

LESSON 14: COACHES' PRACTICE

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)

Rules & etiquette: Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). (S4.H2.L2)

Movement concepts, principles & knowledge: Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1)

Embedded Outcome

Working with others: Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)

Lesson Objectives

The learner will:

- effectively implement a practice plan specific to his team's needs.
- efficiently and respectfully follow a practice plan put in place by a classmate.
- discuss moral and ethical occurrences and expectations occurring in the sport of tennis.

Equipment and Materials

- Tennis balls and modified balls
- Regulation and modified tennis rackets

Introduction

Today, you have your second, and last, organizational practice. Today is run completely by you. The coaches have come with practice plans they will implement, but everyone's voice and opinions are valuable. Does anyone have any questions? Let's have a great day!

Instructional Task: Triples

■ PRACTICE TASK

Triples helps students with their reaction time and play at the net. Students play three on three, with one student at the net and two students at the baseline. One team serves the ball in, and a point is played using the doubles court. Each time a point is won, the triangles rotate positions. Ten points wins the game.

Extension

After each rotation, students pick a muscle and stretch it for 10 seconds.

Student Choices/Differentiation

- Students choose their equipment.
- Students choose their groups.

What to Look For

- Students are moving well at the net.
- Students are using good form for their stretches.
- Students are rotating efficiently and keeping their heart rates up.

Instructional Task: Captains' Presentations

■ PRACTICE TASK

Captains give their teams a brief description regarding moral and ethical conduct in tennis. Presentations should provide examples or situations specific to tennis.

EMBEDDED OUTCOME: S4.H3.1.2. This task provides a leadership opportunity for the captains.

Student Choices/Differentiation

Captains can choose how they want to deliver the information to their peers.

What to Look For

- Students are engaged in the captains' presentations.
- Students are participating in discussions about specific situations.

Instructional Task: Coaches' Practice

■ PRACTICE TASK

Coaches take their teams through a pre-planned practice, preparing them for the tournament next class.

EMBEDDED OUTCOME: S4.H3.1.2. This task provides a leadership opportunity for the coaches.

Student Choices/Differentiation

Coaches may choose how they wish to run their practices.

What to Look For

- Practices are aligned with scouting reports and team needs.
- Practices have a variety of drills.
- Coaches are providing specific feedback to their players about technique and strategies.

Formal and Informal Assessments

- Teacher observation
- Morals and ethics presentations (award points)
- Practice plans (award points)

Closure

- Who wants to share how their practice went?
- Next class is your tournament. The format is listed on the wall, and after today's points are calculated, the brackets will be determined.
- Remember, the tournament is single elimination. Teams eliminated from the championship bracket will compete in the competition bracket for the remainder of the tournament.
- Also, your teams will be seeded in the order of the organization's final position in the standings.

Reflection

- Was the discussion on ethics meaningful for students?
- Was the time I left for the practice session appropriate?
- Was it too long for the coaches to sustain a flow, or did it seem as if they ran out of time with more things to work on?
- Review practice plans and presentations.

Homework

- Coaches: Start thinking of the awards you want to hand out to your organization at the end of the unit.
- General managers: Update the web pages for next class (award points)

Resources

Siedentop, D., Hastie, P., & van der Mars, H. (2011). *Complete guide to sport education*. 2nd ed. Champaign, IL: Human Kinetics.

Teach PE: www.TeachPE.com

United States Tennis Association: www.usta.com

Sport Fitness Advisor: www.sport-fitness-advisor.com