



## Quick Tips for Volunteers

Volunteer Buddies will need to be flexible and creative! Here are some tips to make the most of you and your player(s) time:

- ◆ Remain and rotate with the same players throughout the session.
- ◆ Allow only 8 players on each court at a time (4 on each half).
- ◆ Try another station if a player is not interested in participating in an activity, even if it hasn't been 5-10 minutes.
- ◆ Stay at a station even if it has been over 10 minutes if the player is still engaged and doesn't want to rotate.
- ◆ Modify activities to match your player's interests and abilities!

Do you have further questions?  
Contact Vicky at 216-632-3087

Know someone who would like to become a volunteer? Have them contact Mary at 440-838-5600.

Thank you so much for your willingness to volunteer!  
THRiVE would not be possible if it weren't for people like you!



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## Adaptive Tennis Volunteer Buddy Instructional Guide





## Program Overview

We are so thankful you have decided to be a Volunteer Buddy for THRiVE Through Tennis! This brochure is meant to aid you in becoming knowledgeable of the program's format so you can confidently and safely serve our players.

Each volunteer will be paired with 1 to 2 players so they can receive the attention they need. You will remain together throughout the hour-long session that follows this format:

- ◆ Warm up, stretching, and intros
- ◆ Rotate through the tennis skills agility, balance, and coordination stations
- ◆ Cool down/group game

# Agility, Balance & Coordination Stations

Adapt any activity to meet your athlete's needs & abilities!

Spend about 5-10 minutes at each station.

Four to six stations will be set up each week.

Players can partner up when possible.



## OBSTACLE COURSE

- ◆ **Balance Beam:** walk, skip, shuffle or hop on the court lines. Hold a ball, beanbag, or Koosh on a racquet while walking the balance beam.
- ◆ **Small Hurdles:** walk over the hurdles or push balls under them with a racquet.
- ◆ **Hopscotch:** create game using poly dots
- ◆ **Cones:** weave through or around, or push balls around the cones with a racquet.

## BALL TOWERS

Instruct your player(s) to build a tower of 3 or more balls on the floor then use a ball, beanbag, or Koosh to knock it down.

## BALLOON FUN

See how long you and your player can keep the balloon in the air using your hands or racquets.

## BOUNCE & CATCH

Play catch with your player(s) using different types of balls (tennis and rubber).

Variation: Try bouncing the ball on a marker, then catch. Too easy? Bounce, clap, and catch!

## ICE CREAM CONES

Instruct a player to hold the cone in both hands while their partner tosses the ball underhand to them, with or without a bounce first.

## GOAL POST

Position players on opposite sides of the goal post so it's in the middle of them. Players throw a football, rubber ball or tennis ball through the uprights to their partner.

## HOCKEY

Place two cones 2 to 3 feet apart and halfway between players. Have them use their hands or racquets to roll a ball between the cones.

Variation: Use the two cones as a goal in front of each player. Place them 2 feet apart, and see who can roll the ball through the goal the most!

## TARGET PRACTICE

Throw a ball, beanbag, or Koosh at targets (rings hanging on side divider curtain or laying on floor).

Variation: Feed a ball to the player who uses a racquet to aim at the target.

## WALK THE DOG (AKA PIZZA DELIVERY)

Place cones several feet apart. Each player walks from one cone to the other and back with a tennis ball, bean bag, or Koosh balanced on a racquet.

Variations:

- ~ Add another ball on the racquet.
- ~ Add cones at intervals between the end cones and have the player weave through them. Or place a ball on the floor and have the player use a racquet to weave it between the cones.