



ACEing Autism

1:1 Virtual Class Guidelines

Program Director and Volunteer

2021 Edition



Virtual Clinics

Live Coaching at Home

Content for volunteers and PD's who want to deliver virtual clinics

Thank you for signing up to be a tennis coach to our participants through our 1:1 ZoomTennis program! To help you feel comfortable delivering our program through zoom you will receive the following:

1. The guidelines herein which include example clinic structures for you to follow
2. Recorded zoom clinic examples and pre-recorded videos
3. Zoom training (30 mins.) with a National staff member

Preparation Guidelines

Racquet substitutions: squash or badminton racquet or rolled up magazine or dustpan.

Program Director or Volunteer Space and Equipment Needed:

- A space at least 6ft by 6ft
- Visual Schedule: either printed or the pdf shared on screen
- Lines, dots, or adhesive tape to indicate where you are standing
- Computer or iPad with camera, audio, and Zoom account set up
- Ball and racquet, if possible

Participant Space and Equipment Needed:

- Area at least 6ft by 6ft
 - Good options: garage, driveway, basement, garden, or large open indoor area
 - Must be able to see the screen and hear the instructions, so a quiet place with good visibility of the screen is ideal.
- A big screen is preferable (if possible, watch the clinic on a big screen television)
- Zoom downloaded and ready to use
- Ball and racquet, if possible

Preparation

- Prepare for a 20-40 minute clinic.
- Model the virtual clinic similar to a regular clinic and include all of the steps of the clinic (examples below).
- For each exercise and drill, also show a more difficult option if the participant needs to be challenged.

Zoom Settings

- Unmute the participant and yourself so as to allow open communication.
- Participant or parent must Pin the Volunteer or Program Director to their screen.
- Use Gallery View to observe how the participant is progressing and attempting each activity.
- Ensure your entire body frame is in view for the participant to see.

Please visit the link below for all the resources
<https://aceingautism.org/virtual-clinic-resource/>



The parent will be asked in the registrations form if the clinic can be recorded, but please ask permission at the start of clinic.

Suggestions and Tips

- Your audience is the participant. A parent may be present to offer assistance, but you can think of the parent as a program volunteer.
- Introduce yourself by name, express your enthusiasm/excitement about seeing them and practicing tennis together, and mention either how long you have been with ACEing Autism or a fun fact about yourself.
- Review the visual schedule for the entire clinic with the participant at the beginning of the zoom session.
- Display the visual schedule at the beginning and end of each STEP/activity.
- Be brief and clear with instructions you give.
- Instructions should be as concrete as possible.
- Keep them engaged by making the activities increasingly challenging if you notice they are bored or not fully engaged.
- Try to be animated and have fun!
- High five the screen and offer praise.

Lesson Plan

Clinic Example with PD Language:

1. Introduction

2. Warm-Up (6-8 mins.) **Choose 3 below**

- Run in place (use reps ie. number of steps running)
- Warm up game (similar to simon says, "touch your toes, touch your knees")
- With both feet together, jump forward and backward over a line
- Jumping jacks ("do 20 jumping jacks")
- High knees ("do 20 high knees")
- Arm circles ("do 20 arm circles")

3. Hand-Eye (3-5 mins.)

- Bounce and catch the ball (with right hand and left hand)
- Throw the ball up and catch with the same hand (5x)
- Throw the ball up and catch with the opposite hand (5x)
- Throw the ball up, then clap once, and then catch the ball (increase the number of claps to make the activity more challenging)
- Bounce and catch the ball with movement (sidestep with a partner)

4. Racquet Skills (3 mins.) **Choose 3 below**

- Balance the ball on the racquet and then make the ball go around the perimeter of the racquet
- Bounce the ball on the racquet 5 times, then catch the ball
- Place an object as point A and an object as point B, then drag the ball with the racquet from one object to the other
- Pick up the ball with the racquet and foot
- Pass the ball with the racquet back and forth with a partner

5. Volleys (4 mins.) **Choose 3 below**

- 15 air volleys: forehand and then backhand
- Start in ready position, move one step forward, then split step, then do volley (repeat)
- Start in ready position, jump 180 degrees, land with a split step, and do a volley (repeat)
- ***Advanced:** if they have a wall, have them practice volleys against the wall.



6. Groundstrokes (4 mins.)

- From the sideways position:
 - Shadow forehand strokes (15x)
 - Shadow backhand strokes (15x)
- From the ready position:
 - Hit one forehand groundstroke, then return to ready position (10 times)
 - Hit one backhand groundstroke, then return to ready position (10 times)

7. Games: (~3mins) **Choose 1 game**

- Tap the ball to different body parts (head, shoulders, knees, & toes)
- Tennis stretches with hero poses
- Dancing with music
- Lobster claws (catch ball between two racquets)
- Animal walks: duck walk, bear crawl, kangaroo hop
- Push up tennis
 - With a partner or wall, get in the push-up position and pass the ball back and forth to each other.
- Speed game:
 - Have the participant face their parent while the parent drops two balls, then the participant must turn around and catch one ball on one bounce.

8. Finish with Cheer: "1-2-3 We Love Tennis!"

Six Zoom Clinic Examples:

Forehand Clinic

Backhand Clinic

Forehands and Backhands Clinic

The Serve Clinic

Footwork

All Shots and Point Play

Clinic 1: Forehands

Zoom Clinic Examples

Introduction & Visual Schedule: (1.5 mins.)

- Hi, my name is ___ and I've been a volunteer with ACEing Autism for ___ years and I am excited to teach tennis today! Today we're working on forehands together!
- Volunteer shows visual schedule

Warm-Up: (6-8 mins.) *show visual schedule

- Run in place: 30 steps (count out loud and use reps ie. number of steps running)
- 20 high knees
- 20 jumping jacks

Hand-Eye: (3-5 mins.) *show visual schedule

- Bounce and catch the ball (model with partner or with a wall)
- Bounce and catch the ball with movement (sidestepping with partner)
- With a partner, simultaneously throw and catch balls (each partner has one ball)

Racquet Skills: (3 mins.) *show visual schedule

- Balance the ball on the racquet, then make the ball go around the perimeter of the racquet (they can also use pan or dustpan if they don't have a racquet)
- Bounce the ball on the racquet 5 times, then catch the ball

Forehand Volleys: 3 progressions (5 mins.) *show visual schedule

- 15 stationary forehand air volleys
 - if they don't have a racquet, they can do this with their hand or thick magazine rolled up
- Start in ready position, move one step forward, then do volley
- Start in ready position, split-step, then step forward and do volley



Forehand Groundstrokes: (5-7mins.) *show visual schedule

- From the sideways position:
 - Shadow forehand strokes (15x)
- From the ready position:
 - Step, hit one forehand groundstroke, then return to ready position (10x)
 - Take two steps to the right, hit one forehand groundstroke, then return to ready position (10x)

Games: (2-3 mins.) *show visual schedule

- "Mike" (insert your name) Says!
 - "Touch the ball to your toes, touch a ball to your knees, touch a ball to your head!" and have them repeat the exercise in the correct order

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."



Clinic 2: Backhands

Zoom Clinic Examples: (18 minutes)

Introduction & Visual Schedule: (1.5 mins.)

Warm-Up: (6-8 mins.) *show visual schedule

- Run in place (30 seconds)
- High knees (30 seconds)
- Butt kicks (30 seconds)

Hand-Eye: (3-5 mins.) *show visual schedule

- Toss ball up in air and catch (2 mins.)
- Toss ball to partner (or at wall) and catch (2 mins.)
- Toss ball and catch with side-step (1.5 mins.)

Racquet Skills: (3 mins.) *show visual schedule

- Roll ball with racquet around two cones or objects (3-4 mins.)
- Roll ball to partner and back (2 mins.)
- Roll ball back and forth with partner, and when the ball comes back to them they must move to ball and stop the ball with a flat racquet

Backhand Volleys: (4 mins.) *show visual schedule

- 15 stationary backhand air volleys
 - if they don't have a racquet, they can do this with their hand or thick magazine rolled up
- Start in ready position, move one step forward, then split step, then do backhand volley with step forward (repeat)



Backhand Groundstrokes: (5-7mins.) *show visual schedule

- From the sideways position:
 - Shadow backhand strokes (15x)
- From the ready position:
 - Step, hit one backhand groundstroke, then return to ready position (10x)
 - Take two steps to the right, hit one backhand groundstroke, then return to ready position (10x)

Games: (2-3 mins.) *show visual schedule

- Side-stepping (or shadow forehands or volleys) while music is on and freeze when the music is off!

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."

Clinic 3: Serving

Zoom Clinic Examples: (18 minutes)

Introduction & Visual Schedule: (1.5 mins.)

Warm-Up: (6-8 mins.) *show visual schedule

- Run in place (30 seconds)
- Split and touch the grounds (30 seconds)
- Arm circles: 15 secs forwards and backwards (30 seconds total)
 - (add some more exercises as you see fit because this lesson will not involve as much movement)

Hand-Eye: (3-5 mins.) *show visual schedule

- Serving toss with non dominant hand without ball (1 min)
- Throwing ball motion without releasing the ball (1 min)
- Practice the serve motion without equipment (if outside/if space allows, practice with a racquet)

Clinic 4: Forehands and Backhands

Zoom Clinic Examples: (18 minutes)

Introduction & Visual Schedule: (1.5 mins.)

Warm-up: line hops (6-8 mins.) *show visual schedule

- Run over the line and back (30secs)
- With two feet together, jump forward and backward over the line (30 secs)
- With two feet together, jump sideways (30 secs)

Hand-Eye: (3-5 mins.) *show visual schedule

- Circle a ball around your waist
- Circle a ball around your around the legs
- Pass a ball between your hands to make a figure eight

Racquet Skills: (3 mins.) *show visual schedule

- Balance ball on racquet (or pan)
 - Circle ball around the circumference of racquet
 - Walk around and keep ball in center of racquet

Forehand and Backhand Volleys: (3-7 mins.)

***show visual schedule**

- Split step and 15 forehand volleys
- Split step and 15 backhand volleys
- Split step, alternating forehand & backhand volleys

Forehand and Backhand Groundstrokes: (5-7mins.)

show visual schedule

- 10 stationary forehands
- 10 stationary backhands
- 3 forehands in a row with shuffle
- 3 backhands in a row with shuffle

Games: (2-3 mins.) *show visual schedule

- Tennis stretches with a fun twist
- Famous poses (superman/trophy/spiderman)

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."



Racquet Skills: (3 mins.) *show visual schedule

- Throwing ball motion without a ball
- Practice motion of the throwing with a ball
- Demonstrate the serve from the kneeling position to focus on the arm movement
- Introduce the racquet service motion with a ball

Games: (2-3 mins.) *show visual schedule

- Speed game: Parent drops a ball and the participant tries to catch it on one bounce from 4 feet away

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."

Clinic 5: Footwork

Zoom Clinic Examples: (18 minutes)

Introduction & Visual Schedule: (1.5 mins.)

Warm-Up: (6-8 mins.) *show visual schedule

- Run in place (30 seconds)
- High knees (30 seconds)
- Jump over a line

Hand-Eye with Footwork: (3-5 mins.) *show visual schedule

- Tap the ball with your foot & alternate feet (20 secs)
- Jog in place, throw the ball up, and catch the ball
- Sidestep between two cones/objects and place the ball on the other cone/object

Racquet Skills with Footwork: (3 mins.) *show visual schedule

- Drag the ball with the racquet and sidestep around two cones/objects
- Bounce the ball on the racquet with movement
- Hold the racquet with both ends and do lunges

Volleys focusing on Footwork: (3 mins.) *show visual schedule

- Set up a triangle with 3 cones/objects:
 - Participant will work on the movement to forehand volley and backhand volley (emphasis should be on the little step toward the ball with large finishing step to ball)

Backhand focusing on Footwork: (7mins.)

*show visual schedule

- 20 forehands with emphasis on movement to the ball and ending weight transfer
- 20 backhands with emphasis on movement to the ball and ending weight transfer
- Side to side forehands and backhands (20 in a row)
 - Focus on footwork to get weight transfer forward
- Figure 8 drill: Back up diagonally to hit forehands and backhands and move forward to hit forehands and backhands
 - Place 4 objects on the ground

Games Footwork: *show visual schedule

- Try to score a goal with your foot by kicking the ball between the legs of your partner or a chair, alternating feet (kick the ball with inside of foot, not toes)

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."



Clinic 6: All Swings (Serve, Groundstrokes, and Volleys)

Zoom Clinic Examples: (18 minutes)

Introduction & Visual Schedule: (1.5 mins.)

Warm-Up: (6-8 mins.) *show visual schedule

- Run in place
- Jump over the line
- Arm circles

Hand-eye Coordination: (3-5 mins.) *show visual schedule

- Juggle with one ball between two hands
- Bounce the ball and catch with other hand
- Take the racquet and trace the shape of your partner's body

Racquet Skills: (3 mins) *show visual schedule

- Bounce the ball up with the racquet, let it drop to ground, and then bounce it down toward the ground (alternating)
- Pick up a ball with your foot and racquet

Volleys and Groundstrokes: (3 mins.) *show visual schedule

- Warm-up
 - 15 forehand
 - 15 backhand
- Warm-up shadow groundstrokes
 - 15 forehand
 - 15 backhand
- Warm-up shadow serves (20x)

Drill: Imaginary/practice points & keeping score!: (10 mins.)

- Areas to focus on are: keeping the feet moving & going back to the ready position between shots
- Place markers on the ground to show where each shot is positioned from and direct the participant to practice each stroke as you say it out loud. For example:
 - 1 serve, 3 forehand groundstrokes, 1 forehand volley, and 1 backhand volley
 - 1 serve, 2 backhand groundstrokes, 1 forehand groundstroke, 3 forehand volleys
 - 1 serve, 1 forehand groundstroke, 1 backhand groundstroke, 1 backhand volley, and 1 forehand volley

Games: *show visual schedule

- Introduce point scoring by playing a virtual game of tennis
 - Volunteer shadows a serve, tells the participant to hit groundstroke, volunteer hits groundstroke back, etc. (calling out points)

Final Cheer *show visual schedule

- "1-2-3 We Love Tennis!" (come close to the camera)

Questions, thank you, and goodbye

- "Thank you for practicing with me today at home! I had so much fun and I can't wait to practice again next week."



Thank you for your time and your contribution
to ACEing Autism. Welcome to the team!

 @ACEingAutism  @aceingautism

 facebook.com/Aceingautism

CONTACT US
2001 S. Barrington Ave., Suite 320
Los Angeles, CA, 90025
info@aceingautism.org
aceingautism.org
310.401.0544