

APPENDIX D

WHEELCHAIR TENNIS HAND-EYE COORDINATION DRILLS

Hand-eye coordination is a vital skill in wheelchair tennis and is defined as the body's ability to complete tasks using the hands with information gained from the eyes. It provides players the ability to coordinate the ball and racquet and make contact with the ball at the optimal contact point.

The following drills, designed for players of all levels, will help develop this skill.

1. Cooperative coordination drills for two players

- Two players set up at the net, next to each other (at about two meters distance from each other), back to the net
- No racquet in hand - a tennis ball each
- On the command "go", both players throw their ball cooperatively to the other player
- Both players catch the ball simultaneously as they push their chairs from the net to the baseline
- Players try to keep the same distance from each other as they progress

Progression:

1. Underhand throw: both players catch on one bounce with the dominant hand
2. Underhand throw: both players catch on one bounce with the non-dominant hand
3. Underhand throw: both players catch without bounce with the dominant hand
4. Underhand: both players catch without a bounce with their non-dominant hand
5. Underhand: one player catches on one bounce, one player catches without bounce with their dominant hand
6. Underhand: one player catches on one bounce, one player catches without bounce with their non-dominant hand

Variation: use a basketball and a tennis ball

Progression 1

- The player sets up anywhere on a court with a tennis ball in hand (no racquet)
- The player throws the tennis ball straight down towards the ground with the dominant hand.
- As the ball is thrown down player makes a 360-degree turn around their own axle
- The drill is successfully executed if the player catches the ball with the dominant hand before it bounces a third time.

Progression 2

The drill is repeated with the player throwing and catching with the non-dominant hand

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Progression 3

- The player sets up anywhere on a court with a tennis ball in hand (no racquet)
- The player throws the tennis ball from low to high upwards with the dominant hand
- As the ball is thrown, the player makes a 360-degree turn around their own axle
- The drill is successfully executed if the player catches the ball with the dominant hand before it bounces a second time.

Progression 4

The drill is repeated with the player throwing and catching with the non-dominant hand.

Progression 5

Progression 1 – 4 drills are repeated with the player throwing and catching two balls at the same time.