



WHEELCHAIR TENNIS WHOLE PLAYER DEVELOPMENT PATHWAY

Stage 3: Fundamentals

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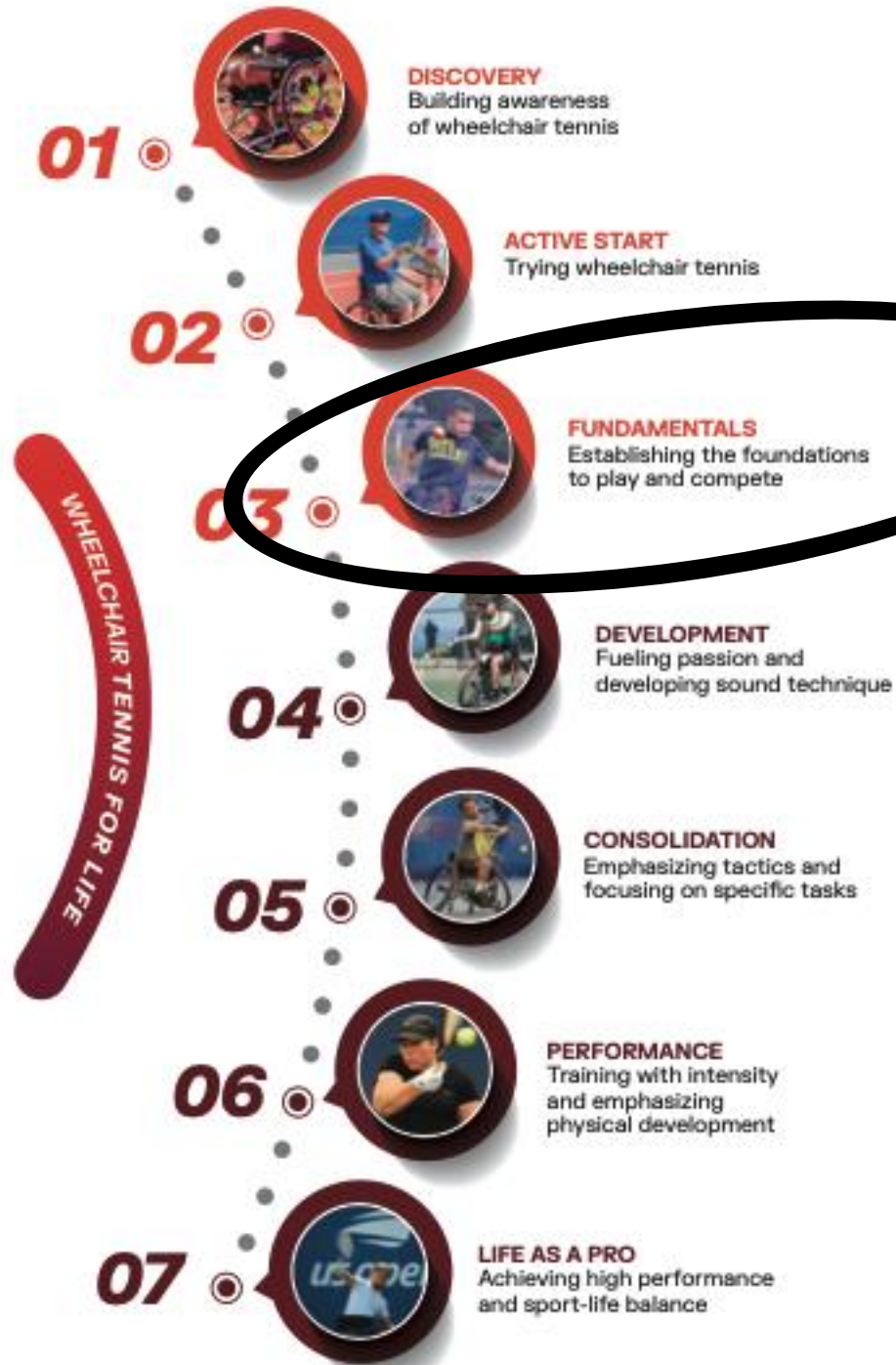
LAND ACKNOWLEDGMENT



Tennis Canada and its partners acknowledge the ancestral, unceded, and unsurrendered territory of all the Inuit, Métis, and First Nations people that call this land home. We recognize our shared history rooted in colonialism and our privilege in being on this land.

Tennis Canada acknowledges our responsibility to work collaboratively with communities to ensure an inclusive tennis system that is accessible and welcoming to all.

STAGE 3 - FUNDAMENTALS



- Start to build the foundation
- Regular beginner play
- Engage in multiple sports
- Hit lots of balls & introduce mobility
- Create playing environment for players of various skill levels

5C'S: CULTURE & CHARACTER

Culture

- Using appropriate language and inclusive actions
- Respecting others and the rules. Progress at own pace
- Learning how to address and voice concerns

Character

- Being honest
- Demonstrating care and respect for all
- Showing integrity by doing the right thing.



5C'S: CONFIDENCE & CONNECTION

Confidence

- Encouraging ongoing positive self-talk
- Developing a love of playing
- Dealing with early disappointments, specially in the area of wheelchair mobility

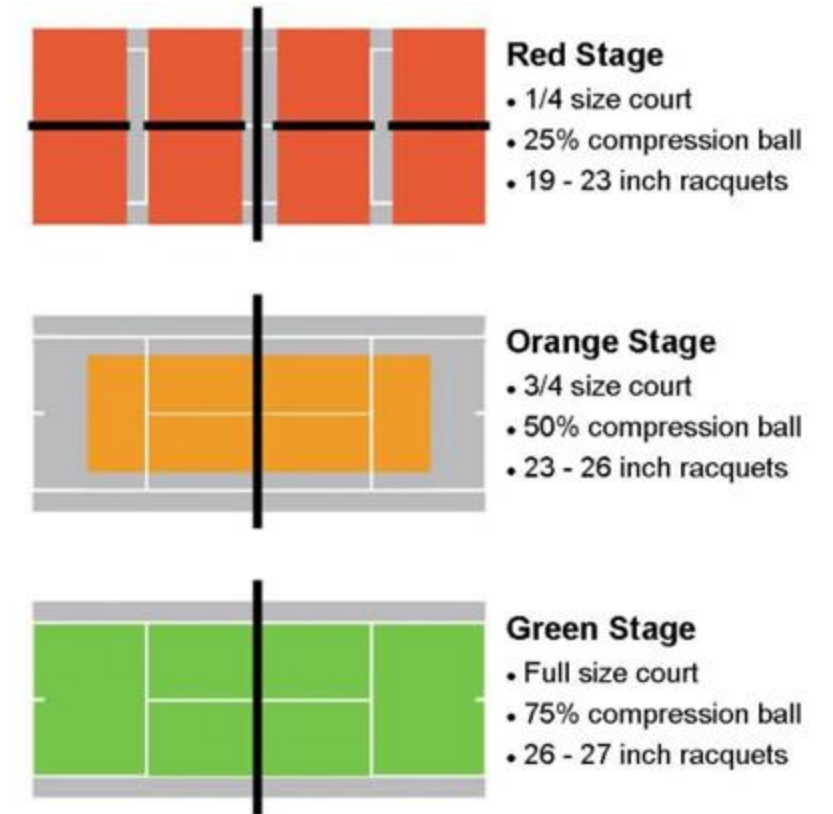
Connection

- Doing what is right, even if it is challenging
- Linking actions and consequences
- Understanding the rules of the game and concept of fair play.

5C'S – COMPETENCE (TACTICAL)

Tactical:

- Consistency: putting consecutive balls in the court
- Progressive Tennis
 - Kids: red
 - Adults: orange and green
- Basket feeding vs cooperative play
- Add competitive elements



5C'S: COMPETENCE (TECHNICAL)

Technical:

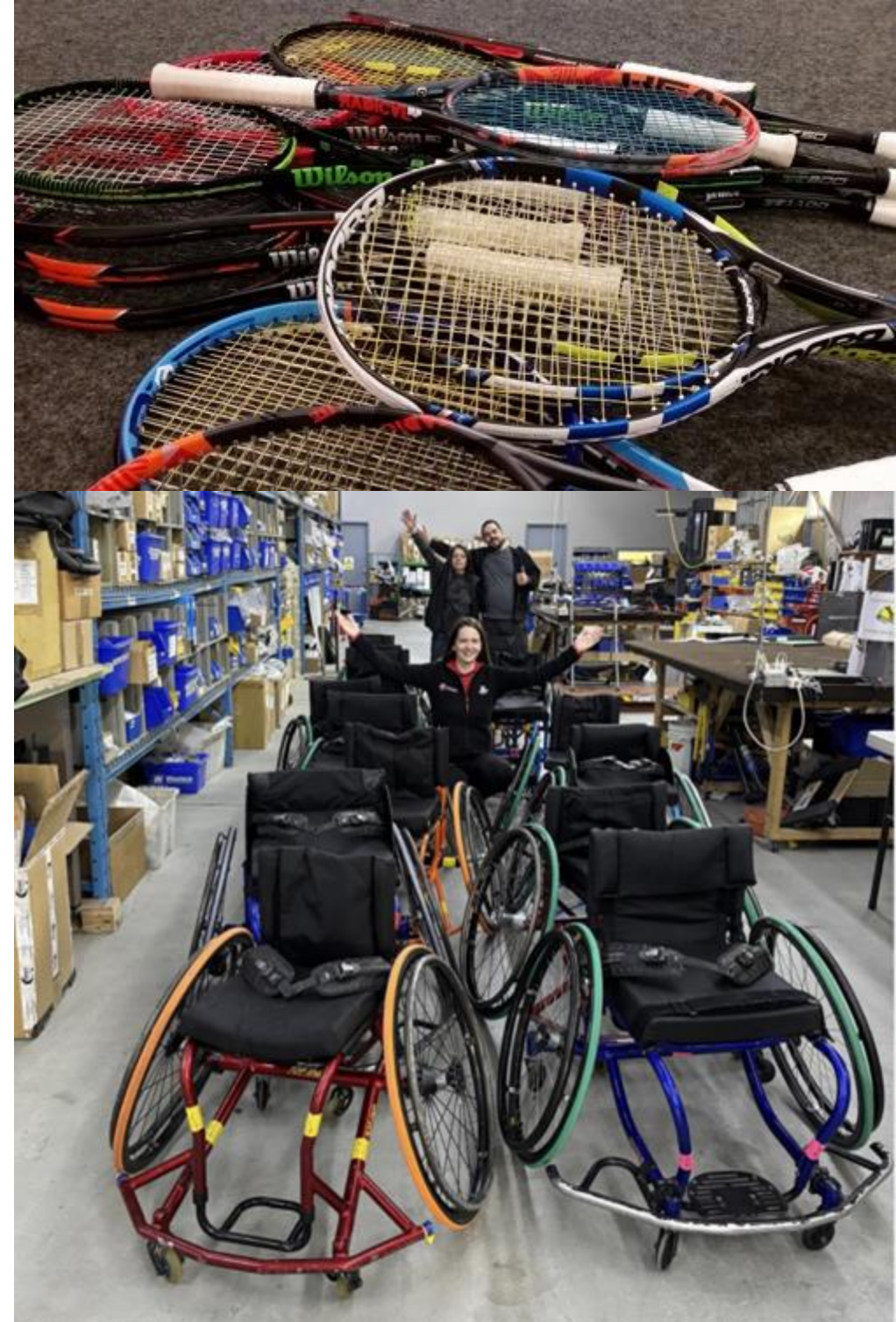
□ Fundamentals

- Grip
- Set-up
- Impact point
- Hitting zone
- Recovery



EQUIPMENT

- ❑ Tennis, basketball or rugby wheelchairs
- ❑ Straps to add support & stability. Different forms for different areas of the wheelchair and body:
 - Chest
 - Waist
 - Legs
 - Thighs
 - Knees
 - Feet
- ❑ Progressive tennis balls



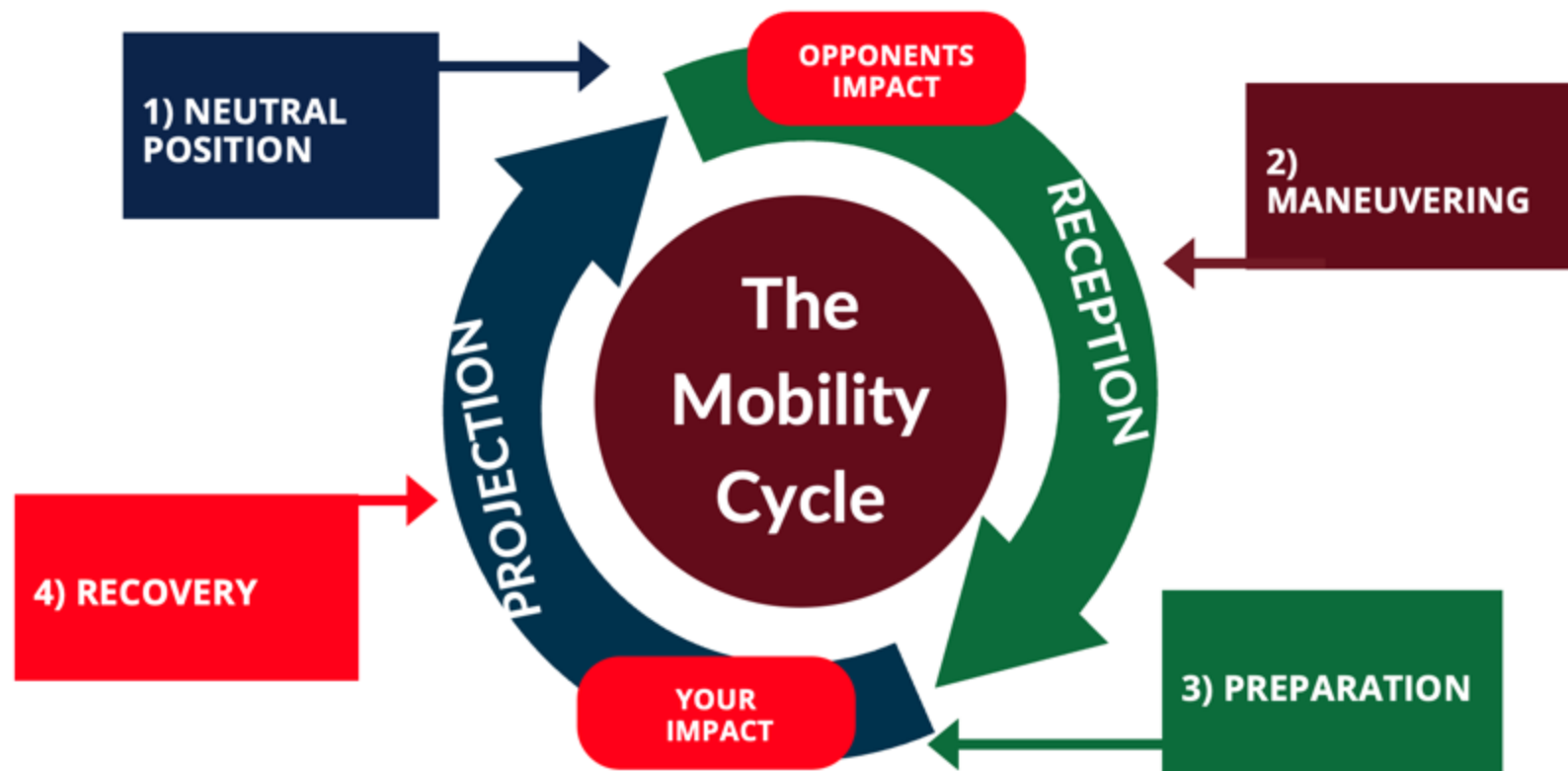
MOBILITY IN WHEELCHAIR TENNIS



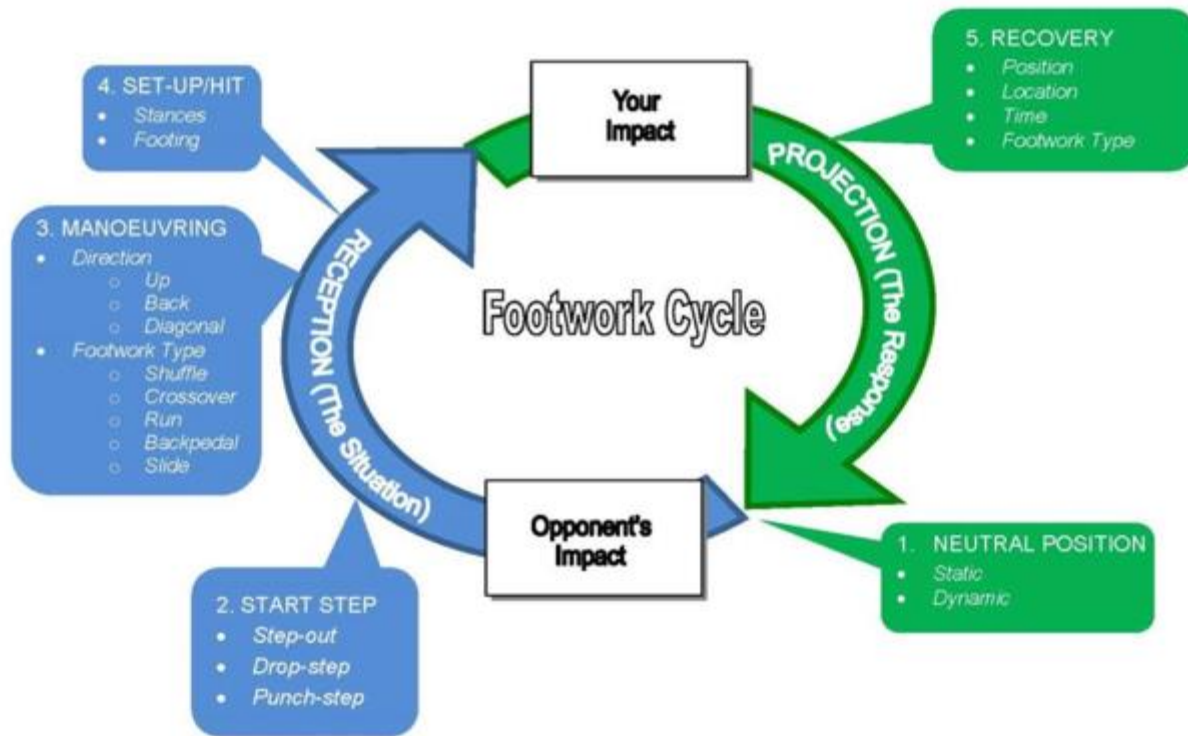
MOBILITY IN WHEELCHAIR TENNIS

Mobility is the main difference between wheelchair tennis and able-bodied tennis

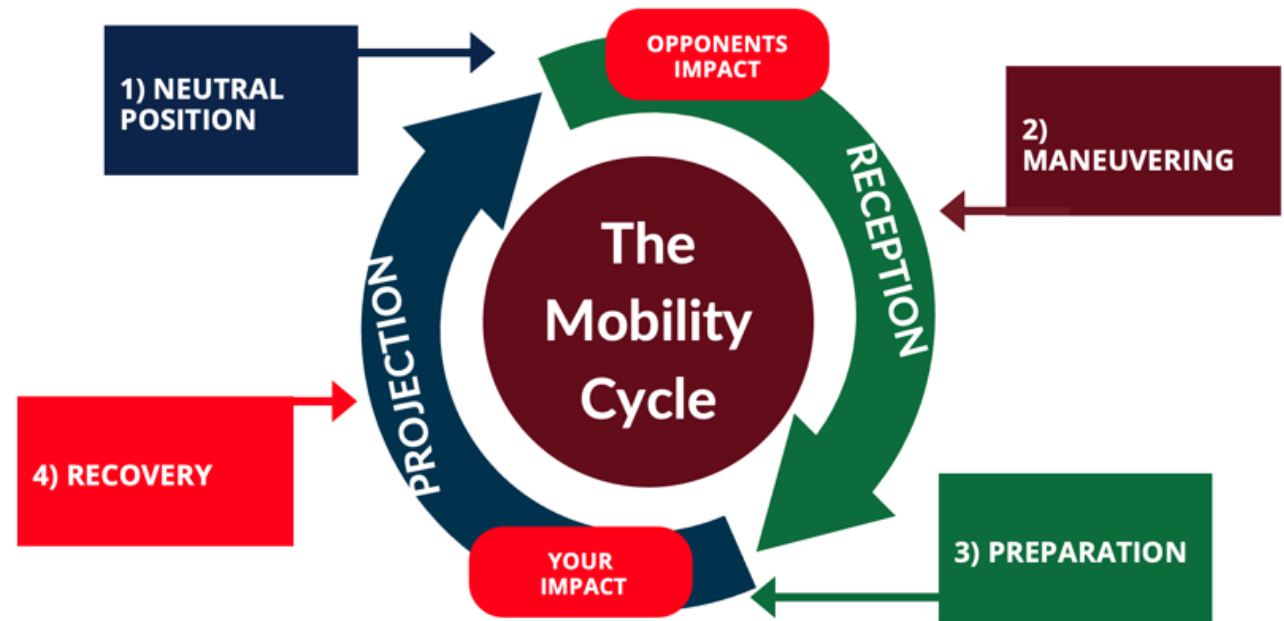
On any given shot, a wheelchair player goes through a 4 step "Mobility Cycle".



TENNIS/WHEELCHAIR TENNIS MOBILITY



Footwork Cycle



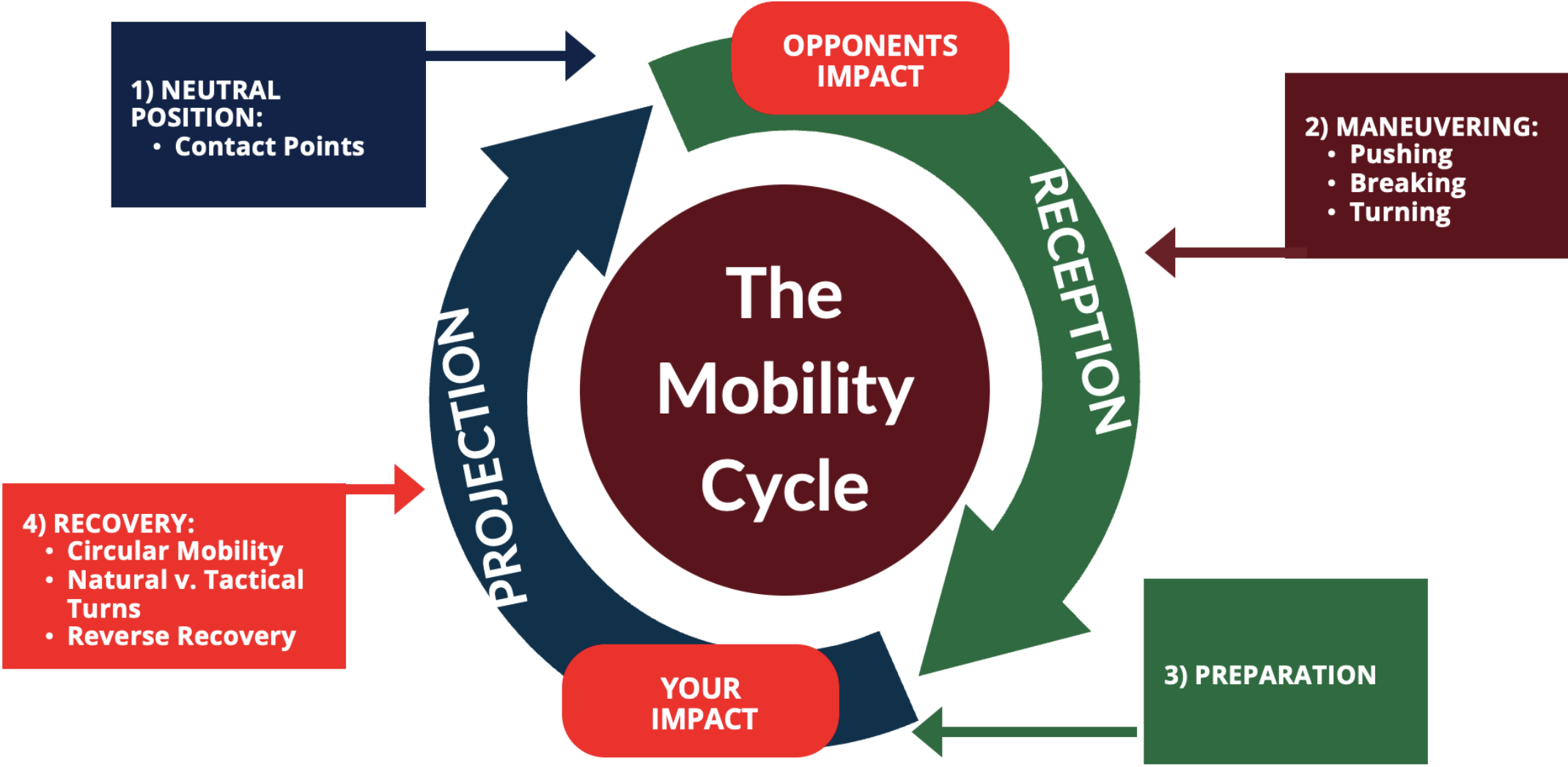
Wheelchair Mobility Cycle

GENERAL MOBILITY CONSIDERATIONS

- Racquet in hand
- Stay in motion during shot cycle
- Avoid back tracking



THE CYCLE OF MOBILITY



NEUTRAL POSITION

- ❑ Strong contact points on push rims
- ❑ On return: push towards the court (“Split step”)
- ❑ On serve: grab wheels and start pushing



MANUEVERING

3 ways to move the chair

1. Pushing:

- Grab wheel at 12 o'clock – Release at 3 o'clock
- Lean forward

2. Breaking/Slowing down

- Grab wheels
- Lean backward

3. Turning

- Push turn
- Pull turn



PREPARATION

- ❑ Dominant hand transition from pushing to stroking.
- ❑ **Timing:**
 - Too early: lose the possibility for positioning adjustment
 - Too late: stroke timing becomes challenging
- ❑ **General rule:** transition hand from pushing to stroking when the ball bounces.



RECOVERY

- ❑ Back to the “hub”
- ❑ Continuous Circular mobility
- ❑ 2 common errors:
 - Pulling backwards
 - “Admiring” shot for too long



Hub

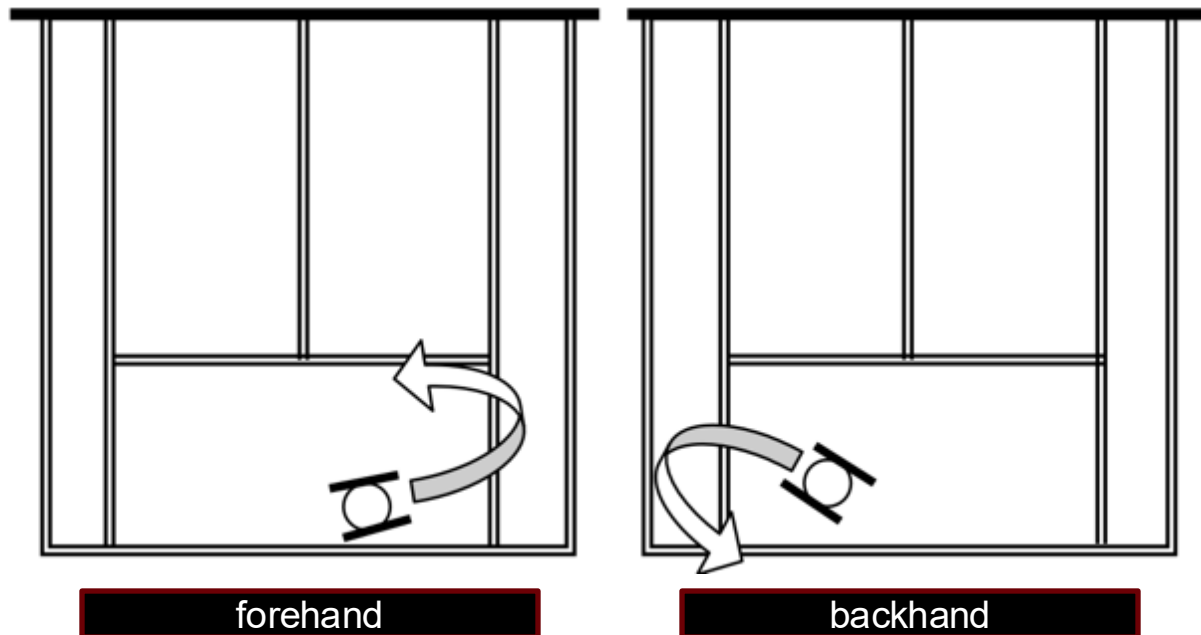
RECOVERY – CIRCULAR MOBILITY

“In Turn “ v “Out Turn”

Natural Turns

on the forehand : the “in” turn

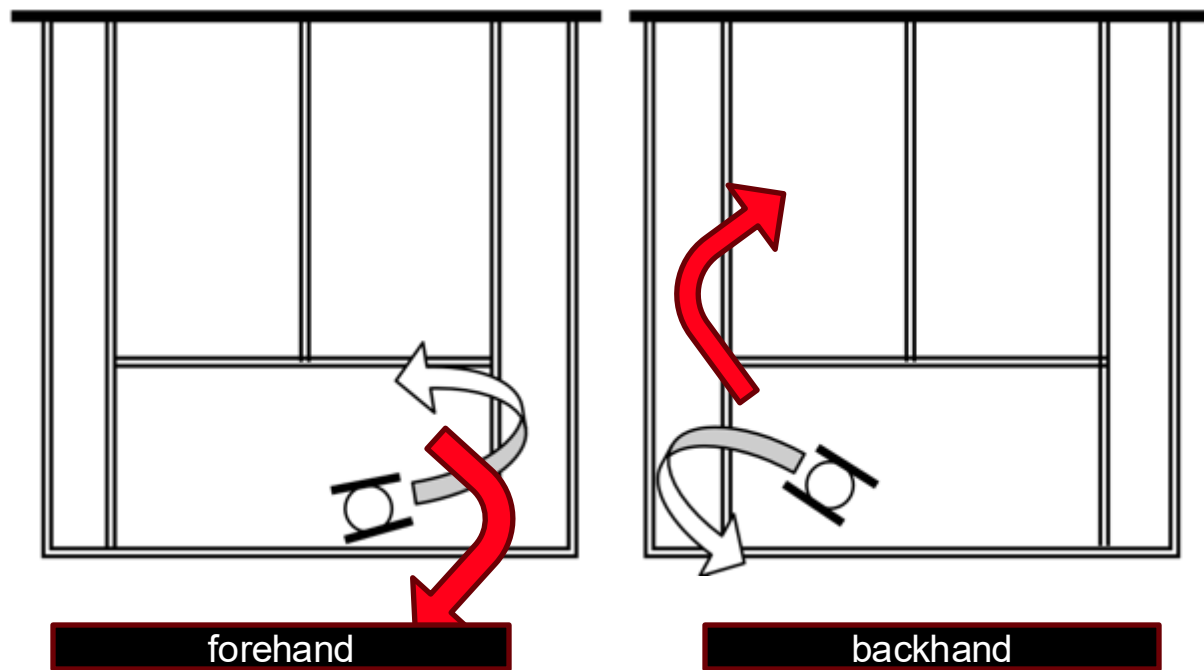
on the backhand: the “out” turn



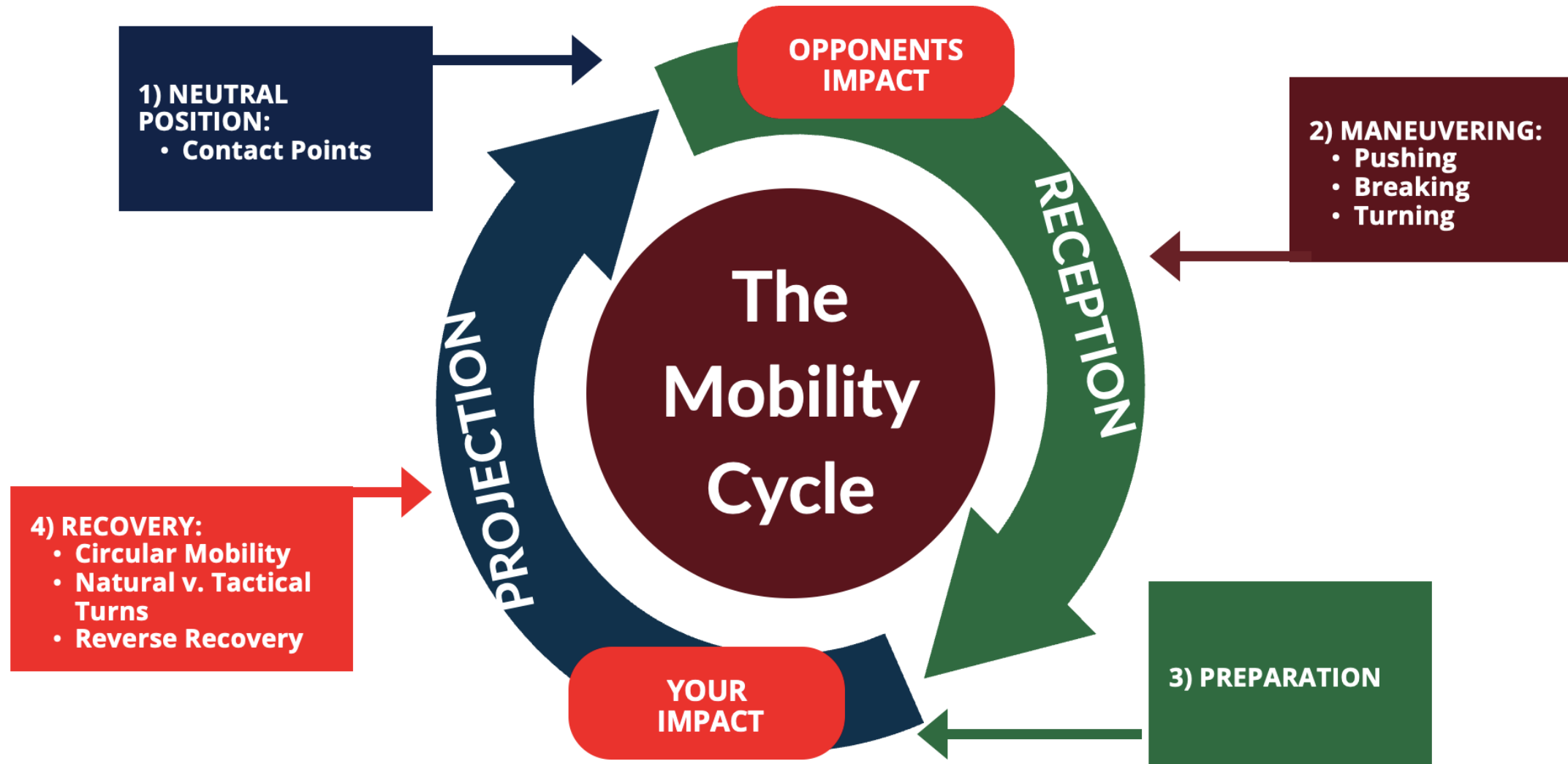
RECOVERY – CIRCULAR MOBILITY

Tactical turns:

- ❑ An “out” turn on the forehand forces player to turn against the natural swing/chair momentum.
- ❑ An “in” turn on the backhand forces player to turn against the natural swing/chair momentum.



THE FULL CYCLE



One more thing...



REVERSE RECOVERY

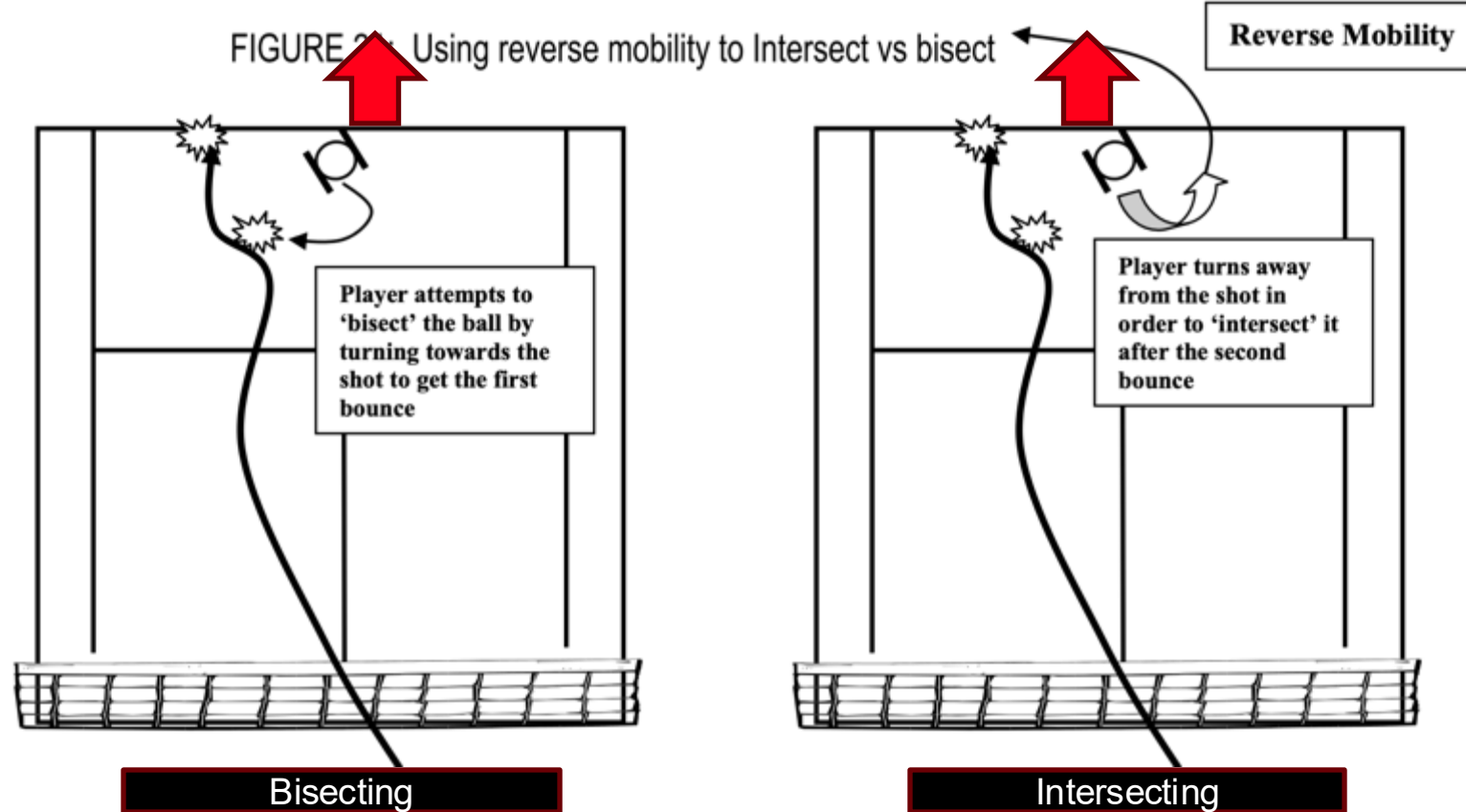
- ❑ Avoid recovery too close to baseline
- ❑ Get comfortable wheeling away from “the action”
 - Counterintuitive
 - Harder to track the ball while pushing towards the back
- ❑ Drills help to build comfort level



REVERSE RECOVERY

2 options at opponent's impact:

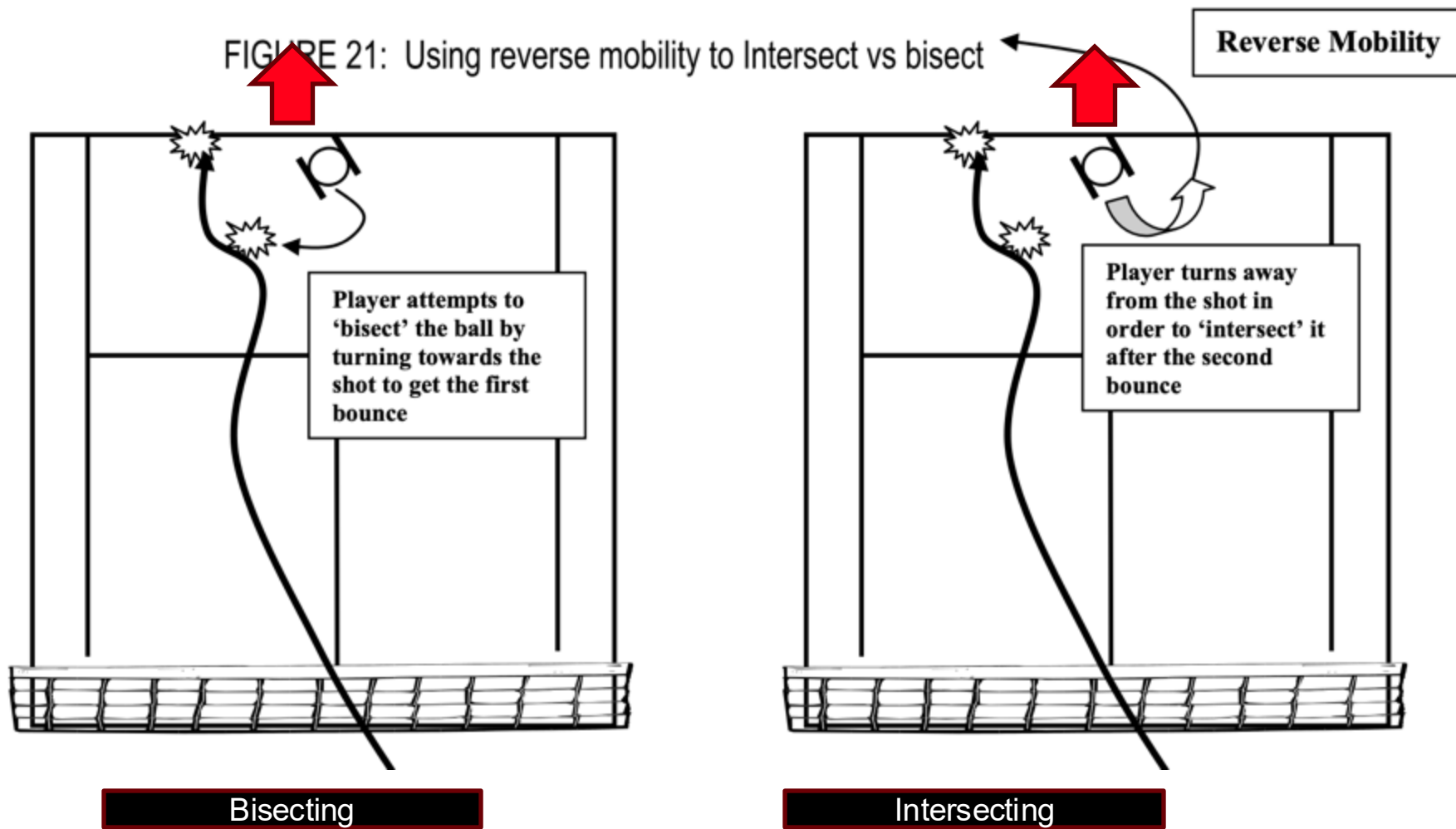
1. Bisecting the shot:
2. Intersecting the shot



REVERSE RECOVERY

„Wait for it!“

FIGURE 21: Using reverse mobility to Intersect vs bisect



MOBILITY RECAP

The Basics:

- Keep racquet in hand
- Stay in motion
- No back tracking

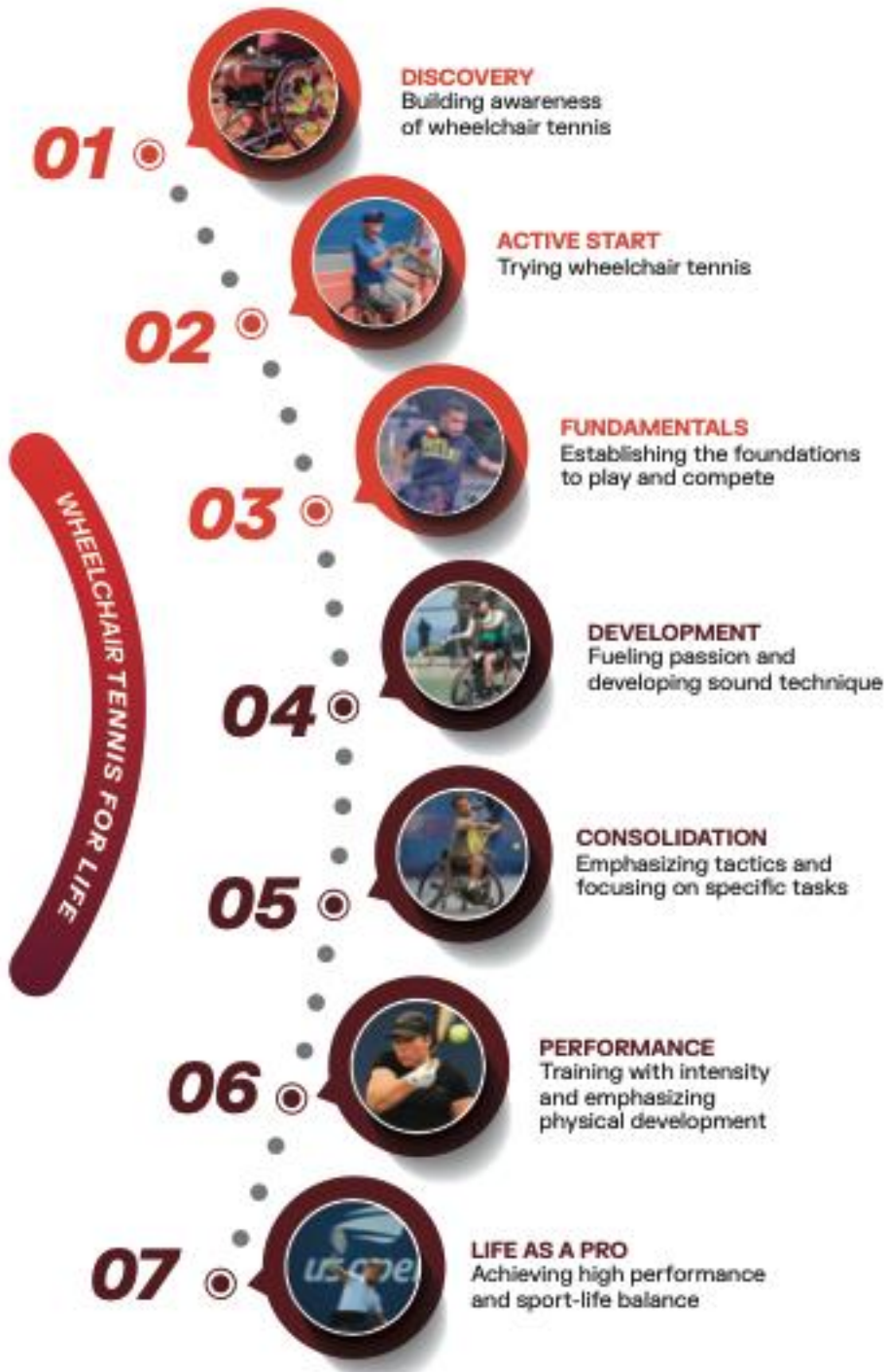
Fundamentals:

- Natural turns (In or out)
- Tactical turns (In or out)

Advanced concept

- Reverse recovery





TIMING



The Basics:

- Keep racquet in hand
- Stay in motion
- No back tracking

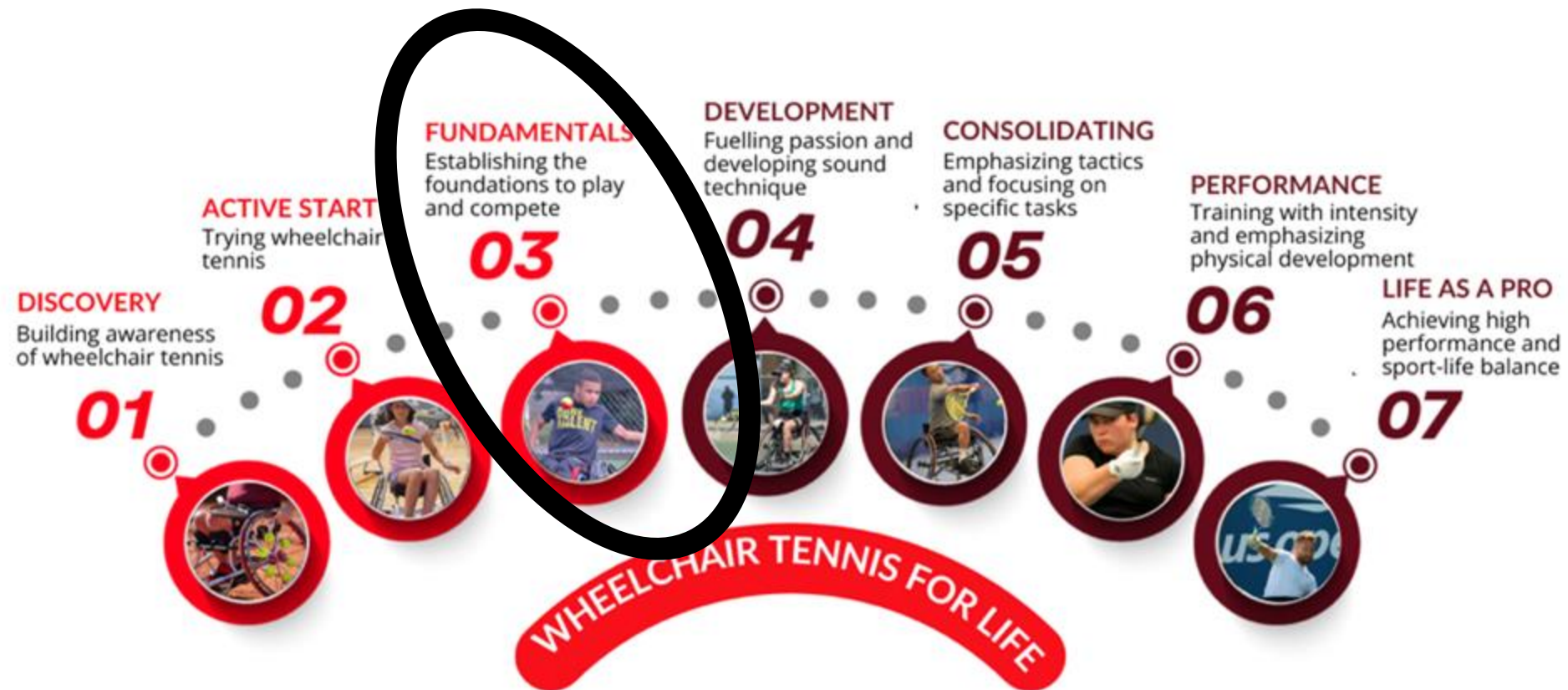
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Advanced concept

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Q & A



Join us for the next webinar!

Stage 4: Development
Thursday, May 29th, 12pm EST/9am PST

