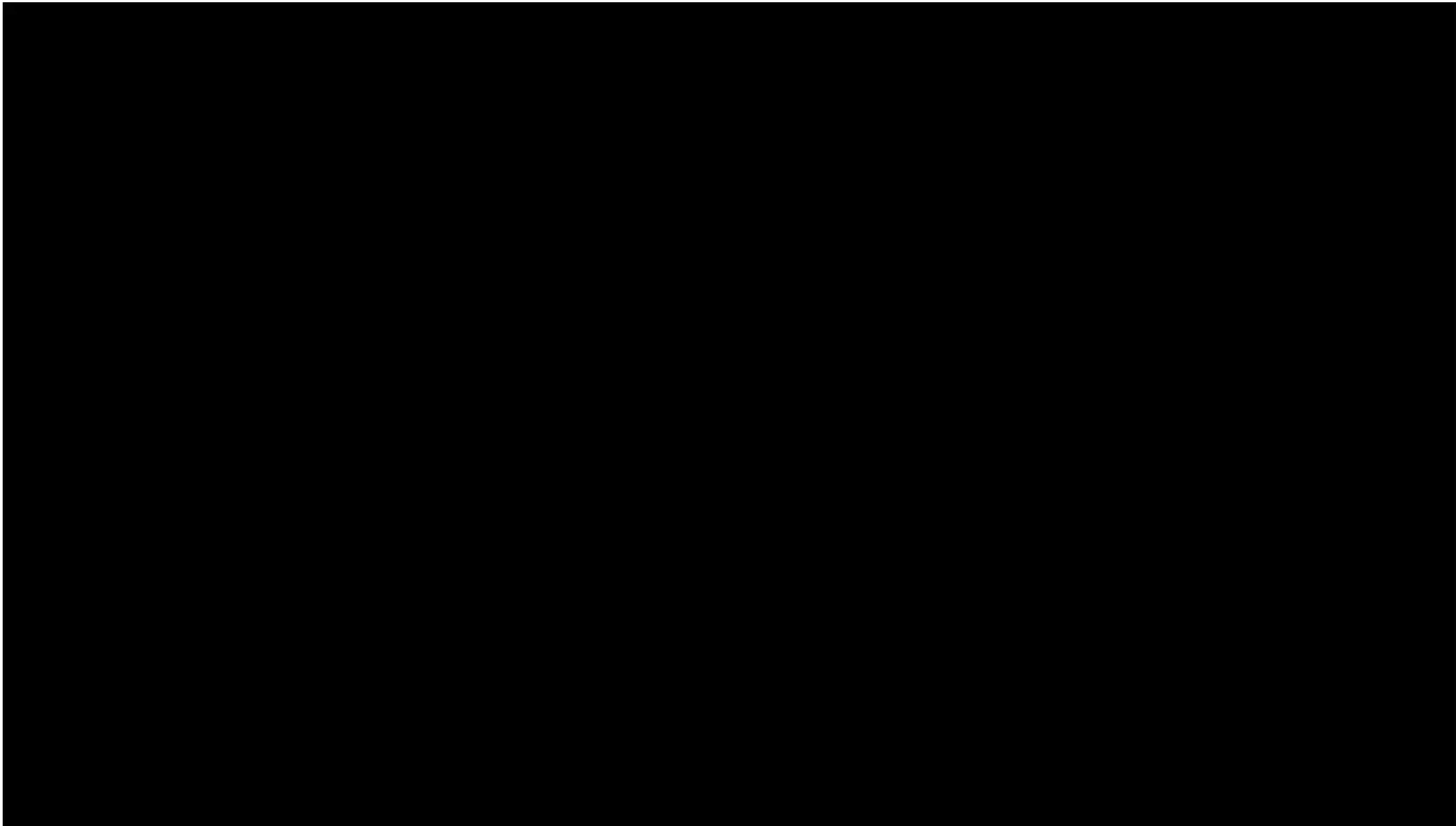


WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY

TEACHING BEGINNER LEVEL PLAYERS

- Expect large discrepancies of disabilities and skills
- One on one attention may be required (coaches, volunteers, parents)
- At the beginning, it's all about hitting tennis balls NOT mobility
- Progressions:
 - Self rallies
 - Feeding or cooperative red ball tennis (floor or throw tennis)
 - $\frac{3}{4}$ court (green or yellow balls)
 - Base line (yellow balls)
 - Gradually introduce mobility concepts
- Game based approach, Ball controls, PAS Principles, Fundamentals





KEY ELEMENTS TO A SUCCESSFUL LESSON

- Scale the game so it is easier to play & move
- Define an outcome (i.e. being able to maintain a self, mini or baseline rally) and set a topic: impact point, hitting zone etc.
- Create an appropriate challenge
- Introduce competition measurements
- Ensure sufficient volume!
- Provide Feedback

MAKE IT FUN!



RESOURCES



Wheelchair tennis beginner progressions

https://tenniscanadamediacentre.com/wp-content/uploads/2024/10/EN_Wheelchair-Tennis-Whole-Player-Development-Pathway.pdf#page=19

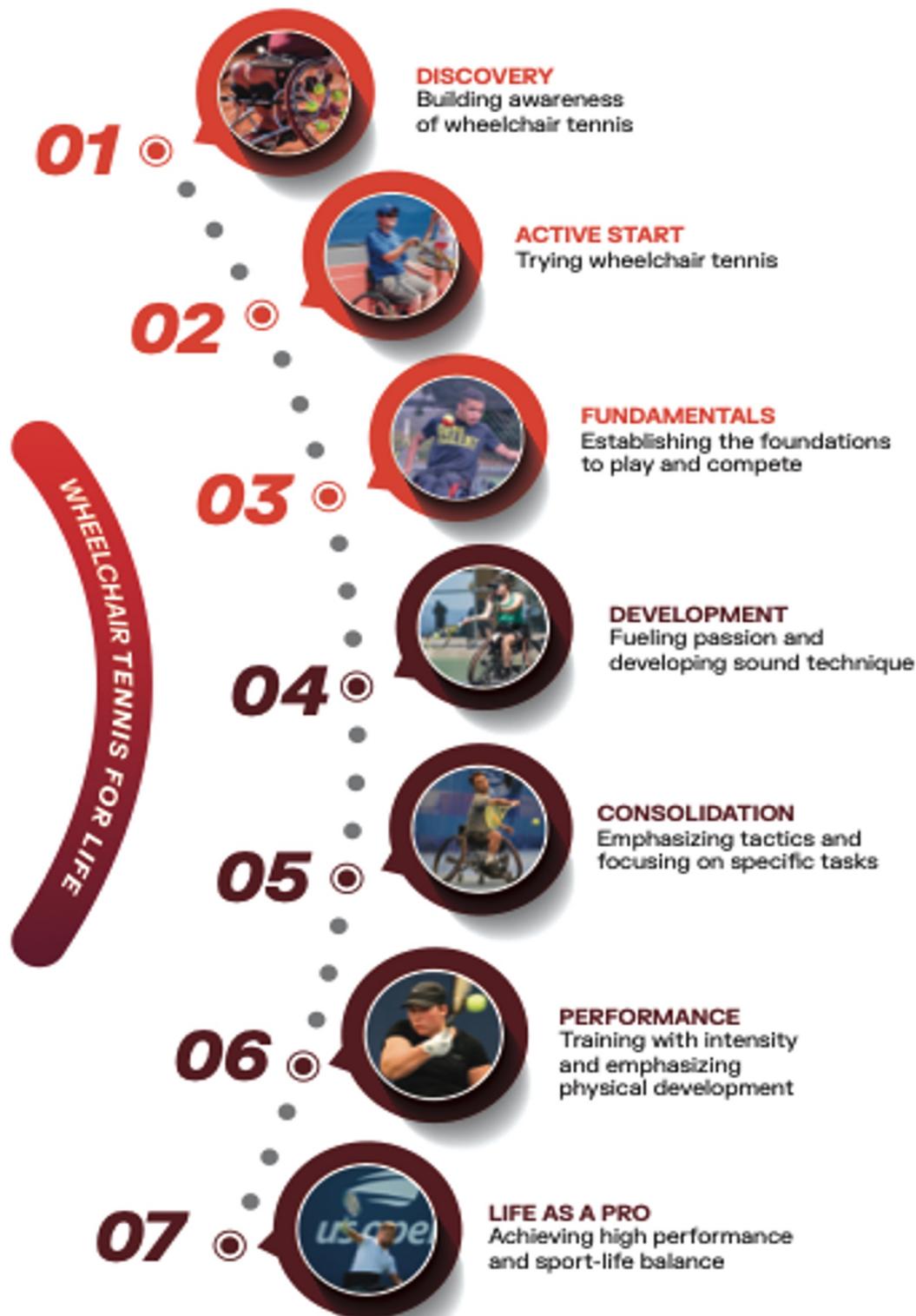
How to run a beginner session (video series)

<https://www.youtube.com/playlist?list=PLnx-6Vlyh4Xu7GGi2nqyWNs7nyueNzZ7a>



Shingo Kunieda - The Roger Federer of Wheelchair Tennis





WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY



MOBILITY IN WHEELCHAIR TENNIS

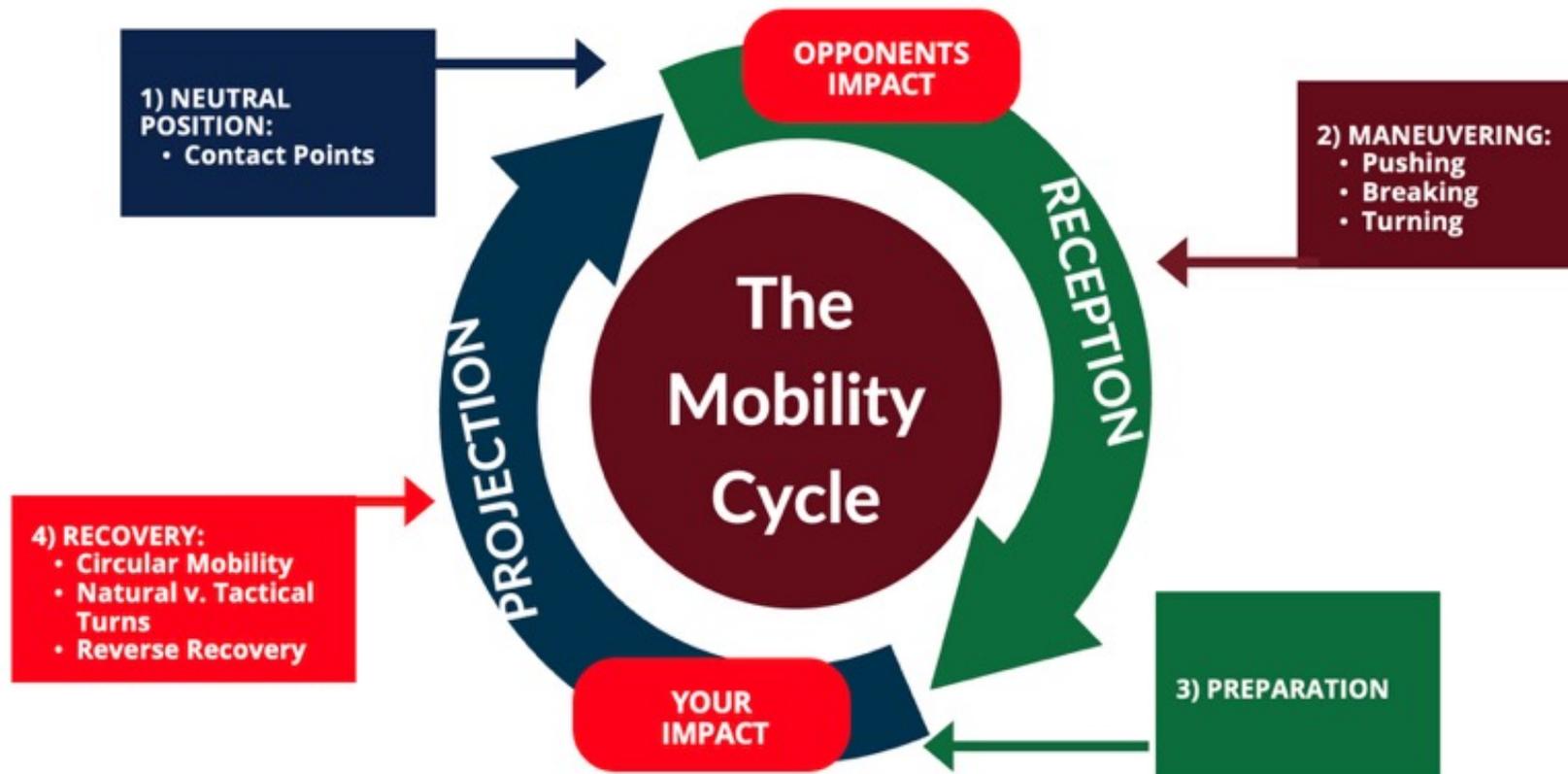


GENERAL MOBILITY CONSIDERATIONS

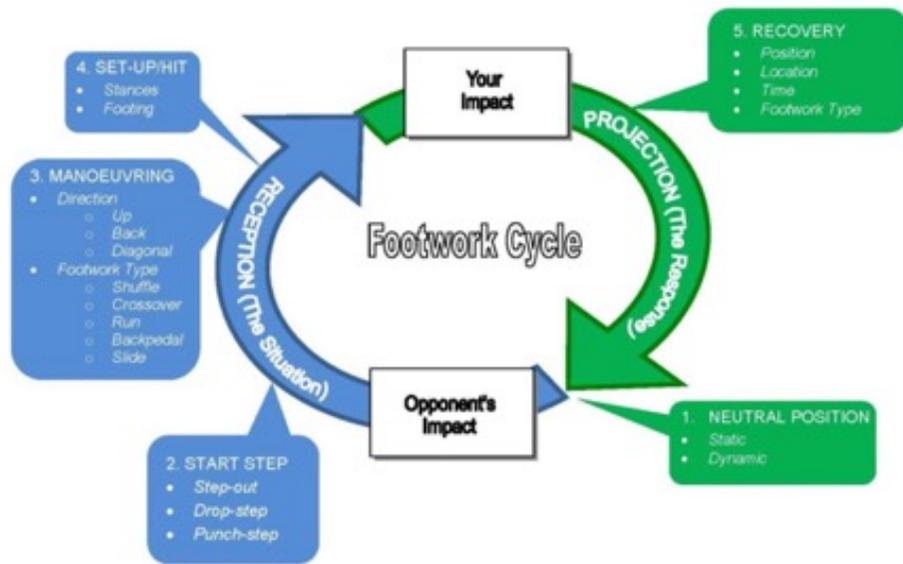
- ❑ Keeping racquet in hand
- ❑ Avoiding back tracking
- ❑ Staying in motion during shot cycle



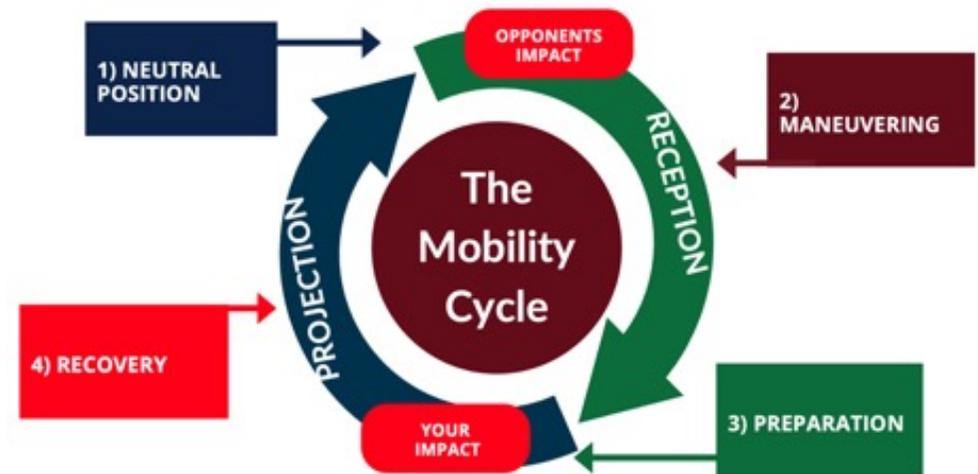
THE CYCLE OF MOBILITY



TENNIS/WHEELCHAIR TENNIS MOBILITY



Footwork Cycle



Wheelchair Mobility Cycle

NEUTRAL POSITION

- ❑ Strong contact points on push rims
- ❑ On return: push towards the court (“Split step”)
- ❑ On serve: grab wheels and start pushing



MANUEVERING

3 ways to move the chair

1. Pushing:

- Grab wheel at 12 o'clock – Release at 3 o'clock
- Lean forward

2. Breaking/Slowing down

- Grab wheels
- Lean backward

3. Turning

- Push turn
- Pull turn



PREPARATION

❑ Dominant hand transition from pushing to stroking.

❑ **Timing:**

- Too early: lose the possibility for positioning adjustment
- Too late: stroke timing becomes challenging

❑ **General rule:** transition hand from pushing to stroking when the ball bounces.



RECOVERY

- ❑ Back to the “hub”
- ❑ Continuous Circular mobility
- ❑ 2 common errors:
 - Pulling backwards
 - “Admiring” shot for too long



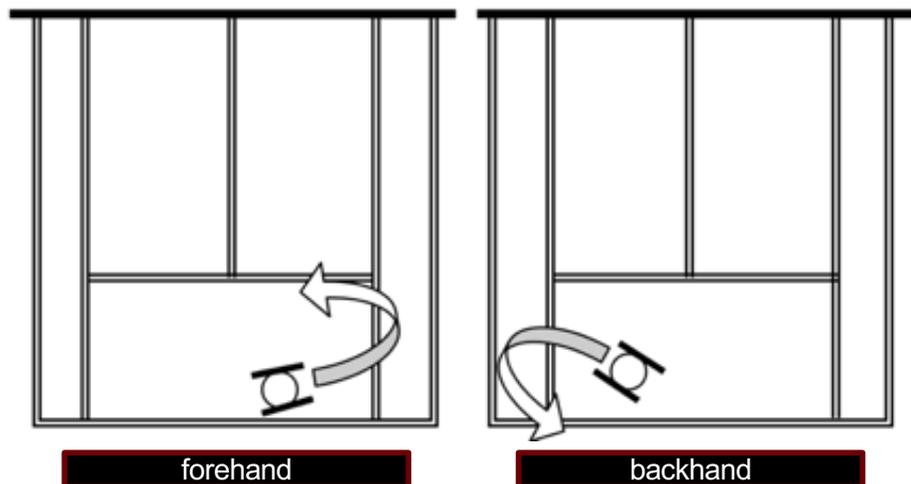
RECOVERY – CIRCULAR MOBILITY

“In Turn “ v. “Out Turn”

Natural Turns

on the forehand : the “in” turn

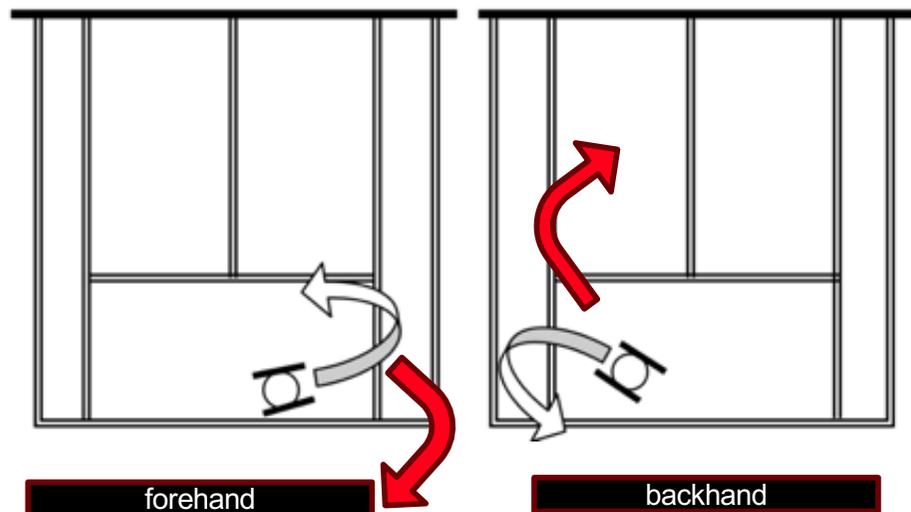
on the backhand: the “out” turn

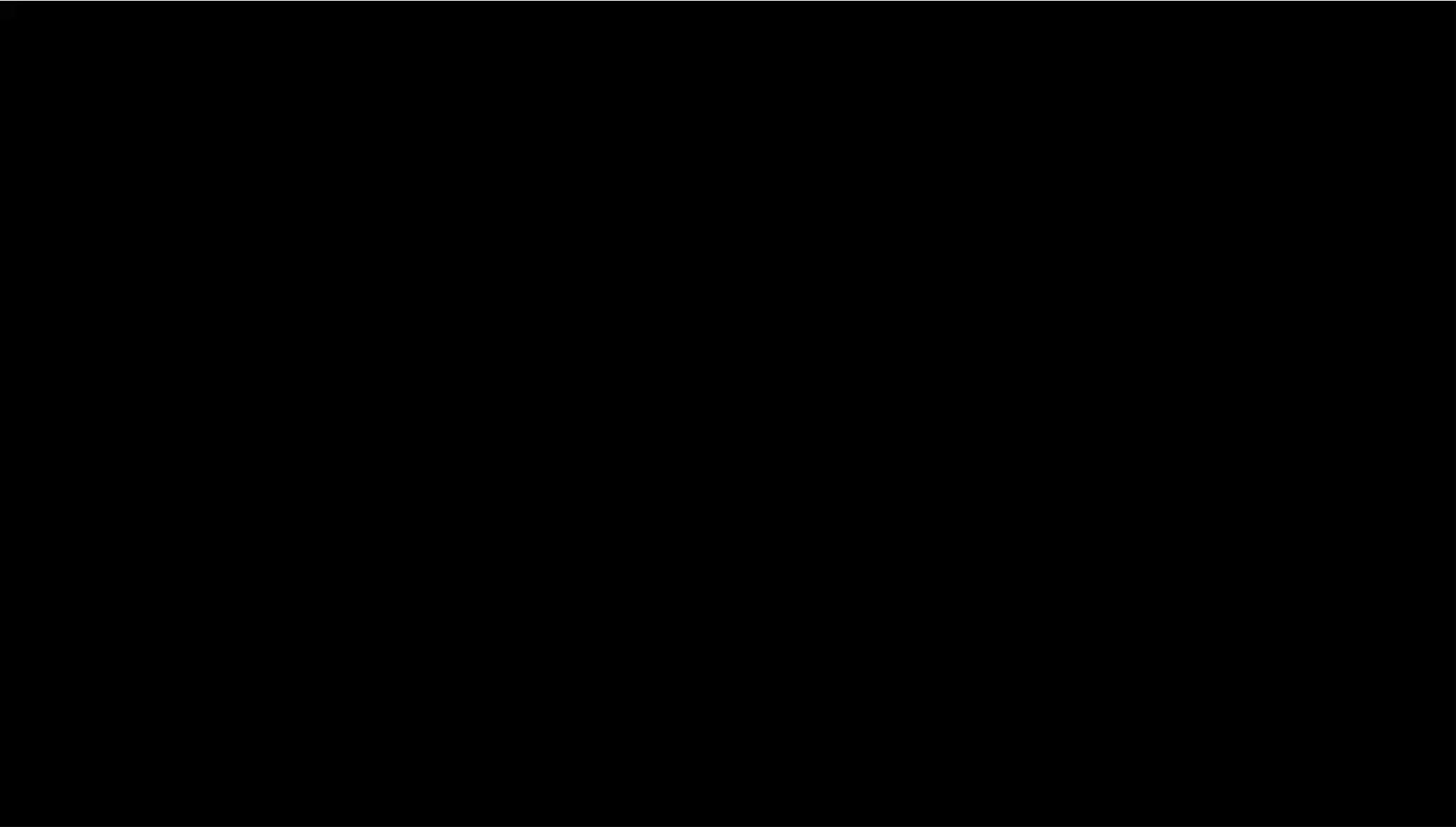


RECOVERY – CIRCULAR MOBILITY

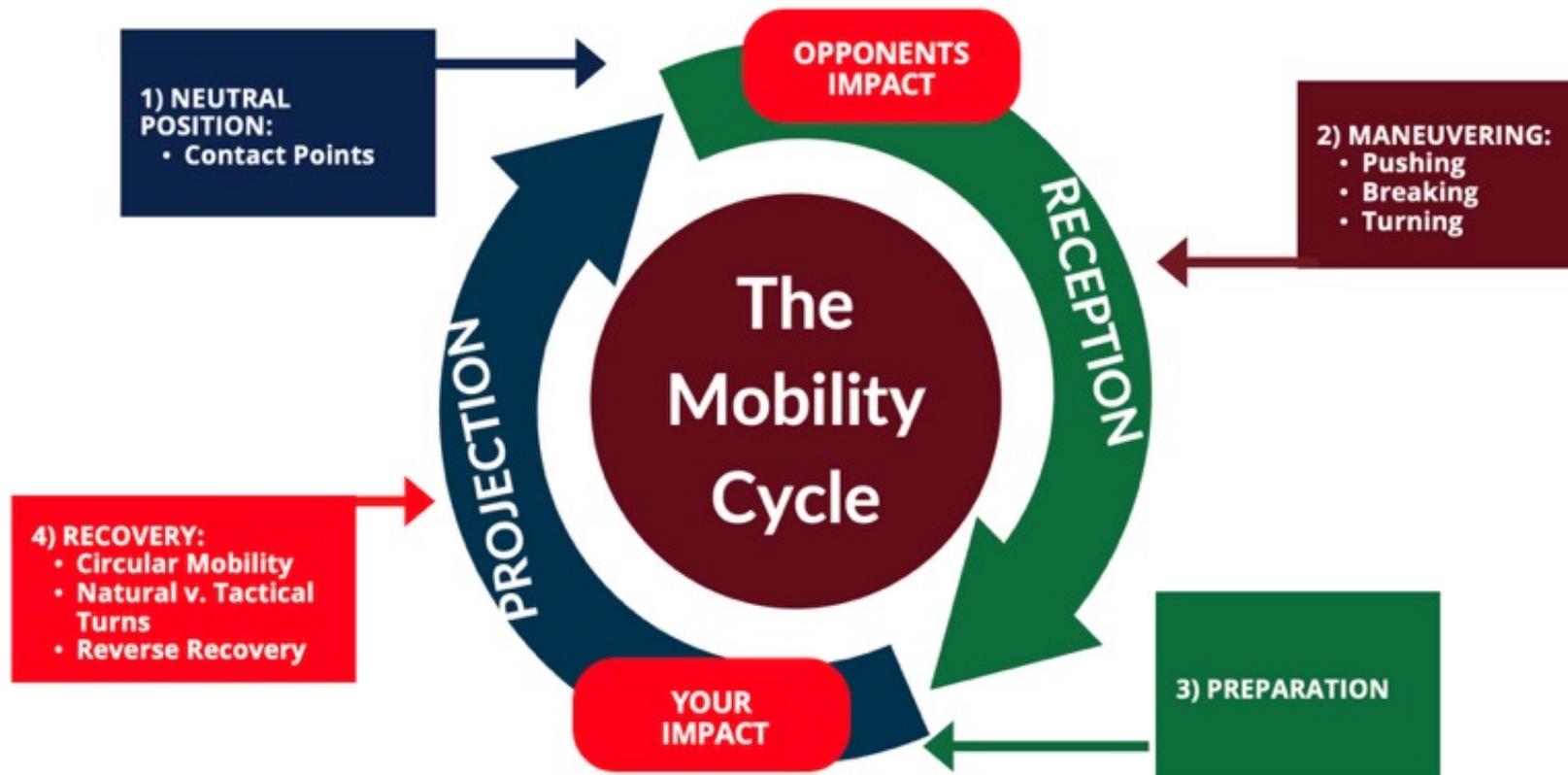
Tactical turns:

- ❑ An “out” turn on the forehand forces player to turn against the natural swing/chair momentum.
- ❑ An “in” turn on the backhand forces player to turn against the natural swing/chair momentum.





THE FULL CYCLE



One more thing...



REVERSE RECOVERY

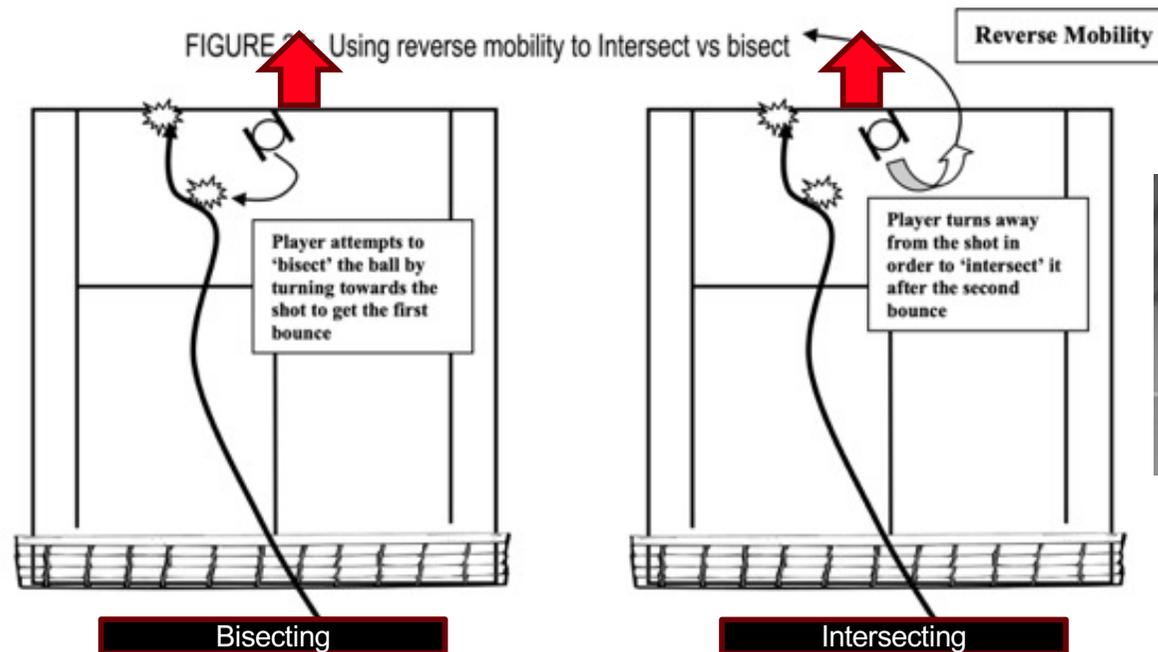
- ❑ Avoid recovery too close to baseline
- ❑ Get comfortable wheeling away from “the action”
 - Counterintuitive
 - Harder to track the ball while pushing towards the back
- ❑ Drills help to build comfort level



REVERSE RECOVERY

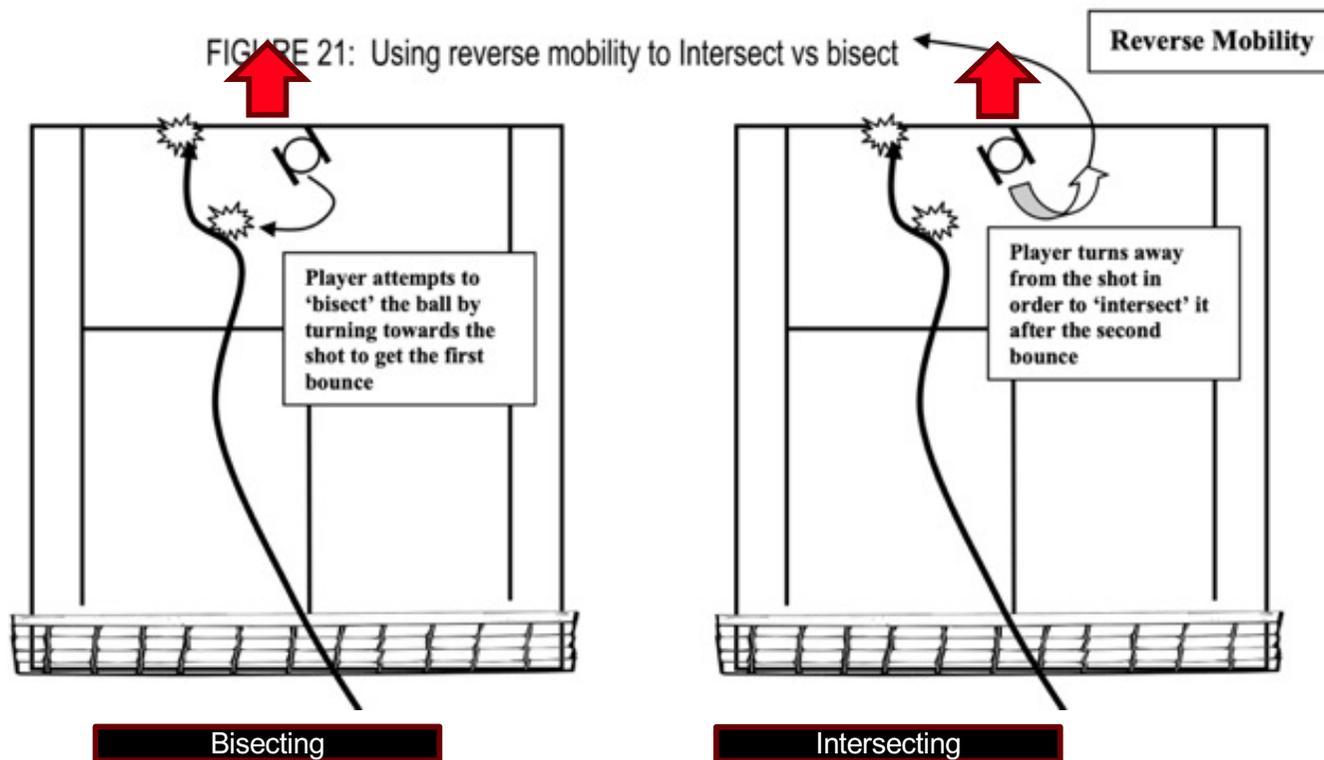
2 options at opponent's impact:

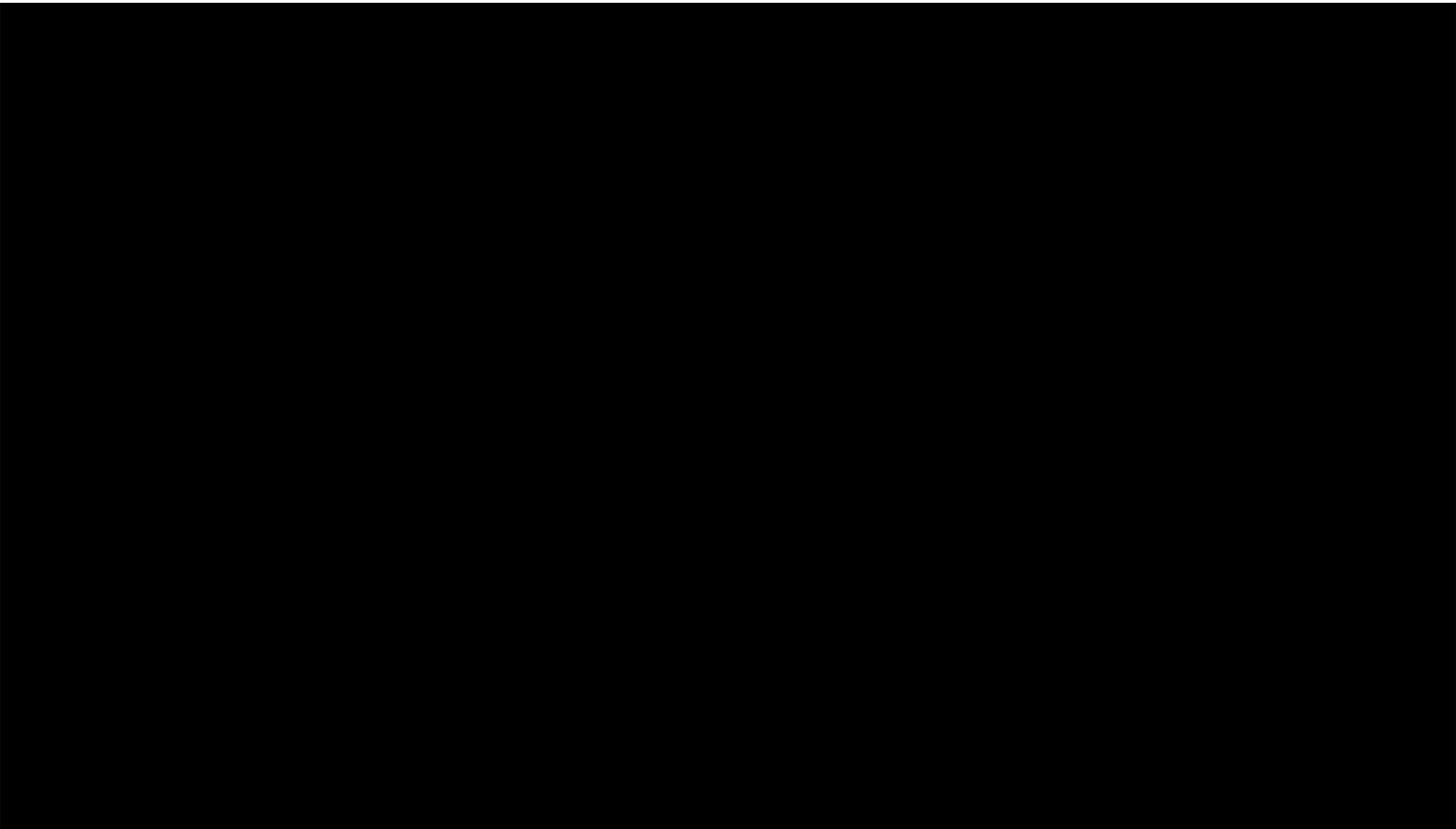
1. Bisecting the shot:
2. Intersecting the shot



REVERSE RECOVERY

„Wait for it!“





MOBILITY RECAP

The Basics:

- Keep racquet in hand
- No back tracking
- Stay in motion

Fundamentals:

- Natural turns (In or out)
- Tactical turns (In or out)

Advanced concept

- Reverse recovery



RESOURCES



The Mobility Cycle

<https://tenniscanadamy.sharepoint.com/:b:/p/kschrameyer/EWjoP6mjigpGnCZkgwPnS5kBq8ShwzuHyfZdXhkznN2fKw?e=H9pRLf>

In Turns v. Out turns

<https://tenniscanadamy.sharepoint.com/:v:/p/kschrameyer/EXmOAYxWYLlr05aWCInjdMB8weTcDNeFxWxxmxiOTXKRw?e=ixFFIA>

Reverse Recovery

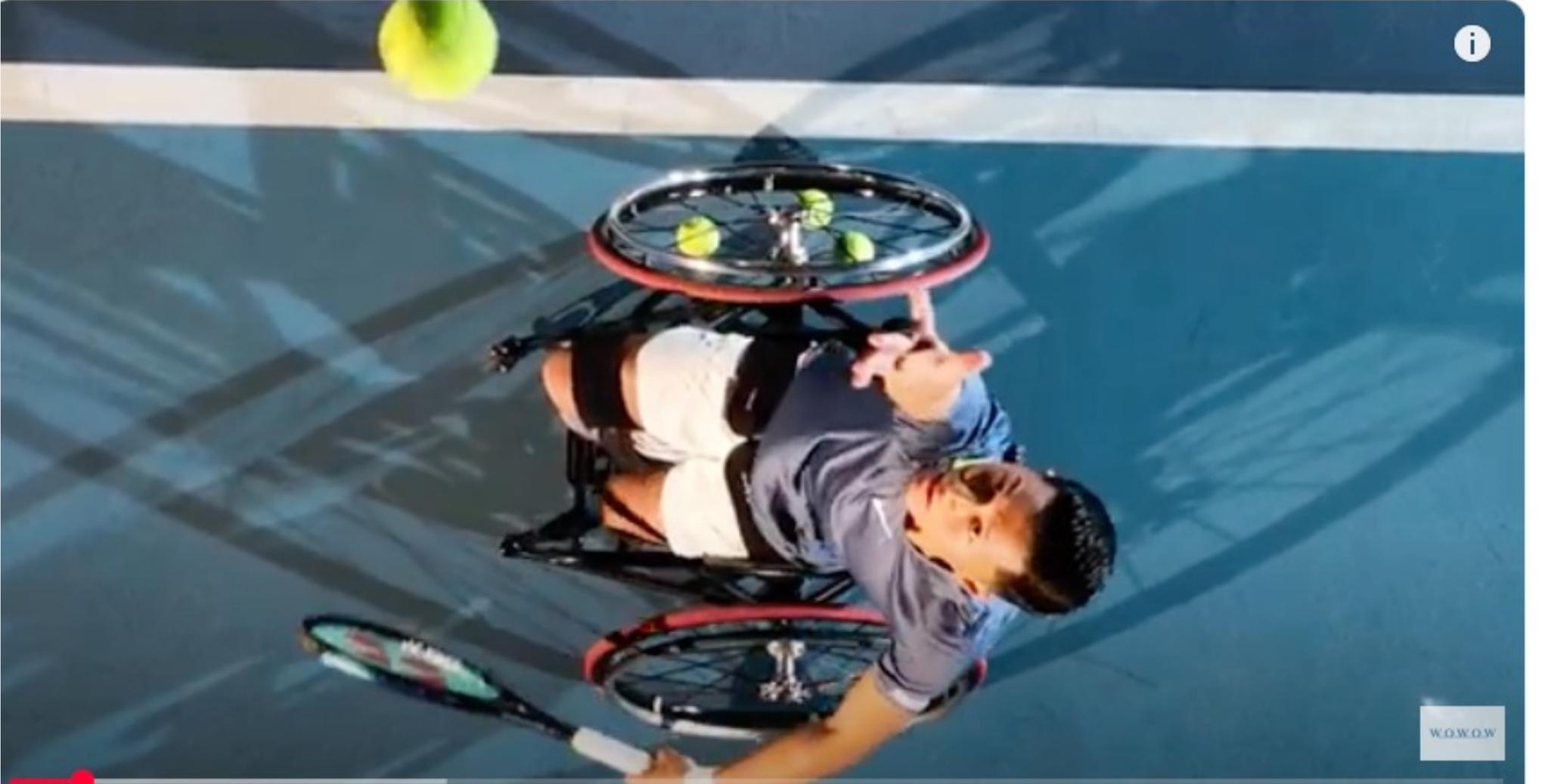
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COACHES QUOTES

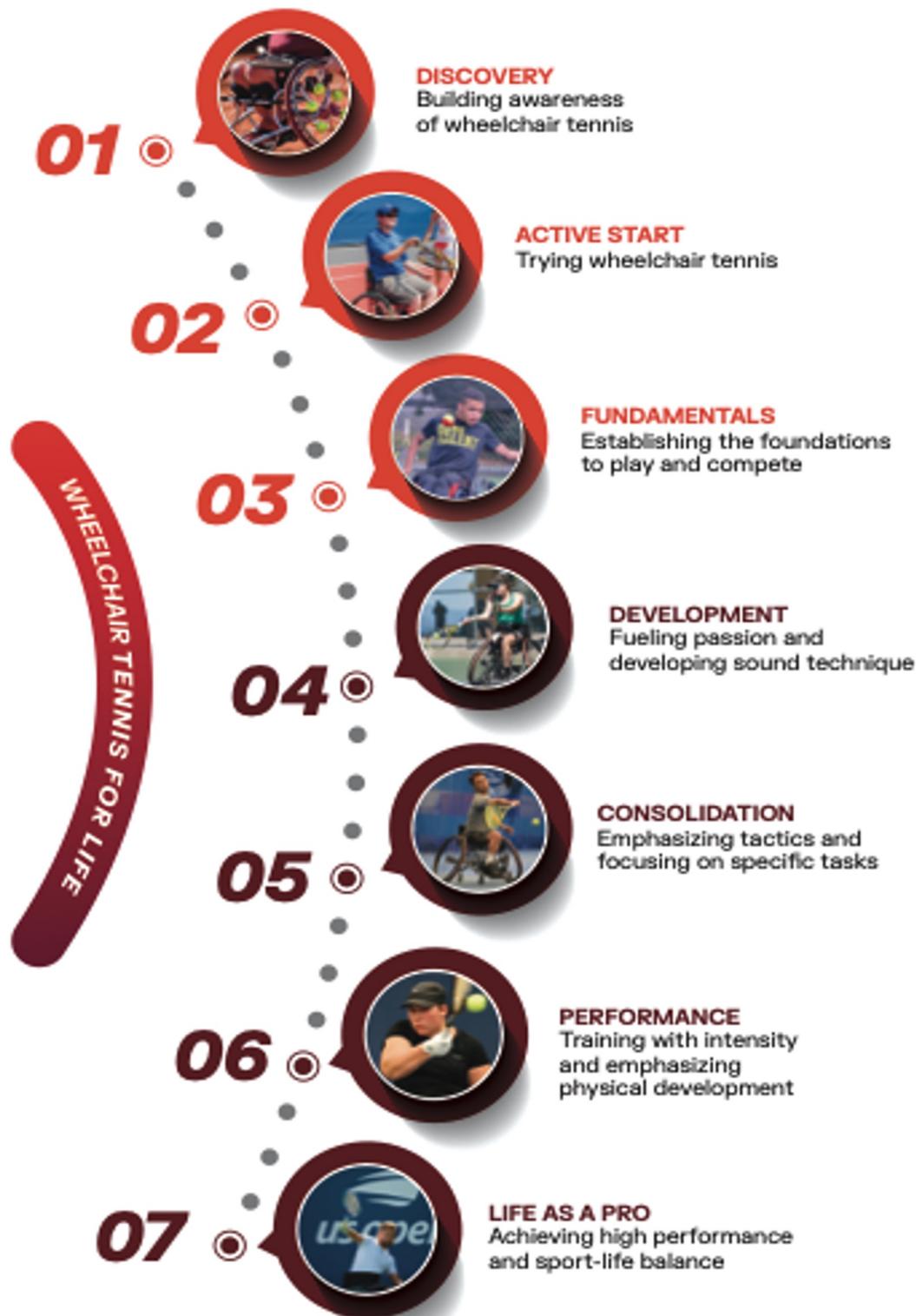
“I was amazed at how quickly the kids in wheelchairs improved week after week, no matter what the level of their disability. Witnessing their delight in playing tennis and continued improvement is what inspired me the most.”

- Brian Pound, Winnipeg, MB -





W.O.W.O.W



WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY

THE PRONATED BACKHAND



THE PRONATED BACKHAND

- ❑ Unique shot exclusive to wheelchair tennis
- ❑ Solution to a challenging situation



THE PRONATED BACKHAND

1. Forehand set up (eastern or semi western grip)
2. Flipping the racquet to the backhand side (“windshield wiper”)
3. Hitting backhand with same racquet face



SINGLES TACTICS

- Keep the ball in play
(competitive consistency)
- Place the ball:
 - To the opponent's weak side
 - Straight at the opponent
 - Behind the opponent
 - High bouncing balls through heavy topspin (effective strategy!)
 - Drop Shots
- Finish Point at net after aggressive approach shot



DOUBLES TACTICS

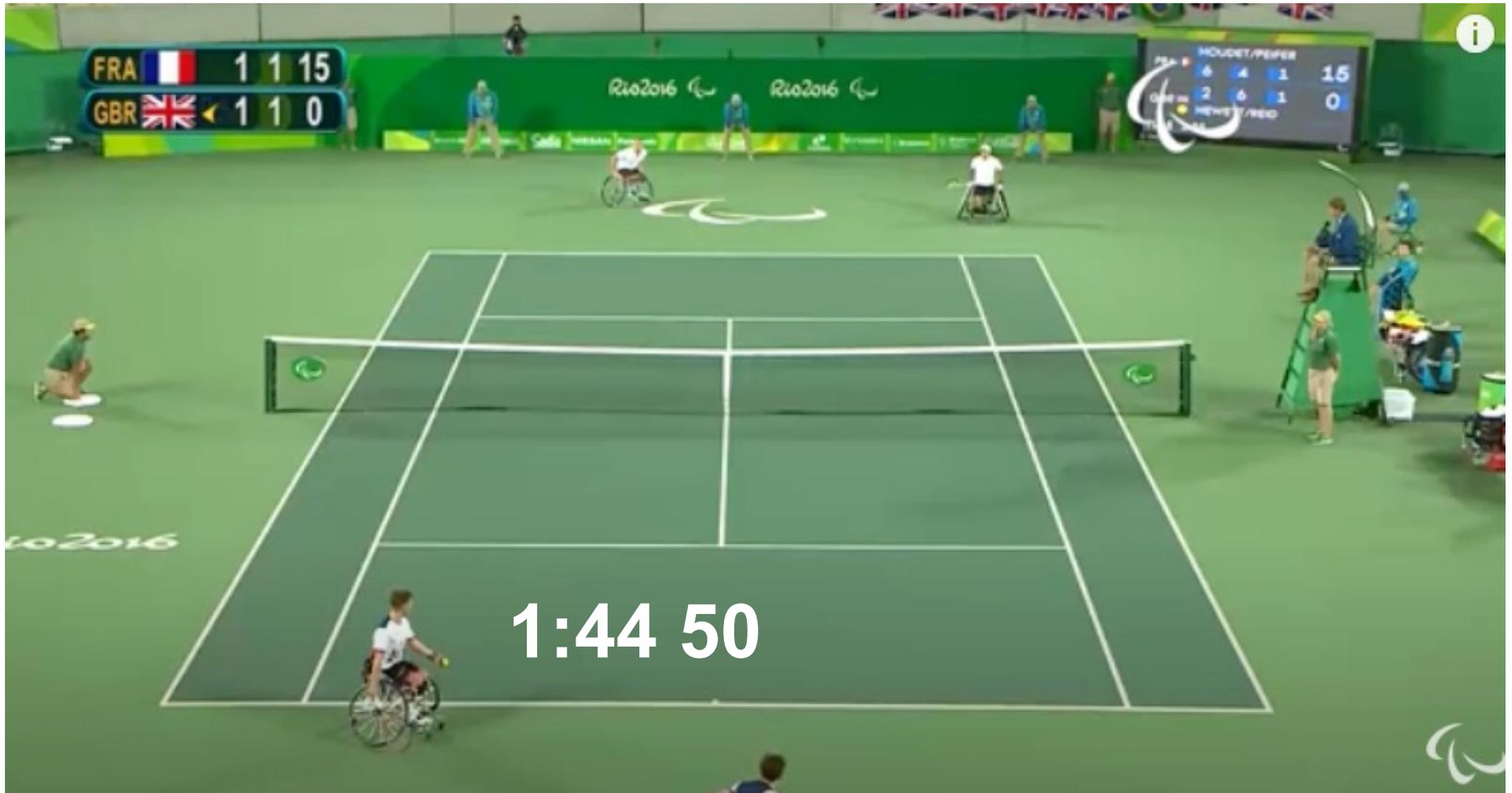
- Both Players back
- 1 Up, 1 Back
- Both players in continuous motion and communication to maximize court coverage

Tennis Canada wheelchair tennis doubles manual

<https://tenniscanada-my.sharepoint.com/:f:/p/kschrameyer/EmjNI7nSBT1PvdU64nqGD8YB3YVGRrXyFiukabFDYEVclg?e=7orY0X>



MENS DOUBLES (Rio 2016 Gold medal match)



COACHES QUOTES

“This past season at UTSC I had the privilege of implemented and running a wheelchair tennis program every Thursday from 6-8pm. I would say these two hours were the most rewarding and enjoyable that I taught the entire season. The group that attended were so eager to learn and just plain have FUN, doing something completely new to them. We all felt at the end of the season that we couldn't wait for the next year to start. ”

- Dustin Sexton, Tennis coach UTSC , ON





Novak plays wheelchair tennis



"I've heard some parents comment on how much their child looks forward to the tennis, the interaction with the other children and how it builds their self-confidence. The children are very motivated by the volunteers and have a lot of "fun". Some children even ask to "rally" with the adult volunteers. They get a huge kick out of it when they hit a great shot that the volunteer can't return. Some to the children are in pain from procedures, but seem to forget about it for the short while that they are on the court. "

Suzanne Adorjan, program volunteer.



COACHES QUOTES

- *“Apart from my kids wheelchair tennis has been the best thing that has happen in my life.”*

Steve Manley, BC provincial wheelchair tennis coach



Q & A



*Take a couple of minutes and name
your biggest take away from today*

