



# 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.)

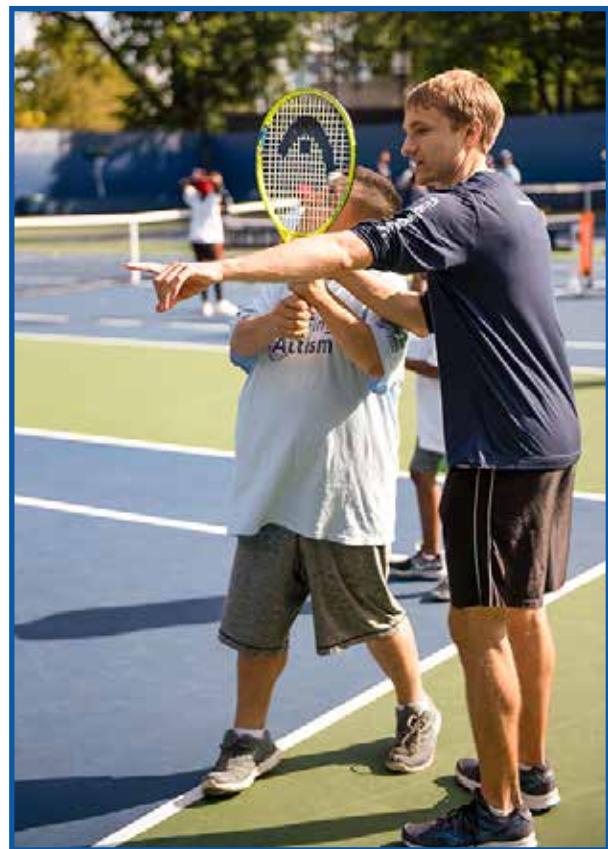
- Bounce and catch the ball (with right hand and left hand)
- Throw the ball up and catch with the same hand (5x)
- Throw the ball up and catch with the opposite hand (5x)
- Throw the ball up, then clap once, and then catch the ball (increase the number of claps to make the activity more challenging)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



### 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

### 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."

# 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!



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