

APPENDIX E

WHEELCHAIR TENNIS WARM-UP GAMES

Whether it's maneuvering across the court quickly, hitting powerful shots, or reaching for a forehand, wheelchair tennis can be demanding and taxing on a player's body. An effective tennis warm-up prepares a player for training and reduces the risk of injury.

The games described below accomplish these objectives and add a bit of fun to the process. On average, a player should allocate 10-15 minutes to complete a tennis warm-up.

“Sharks”

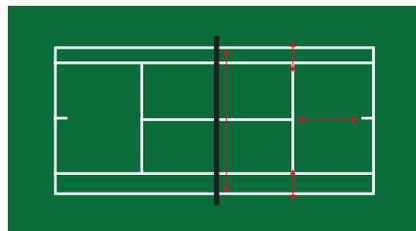
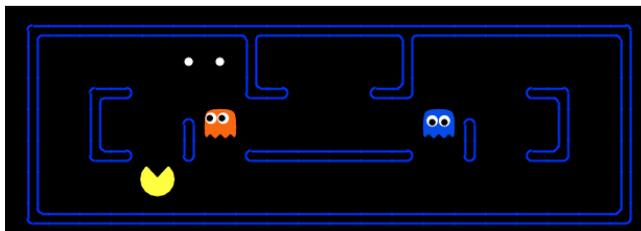
- Tag game
- “Fish” (players) on one side of the court/gym (north side of the bay). 1-2 “shark” (players) in the middle
- Fish trying to push to the other side of the court/gym (south side of the bay).
- The shark is trying to catch (tag) the fish. If fish are caught prior to reaching the destination, fish are either out of the game or they become sharks themselves
- The last fish surviving wins

“Police Tag”

- Tag game
- 1-2 participants are “cops”, rest are “robbers”
- Cops try to catch (tag) the robbers
- If caught, the robbers go to “jail” (stand still and have to put their hands up to the side)
- They can be freed from jail if other robbers push under their outstretched arms
- The game is over if all robbers are caught
- Court size: depending on the number of participants, court size is either full court (full gym) or half court (1/2 gym). The more participants the bigger the court.

“Pac-People”

- Tag Game
- 1-2 “ghosts” – the rest of the participants are “pac-people”
- Everybody (!) is only allowed to move on lines of the court/gym. The net is considered a line as well as the service line through the doubles alley and middle line (view graph below)



Objective: Ghosts try to tag all pac-people. Once a pac-person is tagged, they leave the game. The game is over once all pac-people have been tagged.

APPENDIX E

Balloon games:

- Keep the balloon in the air while remaining in one spot.
- Game: The player that can keep the balloon in the air longest without it touching the ground wins.

- Keep the balloon in the air while moving around.
- Game: The player that can keep the balloon in the air longest while moving around the court/gym without it touching the ground wins.

- Balloon race: The first to get from A to B without dropping the balloon wins
- Same game with two players partnering up

Players progress to using red, orange, green, or a regular ball.

“Flag Tennis”

- Tag game, each participant on their own
- Every player has a piece of masking tape stuck to the back of their chair that is their flag.
- Objective: players try to “grab the flag” off the other player’s chairs. If the flag is grabbed, the player is eliminated. The last player with a flag wins.
- Court size: depending on the number of participants, court size is either full court (full gym) or half court (1/2 gym). The more participants the bigger the court.

“Know your lines”

- Race
- Every player picks a line on the tennis court and goes to it.
- The coach calls out lines and players have to sprint to the line that has been called out. i.e. (“doubles sideline, center service line, baseline, net”)
- The player to reach a line last is eliminated until only one player remains.

