

Topic	Explanation
Country, city	Croatia-Rijeka
Name	Tennis
Aim	The aim of the game is that the ball does not touch the ground more than once, and to hit the ball in such a way that it stays within the tennis field, while the other player is unable to return it.
Duration of the lessons	1 hours training session
Expertise, experience of trainer	An expert is needed with a degree, who has gone through the program of getting the necessary competencies. Years of experience, additional education and exchange of experiences with trainers from around the world. It is preferable for trainers to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties.
Age group	Ideally from age 7 onwards, or as soon as child develops motor skills of upper extremities
Rules	Tennis follows the rules prescribed by ITF
Set of movements	Holding in hand/ball handling - rolling ball-throwing ball-catching the ball-refusing or hitting the ball
Equipment	Hardware: Junior tennis racquet and Junior Tennis Balls Special clothing: Sportswear Any other material: /
Required space	A court without sand is preferred for younger children/ A concrete or other hard surface is required, as well as closed tennis hall for the winter period.
Inclusive experience	A kinesiologist who has knowledge and experience working with mixed group of children (with and without disability)

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	Combine exercises with different games 1 hour training	Communication by sign language and reading from the lips and to have an eye contact with him/her.	x	x
Reduced hearing	Combine exercises with different games 1 hour training	Communication by sign language and reading from the lips	x	x
Visual impairments • Low vision	Combine exercises with different games, allowed two bounces, but other player without disabilities is allowed only one bounce and no volleying 1 hour training	Giving instructions verbally and by need tactile (touch)	x	Florescent ball, florescent marks on the field (edges of the field) and florescent marked net, short tennis rackets, special adapted acoustic ball which makes noise, protection glasses, outfit in bright colours
• Reduced vision	Combine exercises with different games, allowed two bounces, but other player without disabilities is allowed only one bounce and no volleying 1 hour training	Giving instructions verbally and by need tactile (touch)	x	Florescent ball, florescent marks on the field (edges of the field) and florescent marked net, special adapted acoustic ball which makes noise, protection glasses, short tennis rackets, lower net, touchable lines on the floor, outfit in bright colours
No vision	Combine exercises with different games, allowed two bounces, but other player without disabilities is allowed only one bounce and no volleying 1 hour training	Giving instructions verbally and tactile (touch) -	x	special adapted acoustic ball which makes noise protection glasses, short tennis rackets, lower net, touchable lines on the floor, assistant's whistle when starting and ending a game
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	x 1 hour training	x	x	Game area of smaller dimensions, hard surface, super light tennis racquets, special sport wheelchairs / 5-wheel sports wheelchair with additional slant capability and an auxiliary back wheel for protection from turning upside down or electric wheelchairs
Reduced mobility (use of lower limbs and no use of upper limbs)	x 1 hour training	Player with reduced mobility (use of lower limbs and no use of upper limbs) can play tennis or holding racquet in the mouth or can play foot tennis: without racquet or holding racquet in between toes. If player with reduced mobility (use of lower limbs and no use of upper limbs) plays against player without disabilities, then a player without disabilities can play also just by feet or holding racquet in the mouth. If player with reduced mobility (use of lower limbs and no use of upper limbs) plays against player without disabilities, who plays holding racquet in hand, then player without disabilities serves a ball directly to the player with reduced mobility. Player with reduced mobility (use of lower limbs and no use of upper limbs) can play regular tennis having special super-sport-hand or even bionic hand with sense of touch.	If player holds racquet in the mouth: movements which are possible to be done by neck movements If player holds a racquet in between toes: which are possible to be done by legs-swing.	special sport wheelchairs / 5-wheel sports wheelchair with additional slant capability and an auxiliary back wheel for protection from turning upside down or electric wheelchairs special super-sport-hand or even bionic hand with sense of touch If playing by mouth: super light tennis rackets

Reduced mobility (no use of lower limbs and no use of upper limbs)	x 1 hour training	Player with reduced mobility (no use of lower limbs and no use of upper limbs) plays tennis by holding racquet in the mouth. Player with reduced mobility (no use of lower limbs and no use of upper limbs) can play regular tennis having special super-sport-hand or even bionic hand with sense of touch.	If player holds racquet in the mouth: movements which are possible to be done by neck movements	special sport wheelchairs / 5-wheel sports wheelchair with additional slant capability and an auxiliary back wheel for protection from turning upside down or electric wheelchairs or special designed pedestal If playing by mouth: super light tennis rackets special super-sport-hand or even bionic hand with sense of touch
Wheelchair users (use of upper limbs)	Wheelchair is treated as part of the body, so player's feet mustn't touch the ground, ball can bounce twice, training 1 hours training	x	Handling and quick movement of tennis carts	A necessary hard surfaces, 5 - wheel sports wheelchair – special wheelchair with additional slant capability and an auxiliary back wheel for protection from turning upside down, or an electric wheelchair
Wheelchair users (no use of upper limbs)	Wheelchair is treated as part of the body, so player's feet mustn't touch the ground, ball can bounce twice, training 1 hours training	Player with reduced mobility in wheelchair (no use of upper limbs) plays tennis by holding racquet in the mouth. Player with reduced mobility in wheelchair (no use of upper limbs) can play tennis having special super-sport-hand or even bionic hand with sense of touch.	Handling and quick movement of tennis carts If player holds racquet in the mouth: movements which are possible to be done by neck movements	A necessary hard surfaces, 5 - wheel sports wheelchair – special wheelchair with additional slant capability and an auxiliary back wheel for protection from turning upside down, or an electric wheelchair, special super-sport-hand or even bionic hand with sense of touch If playing by mouth: super light tennis rackets
Communication impairment Speech impairments	X 1 hour training	x	x	x
Learning impairment • Mild	Extra explanation, only if needed, 1 hour training	Returning to the exercise and giving additional explanation, only if needed	x	slow tennis ball
• Moderate	Simplified rules, extra explanation, only if needed, 1 hours training	returning to the exercise, if needed to teach the child a few moves as much as he can adopt	x	slow tennis ball
• Severe	Simple rules, training within the limits of their capabilities, extra explanation, if needed, extra checking regarding player's understanding	returning to the exercise as needed, teach the child a few moves as much as he can adopt, individual approach when needed	x	slow tennis ball