

**Level I (Skills)**

Athlete swings racquet (or bounces balls) while waiting in line to hit.

1

**Level I (Skills)**

When fed a ball, athlete repeatedly swings too soon or too late and misses ball.

2

**Level I (Skills)**

Athlete hits fed ball but repeatedly misses next feed.

3

**Level I (Skills)**

Although athlete hits FH and BH balls from stationary position, all balls are hit beyond the service box (athlete over hits).

4

**Level I (Skills)**

Athlete hits volleys into net (or hits all volleys long).

5

**Level I (Skills)**

Athlete does not follow through with strokes.

6

**Level I (Skills) & II**

Athlete was taught to stand on a court dot marker because he moved too much. Now athlete will not move off dot to hit a ball.

7

**Level I (Skills) & II**

Athlete stands flat-footed and athlete faces the net for ground strokes.

8

**Level I (Skills) & II**

Athlete hits ball from stationary position, but repeatedly misses the ball when fed a ball requiring movement to one side or the other.

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**Level I (Skills) & II**

Athlete hits ball fed wide to either side but over hits and ball repeatedly goes deep or wide.

10

**Level I (Skills) & II**


Athlete doesn't know where to stand to receive serve (or when partner is receiving serve).

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**Level I (Skills) & II**


Athlete hits their serve to the wrong side of the court in doubles match play.

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**Level III & V**  
Athlete misses  
return of serve.

13




**Level III & V**  
Athlete only moves side  
to side (singles play).

14




**Level III & V**  
Athlete does not  
recover to the middle  
(singles play).

15




**Level III & V**  
Athlete only has one serve  
strategy (move opponent  
side to side) but this is not  
working against all  
opponents (singles play).

16



**Level III & V**  
Athlete only has one type  
of serve (hard and fast) but  
the opponent returns it  
without difficulty (singles  
play).

17



**Level III & V**  
Athlete is struggling with  
returning opponent balls  
with back spin on it and  
short balls.

18

**Serve (Level I- Skills)**

Athlete tosses ball too far out and away from body.

19

**Serve (Level I- Skills)**

Athlete can not coordinate movements to toss ball and then swing for serve.

20

**Serve**

Athlete swings at crazy tosses.

21

**Serve**

Athlete tosses ball too high; tosses ball too low.

22

**Serve**

**Level I- Skills**

Athlete serves the ball into the net.

**Level II, III, V**

Athlete serves the ball into the net

23

**Serve**

**Level I- Skills**

Athlete serves the ball too deep.

**Level II, III, V**

Athlete serves the ball too deep.

24



**Serve**

Athlete hits serve using a side swipe motion or not hard enough to get over the net.

25



**Comprehension**

When demonstrating a forehand position the athlete across the net turns to their backhand.

26



**Behavior**

Athlete did great last session but today he/she is just not following directions.

27



**Behavior**

Athlete comes to the court in a bad mood; had a bad day.

28



**Behavior**

Athlete wants to take a break after every ball or two that they hit.

29



**Motor/Physical**

Athlete has limited mobility in arms or in legs or athlete is overweight and does not move much during drills.

30

### **Communication**

Athlete is getting easily frustrated and states "I can't do this" or uses less preferred words and phrases to express frustration.

31

### **Drills/Lessons**

What might you do if your site is short on volunteers/court space and you have 5+ athletes on your court and 1 other volunteer. (so there is not a lot of standing around time)

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### **Drills**

What can you do to help an athlete that keeps hitting out balls.

33

### **Footwork**

What do you do when athlete steps over the line (foot fault) when serving.

34

### **Footwork**

How can you help an athlete that is not moving his/her feet, stands flat footed , does not turn feet when needed.

35

### **Safety**

Athletes are standing too close to each other when hitting balls in drills.

36

### **Safety/Sensory**

Athletes, possibly overstimulated, runs across all courts in the middle of drills/play

37

### **Safety**

Athlete swings racket, haphazardly, while waiting in line for his/her turn.

38

Athlete refuses to hit balls after only being there for 15 minutes. How do I keep him/her engaged and working on skill development.

39

Athlete wants to play 'coach'. Is this ok? What skills can athlete work on while being 'coach?'

40

### **Buzz Words**

What is the purpose of 'buzz words.'  
Which ones should all Special Pops athletes and volunteers be familiar with?

41

### **Skills/Level I**

What are the strokes taught at the skills level.

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**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words /Verbal Cue

Ready Position-Point-Turn-Boom

43

**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words /Verbal Cue

Ready- one- two-bounce-hit

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**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words /Verbal Cue

Scratch your Back-Toss-Bow  
or  
Feet-Back-Elbow-Toss-Bow

45

**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words/Verbal Cue

Ready Position-Knee-Shoulder

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**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words /Verbal Cue

Hug your Racket

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**Buzz Words/Verbal Cue**

What would you be working on if you used the Buzz Words /Verbal Cue

Ready Position-Stop Sign(V)- Step-Bump

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