



**TENNIS**

**ANY**

**BODY**

Inclusive Tennis Teacher Resource  
Activity Cards

# TESTIMONIALS

"This resource and equipment has made a huge impact on our students who have never played tennis before."

TEACHER,  
SUSSEX

"The Inclusive Tennis Teacher Resource and free equipment has had a significant impact on PE and extra curricular activities at our school... Before receiving this equipment, tennis was not taught at our school, but it has now become a key aspect of school sport."

TEACHER,  
SOMERSET

"The equipment has allowed our students to embrace a new sport giving them the opportunity to participate in tennis for the first time."

TEACHER,  
CHESHIRE

TEACHER,  
SCOTLAND

"This resource for Special Schools is just what it says – special!"

# HOW TO USE THESE ACTIVITY CARDS

These activity cards are suitable for children of all ages and abilities and can be used in a number of different ways:

1. Build cards together to form a session
2. Use the cards for additional/new ideas, to build into existing sessions
3. Use the cards as part of a festival, or circuit activity session

Each card has some, or all of the following information:

## 1. CATEGORY:

AGILITY, BALANCE, COORDINATION (ABCS) ..... 5

MAIN THEME ..... 27

COMPETITION ..... 63

## 2. LEARNING OBJECTIVES

## 3. ORGANISATION AND EQUIPMENT

**4. ACTIVITY OR ACTIVITIES:** Sometimes there are alternative ways of doing the activity, which are equally as beneficial. If the activities are numbered, they are in a progressive order

**5. EASIER & HARDER:** How to make the activity easier or harder

**6. QUALITY POINTS:** Points you need to look for and encourage

**7. DISCOVER:** Questions you can ask to help the children learn for themselves

**8. COMPETITION:** A competitive version of the activity to use in the last part of the session



## EACH ACTIVITY CARD FEATURES:

An image with key text descriptors and a key to show you what the format of the activity is as well as quality points:



Counting & Scoring



Winning a Point



In and Out



Rules

## MORE INFO...

- Additional copies of the activity cards can be downloaded from: [www.schoolstennis.org](http://www.schoolstennis.org)



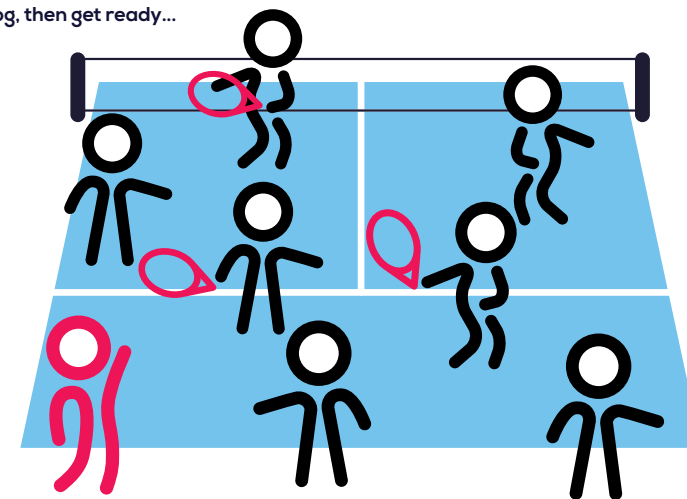
# READY STEADY



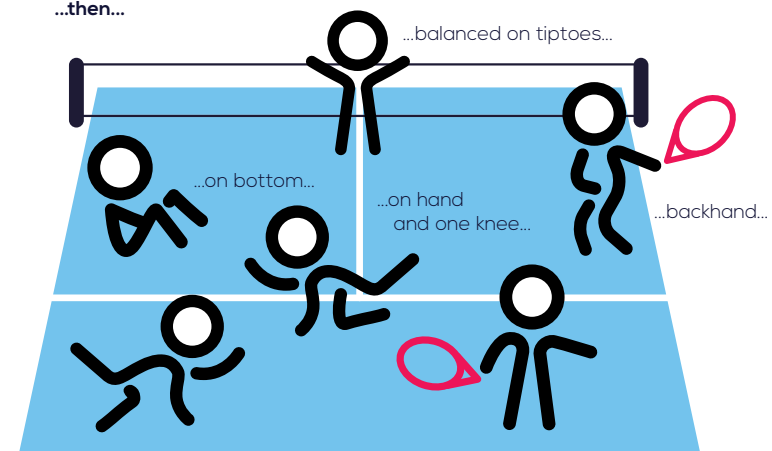
## Quality points

- Coordinate arms and legs when running.
- Stop quietly and balanced, with knees bent and feet apart.
- Head up and still when balancing.

Jog, then get ready...



...then...



...on hand and one foot...

...forehand

# READY STEADY



## LEARNING OBJECTIVES

- Run in different directions and stop with control.
- Get ready in a balanced position.
- Balance on various parts of the body.
- Know the names of tennis shots.

## ORGANISATION

- Equipment: rackets.
- Define the playing area and boundaries.
- Position the players in the area and demonstrate.
- Highlight the need to stay in the area and watch other players to avoid collisions.

## ACTIVITY

Players jog around the court in different directions. On the ready command of the teacher; they stop in a ready position then run to the nearest line and balance (steady) in a particular way indicated by the teacher. Do in different ways:

- Without rackets, teacher calls out one foot and one hand, bottom, on tiptoes, one knee and one hand etc. Players balance on those parts.
- With rackets, teacher calls out forehand, backhand, serve, smash, etc. Players get into a position as if going to do that shot.

### Easier

- Run and stop on a line with both feet in a ready position.
- Stand or jog on the spot, on command of ready, players change to ready position.

### Harder

- Hold the balance positions for different lengths of time.

## DISCOVER

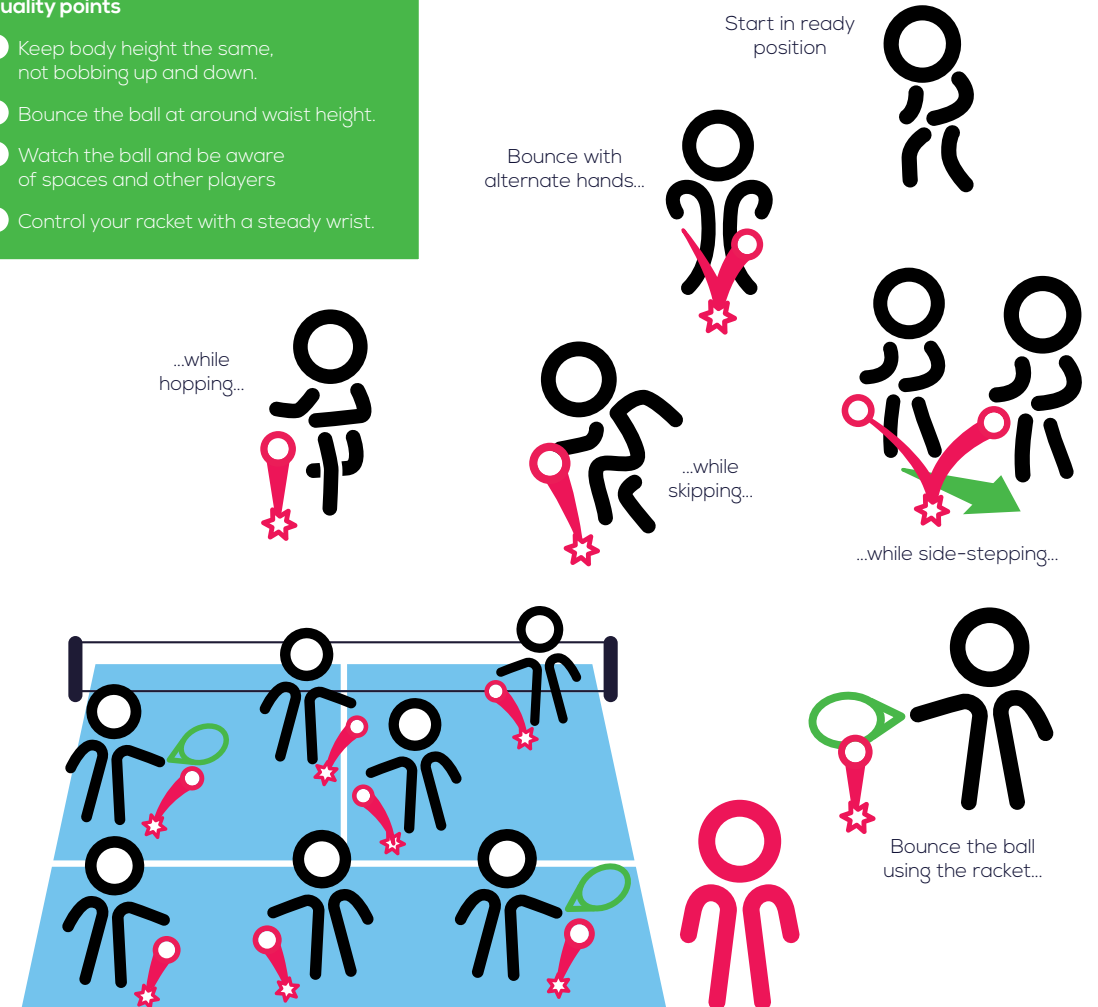
- What's the best way to stop when the teacher calls 'ready'?
- Which parts of your body hold you in position when you balance?
- What are you thinking about and where are you looking when you get ready?

# BOUNCE ABOUT



## Quality points

- Keep body height the same, not bobbing up and down.
- Bounce the ball at around waist height.
- Watch the ball and be aware of spaces and other players
- Control your racket with a steady wrist.





# BOUNCE ABOUT



## LEARNING OBJECTIVES

- Move in different directions and awareness of spaces.
- Control a ball and watch bounces.

## ORGANISATION

- Equipment: balls, rackets for harder activity.
- Define the playing area.
- Position players in the area and demonstrate.
- Highlight the need to watch each other to avoid collisions.

## ACTIVITY

Players move around the area bouncing a ball in basketball dribble style. Move by walking, jogging, sidestepping or walking backwards, keeping control of the ball. Change the action on the command of the teacher, e.g. ready, left hand, right hand, both hands, alternate hands, skipping, hopping, at the side.

### Easier

- Use a bigger ball.
- Bounce and catch each time.
- Bounce with the favourite hand and move slowly.

### Harder

- Change direction on command.
- Bounce the ball to different heights.
- Use a racket to bounce the ball.

## DISCOVER

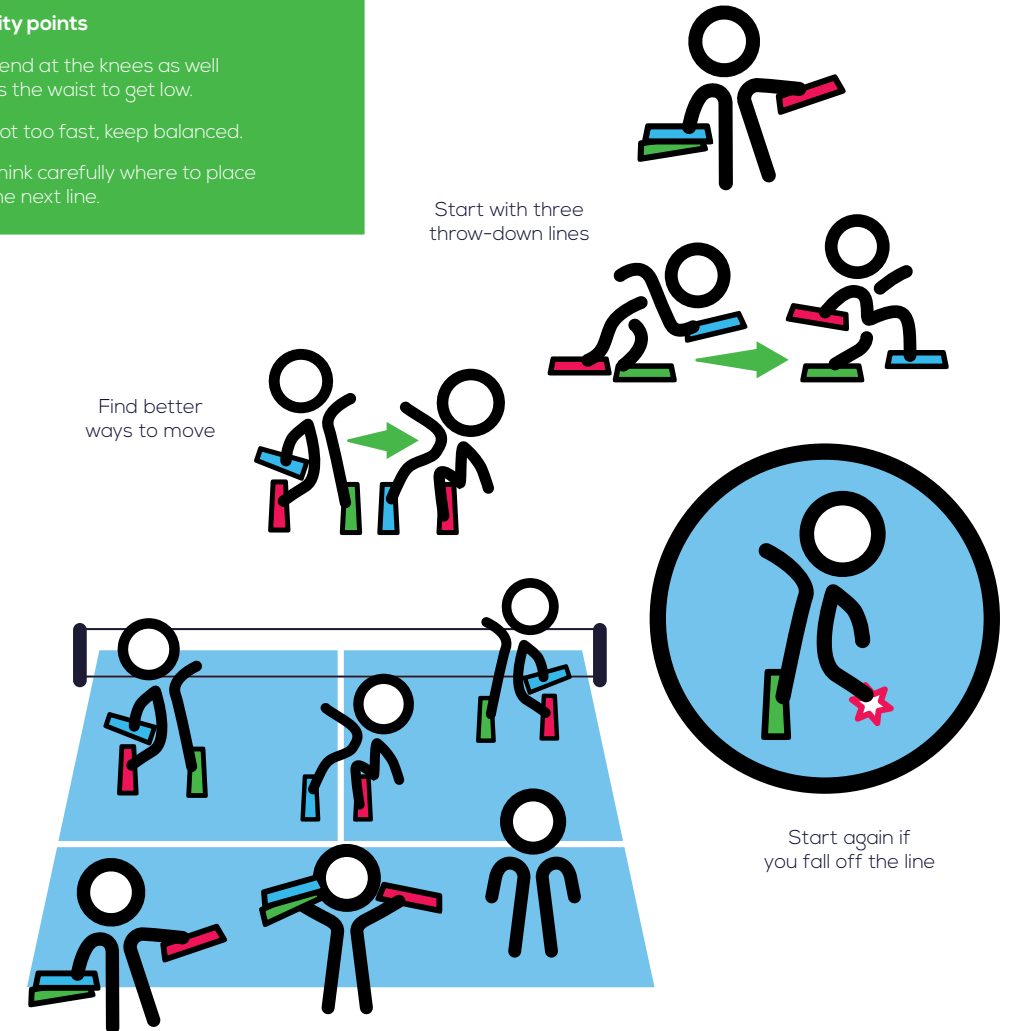
- Which part of your hands touch the ball?
- Is the ball rising or falling when you first touch it?
- How can you make the ball bounce slower or faster?

# CROSS THE RIVER



## Quality points

- Bend at the knees as well as the waist to get low.
- Not too fast, keep balanced.
- Think carefully where to place the next line.



# CROSS THE RIVER

## LEARNING OBJECTIVES

- Balance whilst moving, turning and stretching.

## ORGANISATION

- Equipment: throw-down lines.
- Set up the river from the baseline to the net.
- Position the players at the baseline and explain the task. Avoid demonstrating, let them work it out for themselves.
- Organise the players into 2s with 3 lines each.

## ACTIVITY

Ask Player 1 to cross the river by creating a pathway using the lines, working out the best way to do it. Player 2 then crosses the river. Challenge players to get across without stepping off a line and find different ways.

### Easier

- Players have an assistant to help move the lines.
- The whole path is laid out using many lines and players just cross.

### Harder

- Use 2 throw down-lines.
- In 2s players cross together using only 3 lines.
- Split into teams and race, players start again if they step off the line.

## DISCOVER

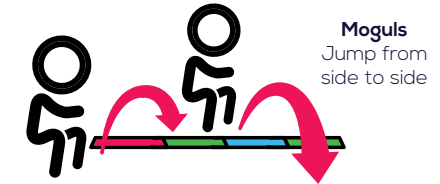
- How far apart do you put the lines down?
- How do you balance when you bend to pick up a line?
- Which is the best way to face?
- Can you find another way to do it?



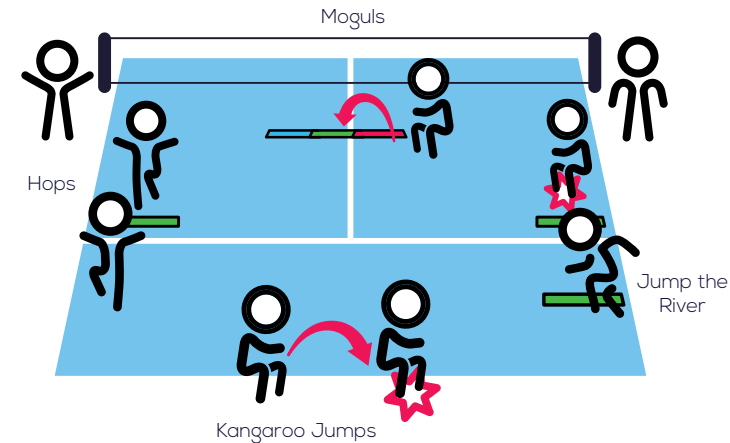
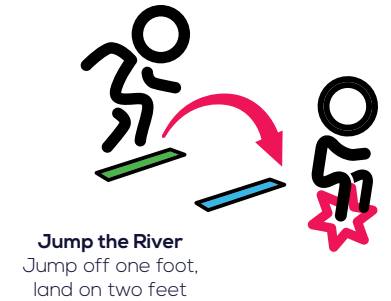
# JUMP SQUARE

## Quality points

- Keep head still and eyes focused forwards on all jumps.
- Bend knees for take off and landing.
- Get balanced on landing before moving off again.
- Keep a good rhythm for repeated jumps.



**Hops**  
Change foot at the marker



# JUMP SQUARE



## LEARNING OBJECTIVES

- Jump with different take offs and landings.
- Land softly, safely and balanced, and ready to move on again.

## ORGANISATION

- Equipment: throw-down lines.
- Create a large square in the court area with a line marking each corner and lines as prompts for the jumping activity.
- Position the players outside the area and demonstrate the jumps along each side of the square.
- Organise the same number of players at each corner.

## ACTIVITY

- Players jump the side of the square to the corner. The player at the front of the line waits until the person jumping the line behind them reaches their corner before setting off. Each side of the square is different:
- Jump the river - run then jump taking off on 1 foot landing on 2 feet then run on to the end.
- Moguls - 2-footed jumps zigzagging along the track.
- Hops - hop on 1 foot to the middle then on the other to the end of the track.
- Kangaroo jumps - 2-footed jumps along the track.

### Easier

- Go slower.
- Start with 2 sides of the square and gradually add more..

### Harder

- Make the activity faster and more dynamic.
- Create more difficult activities e.g. combination of jumps such as hopscotch, star jumps.
- In a team count how many times the players go round a square in a set time.

## DISCOVER

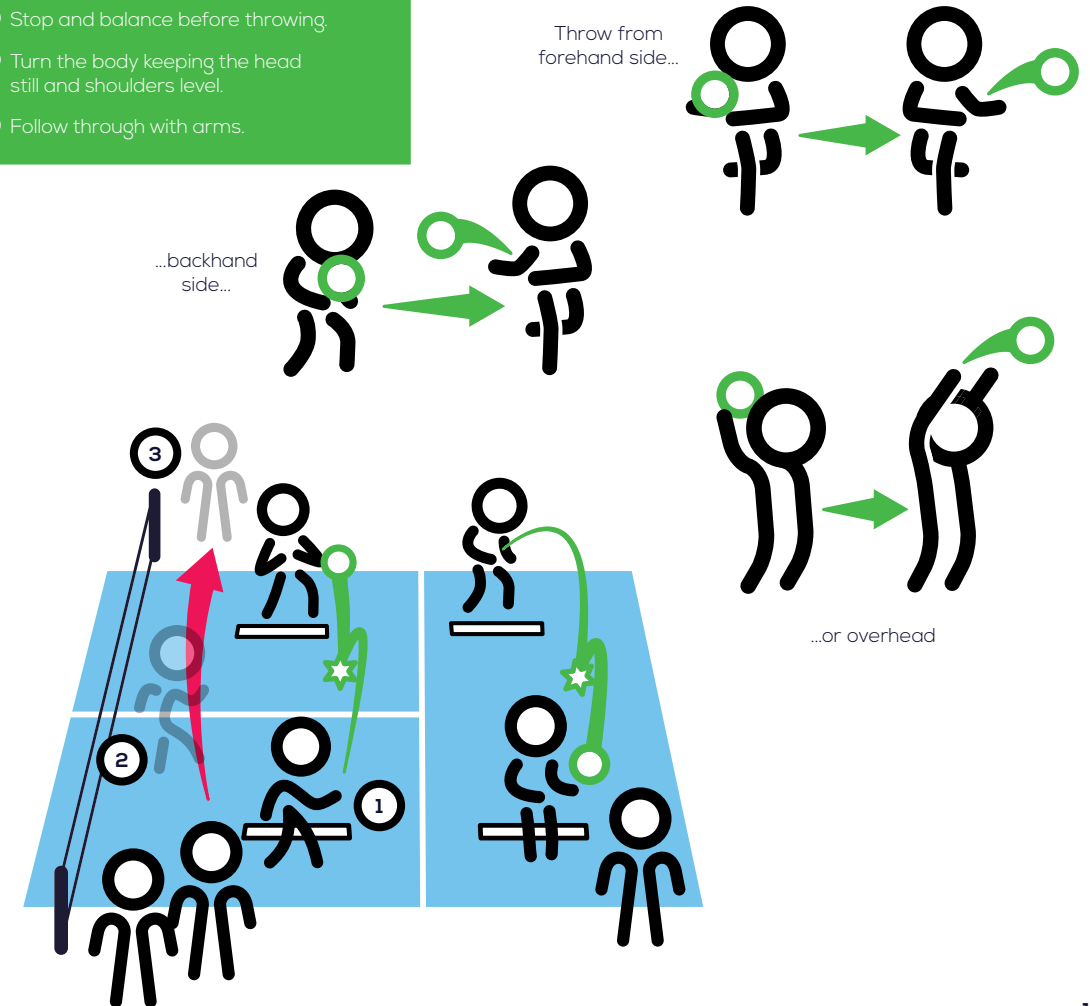
- What do you do before you jump?
- How do your arms help you to balance when you are hopping or jumping?

# THROW & GO



## Quality points

- Stop and balance before throwing.
- Turn the body keeping the head still and shoulders level.
- Follow through with arms.



## THROW & GO



## LEARNING OBJECTIVES

Players learn how to:

- Turn the body to throw.
- Balance whilst turning.

## ORGANISATION

- Equipment: big balls, throw-down lines.
- Set up a track for each group of 4/5 players.
- Position the players at the side of a track and demonstrate.
- Organise players on each track, 2/3 at one end and 2/3 at the other.

## ACTIVITY

Player 1 runs a few steps forward to the line, stops and throws the ball using 2 hands and a sidearm action. The ball bounces in front of the player at the other line, who catches it. Player 1 then runs across the court to join the back of the line just thrown to. Players continue to catch, run, throw and run to the back of the opposite line. Use a variety of throws – forehand side, backhand side, overhead throw, chest throw.

## Easier

- Players start from the throwing position rather than moving to it.
- Roll a big ball or small ball.

## Harder

- Throw to a target area.
- Add a more complex movement to the run  
e.g. cross over steps or a zigzag of cones.
- Throw so the ball does not bounce for the catcher.

## DISCOVER

- What's the best way to stop when the teacher calls 'ready'?
- Which parts of your body hold you in position when you balance?
- What are you thinking about and where are you looking when you get ready?

## HIGH, MIDDLE & LOW



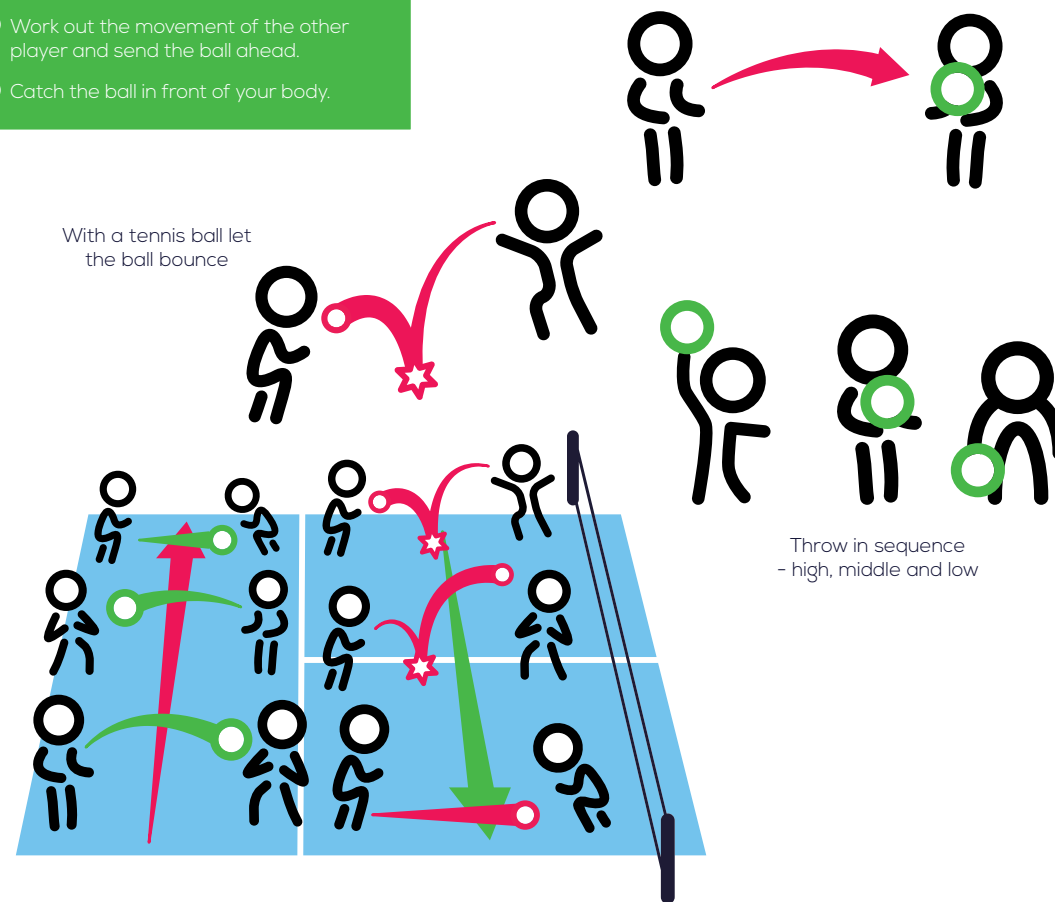
## Quality points

- Get ready with feet apart and hands ready.
- Work out the movement of the other player and send the ball ahead.
- Catch the ball in front of your body.

With a big ball use two hands  
and no bounces

With a tennis ball let  
the ball bounce

- Throw in sequence
  - high, middle and low





# HIGH, MIDDLE & LOW

7

## LEARNING OBJECTIVES

- Track the height of an approaching ball.
- Change body height to receive a ball.
- Balance whilst turning.

## ORGANISATION

- Equipment: balls, big balls.
- Use the width of a Red court or equivalent and position players at the side to demonstrate.
- Organise players into 2s on a sideline.

## ACTIVITY

Players move sideways facing each other 1m apart and throw a ball to each other. First they throw the ball above the head (High), then at waist height (Middle), and then roll it along the floor (Low). Players continue throwing in this sequence. On a Teacher command players change direction. Do the activity in 2 ways:

- Throw and catch with no bounces with a big ball and 2 hands on the ball.
- Throw and catch with bounces with a Mini Tennis ball with 1 hand for throwing and 2 hands for catching.

### Easier

- Stand still and throw.
- Start with just high and low, and add middle.

### Harder

- With a Mini Tennis ball with no bounces.
- Add moving forwards and backwards.
- Throw with 2 hands on the ball and rotate the body whilst moving.
- One handed catching and throwing.
- Non-dominant hand.

## DISCOVER

- What direction do you send the ball when you are moving?
- How should your hands get ready for catching the different throws?
- How big are your steps when you move sideways?

# OVER YOUR HEAD

7

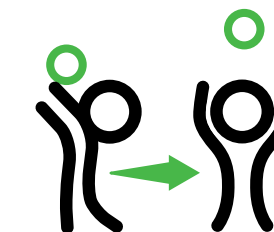
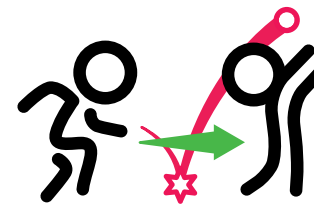
## Quality points

- Look at the ball all the time.
- Balance with feet apart before throwing.
- Use the knees to push up for stretching.
- Guide the ball in the direction you want.

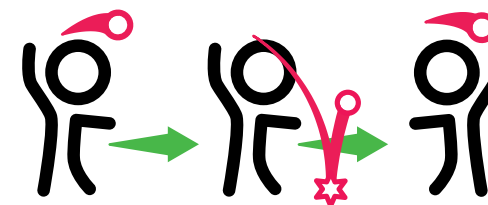
Throw with one hand, catch with two



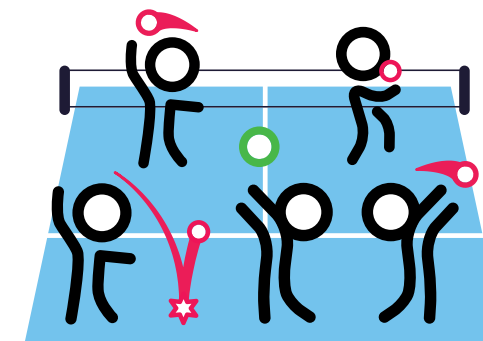
Bounce ball down hard and catch above head



Keep a ball up with two hands



Throw overhead in a rainbow shape



# OVER YOUR HEAD

7

## LEARNING OBJECTIVES

- Use both hands to control the ball.
- Use hands above the head.

## ORGANISATION

- Equipment: balls and balloons.
- Define the playing area.
- Position the players in the playing area and demonstrate.
- Organise players into 2s.
- Highlight the need to watch and avoid others.

## ACTIVITY

Players throw and catch a ball above the head in the following ways:

- Throw the ball up underarm and reach up to catch it with 2 hands or 1 hand.
- In a rainbow shape throw the ball with 1 hand over the head, letting it bounce before catching it with the other hand.
- Keep it up by tapping it above the head. Use both hands.
- Bounce the ball down hard and reach up to catch it above the head.

### Easier

- Use a big ball for throwing and catching.
- Use a balloon and keep it up by tapping it above the head.

### Harder

- In a rainbow shape catch with no bounce.
- Jump with feet off the floor at the point of catching.

## DISCOVER

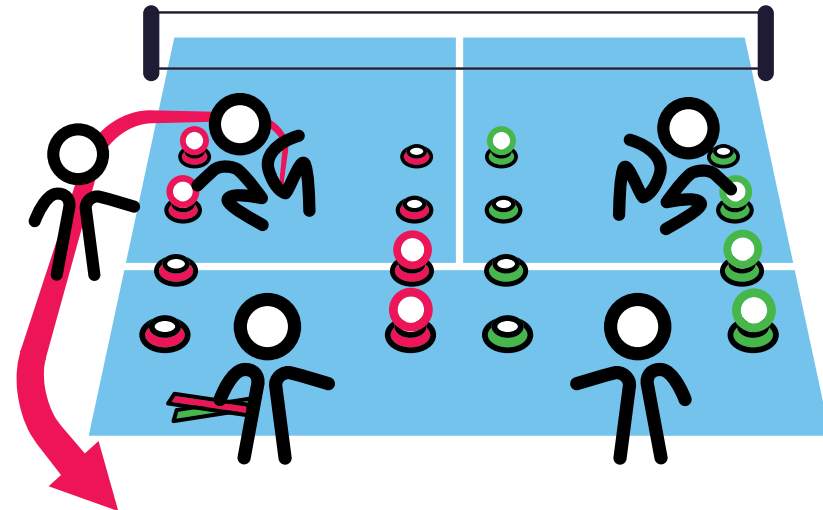
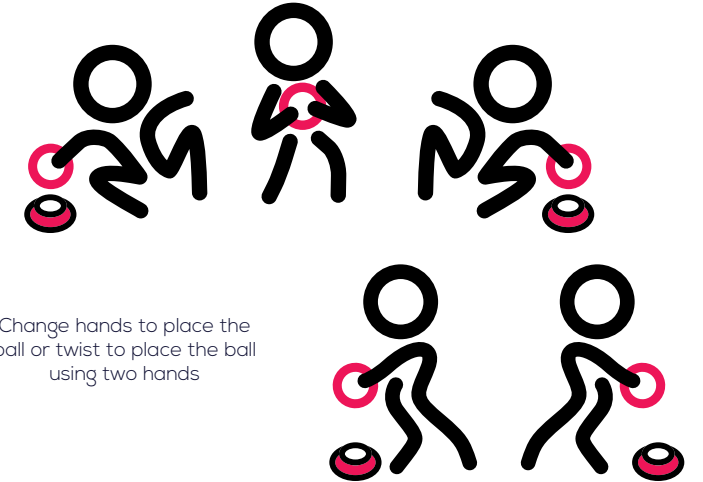
- Which other parts of your body help with reaching high?
- What do you look at all the time?
- How can your feet help you?

# SWITCH

7

## Quality points

- Face forwards.
- Take small steps to adjust position near each cone.
- Bend the knees and the waist to get low.
- Do this facing the net at all times.



# SWITCH

7

## LEARNING OBJECTIVES

- Coordinate using both hands.
- Move in different directions.
- Rotate and balance whilst moving low.

## ORGANISATION

- Equipment: balls, cones.
- Set up 1 track per group of 3/4 players. A track is 2 parallel lines of cones 2m apart, 6 cones in each line. One row of cones has a ball on each cone.
- Position players at the side of a track and demonstrate.
- Organise players into groups for each track.

## ACTIVITY

- Player 1 moves between the cones – picks up one ball at a time and puts the ball down on the cone on the opposite line. After the last cone Player 2 starts and Player 1 runs back to the beginning down the outside of the cones. Do it in 2 ways:
- Pick up with the hand nearest the cone, swap over and put down with the other hand.
  - Pick up and put down with 2 hands together.

### Easier

- No balls just turning each cone over.
- No balls, just move through from side to side touching each cone.

### Harder

- Move the cones further apart to encourage more movement.
- Mark a recovery position in the centre of the start. Players recover to the mark after each ball is placed.

## DISCOVER

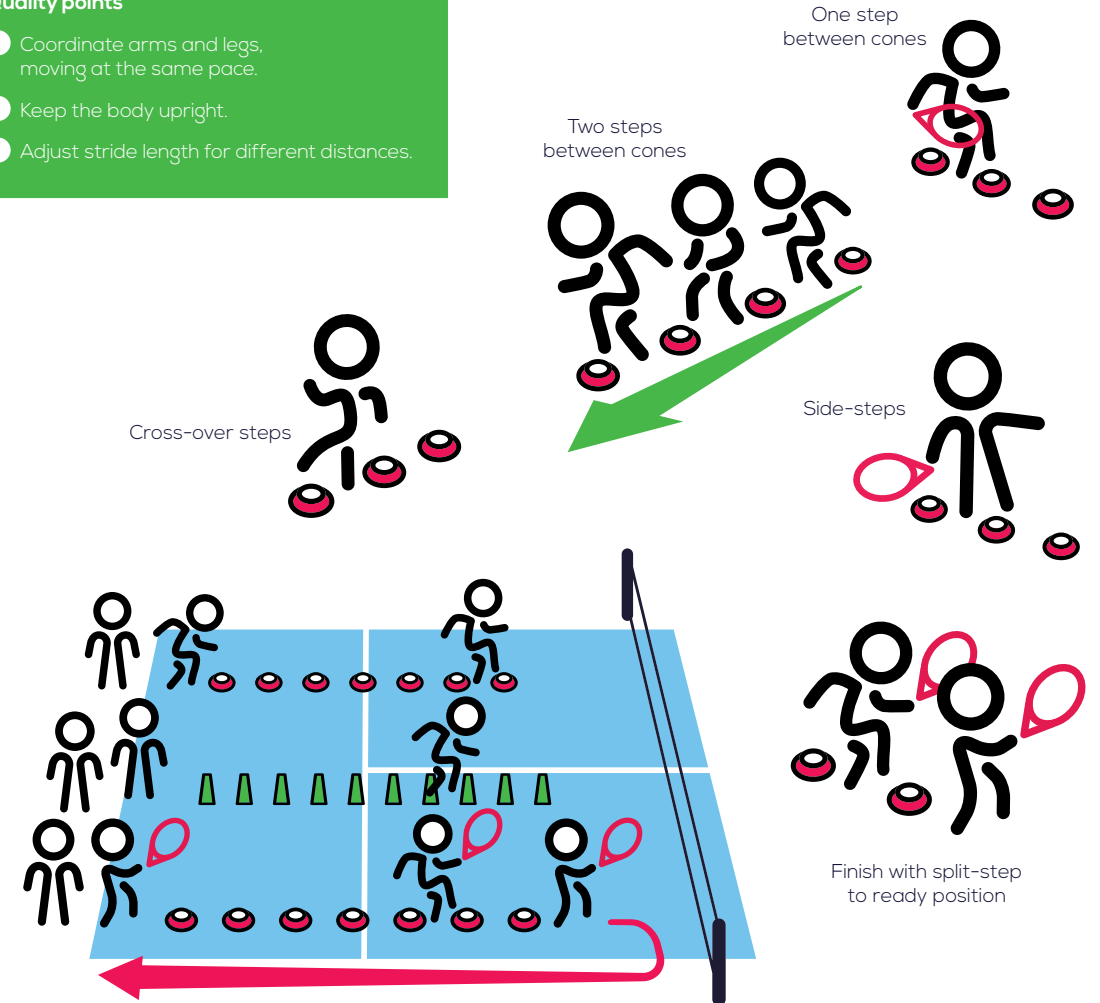
- What kind of steps are best for moving from cone to cone?
- What are the different ways you can pick up and put down?
- Why do you face the same way all the time?

# CONE LADDERS

7

## Quality points

- Coordinate arms and legs, moving at the same pace.
- Keep the body upright.
- Adjust stride length for different distances.



# CONE LADDERS

7

## LEARNING OBJECTIVES

- Move forwards and sideways.
- Develop rhythm through repeating footwork patterns.

## ORGANISATION

- Equipment: cones or throw-down lines.
- Set up a ladder for each group of 3/4 players.  
A ladder has 10 cones or lines in a row 30cm apart.
- Position players at the start of a ladder and demonstrate.
- Organise players into groups to start at the beginning of each ladder.

## ACTIVITY

Player 1 moves through the ladder by stepping over the cones/lines in various footwork patterns, then does a split step at the end of the ladder, and then quickly turns and runs back down the side. Player 2 starts when Player 1 does the split step. Other players follow. Do this in different ways:

- With 1 foot in each space.
- With 2 feet in each space, one at a time.
- With side-steps.
- With cross over steps.
- Holding a racket.

## Easier

- Start all patterns slowly to get the footwork pattern correct and gradually increase the speed.
- Walk through the ladder.

## Harder

- Place the cones nearer together.
- Place the cones different distances apart encouraging different stride lengths.
- Change the footwork pattern halfway through the ladder.
- Make a 20 cone ladder to encourage concentration.

## DISCOVER

- Where are you looking when you run through the ladder?
- What part of your feet are you running on?
- Can you think of other ways of moving through the ladder?

# EXPLOSION RELAY

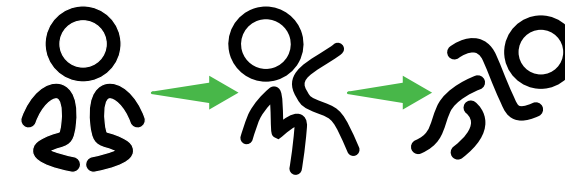
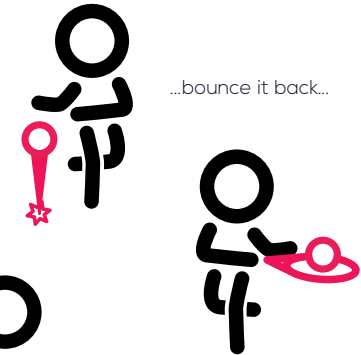
## Quality points

- To get up quickly, get the feet under the body and push off.
- When running, keep the head still and eyes looking ahead.
- Use arms for running.
- Keep a firm wrist to keep the ball on the racket.
- Adjust wrist angle to keep ball on the strings.

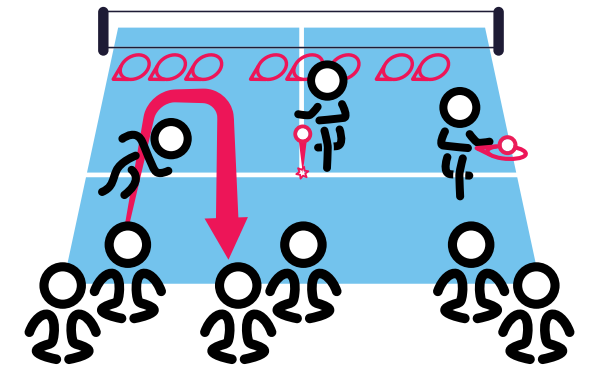
Pick up a ball...



...bounce it back...



Get into a fast run as quickly as possible



# EXPLOSION RELAY

## LEARNING OBJECTIVES

- Develop reaction speed.
- Develop effective running style.

## ORGANISATION

- Equipment: rackets, balls.
- Define the running area as baseline to net and back again. Set up a racket and ball for each player.
- Position players at the baseline and demonstrate.
- Organise players into teams on the baseline.
- Highlight the need to run straight and avoid colliding with others.

## ACTIVITY

Players sit on the floor in a team line behind the baseline, legs crossed and arms folded. On the command of the teacher, Player 1 stands up, sprints to the net, picks up a ball, bounces it back and sits behind the line again. Players 2, 3, and 4 do the same in turn. Next, Player 1 stands up, runs, picks up a racket, puts the ball on the racket and runs back. Players 2, 3, 4 do the same in turn.

### Easier

- Start standing.
- Carry the ball and racket in the hands.

### Harder

- Get up without using hands.
- Bounce the ball down with the racket on the way back.
- Change the starting position e.g. lying on front, back, etc.

## DISCOVER

- How do you get up quickly?
- What parts of your body do you use to run fast?
- What helps you to run straight?

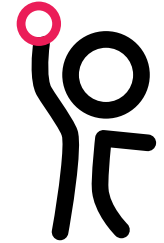
# TARGET THROW



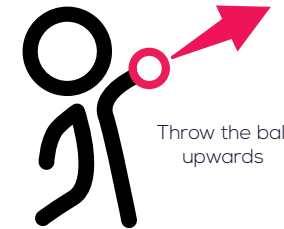
## Quality points

- Set up sideways with feet behind the line.
- Get a good ready to throw position.
- Line shoulders up with where the ball should go.
- Aim upwards and forwards.
- Finish in a balanced position.

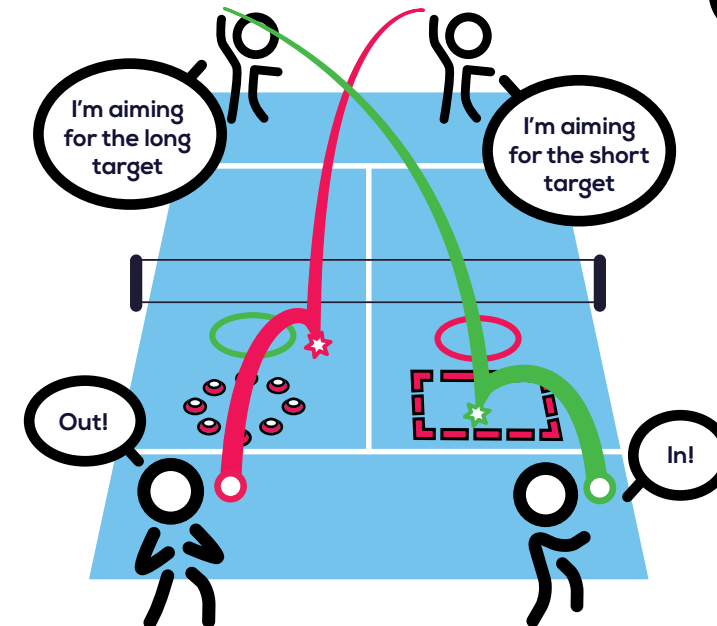
Stand behind a line to throw



Throw the ball upwards



Check your aim





# TARGET THROW



## LEARNING OBJECTIVES

- Throw overarm with a good set up and action.
- Control the speed and direction of the ball.

## ORGANISATION

- Equipment: balls, ropes, hoops, throw-down lines or cones.
- Set up 2 targets on each court, 1 long, 1 short, in each service box at one end of the court.
- Position players at the side of the court and demonstrate.
- Organise players into 2s.

## ACTIVITY

Player 1 has 4 balls and sets up behind the service line to throw overarm alternately at the short and long targets in the diagonally opposite service box. Player 2 watches the ball land and calls in or out, and then collects the ball. After 4 throws players change sides. After another 4 throws players change ends.

### Easier

- Throw overarm from nearer the net.
- Throw underarm from nearer the net.

### Harder

- Throw from further back.
- Make the targets smaller.
- Aim to forehand or backhand of partner.

## DISCOVER

- What do you do with your shoulders when you throw?
- How do you throw to different directions?
- How do you make the ball go further?

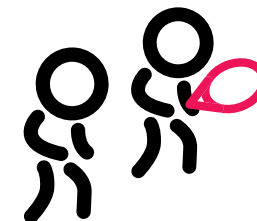
# FLOOR TENNIS



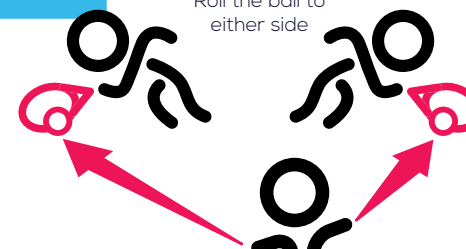
## Quality points

- Put the favourite hand at the bottom of the grip.
- Get ready between pushes.
- Bend at the knees and waist to get low.
- Contact the ball out in front.
- Push the ball, don't swing at it.

Start in the ready position



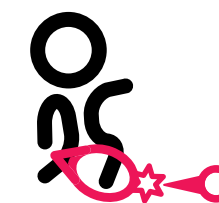
Roll the ball to either side



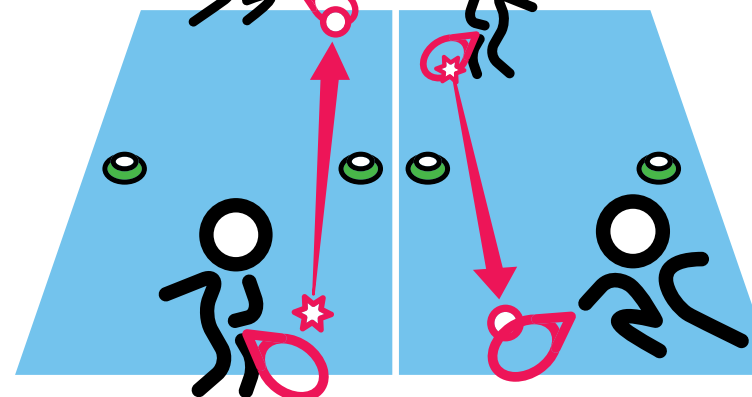
Stop the ball before pushing it back...



...then try pushing it back without stopping it



## Competition



# FLOOR TENNIS



## LEARNING OBJECTIVES

- To read the ball and react by turning to forehand and backhand sides.
- Control the racket face and contact the ball out in front.
- Develop a cooperative rally.

## ORGANISATION

- Equipment: balls, rackets, cones.
- Define the playing area.
- Position players at the side of the area and demonstrate.
- Highlight safe use of rackets.
- Organise players into 2s and to spaces.

## ACTIVITY

### Do activities in order:

1. In 2s Player 1 rolls the ball along the floor to one side of Player 2 who is in the ready position with a racket. Player 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back. Player 1 catches the ball and rolls it again. After 3 pushes players change roles. Encourage using 2 hands on the backhand side.
2. As above but player 2 pushes the ball back without stopping it first.
3. Floor Tennis Rally – both players with rackets push the ball along the floor to each other between 2 cones (2m apart).

### Easier

- Use hands to stop the ball then push it back.
- Roll the ball to each other.

### Harder

- In a rally both players push alternate forehands and backhands.
- Stop the ball with a foot then push it with a racket.
- Set the cones wider for more movement.
- Set the cones narrower for accuracy.

## DISCOVER

- How quickly can you tell which direction the ball is moving?
- How do you move to stop the ball?
- Where is the best contact point?

## COMPETITION

### In 2s rally through cones:

1. Count how many pushes in one rally and remember best score. Compete against other pairs.
2. For every rally of 6 shots in a row win a cone. Collect cones for 2 minutes.
3. Race to do a rally of 10 in a row.

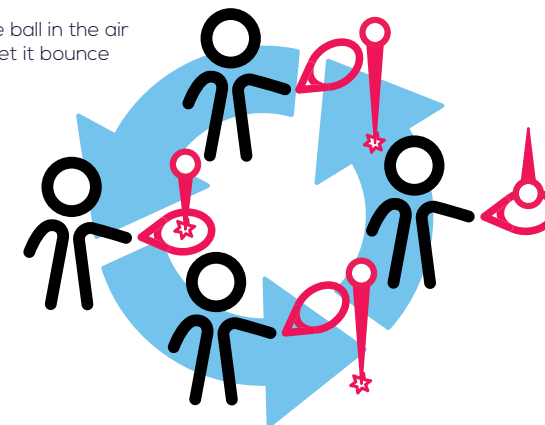
# TAP UP TENNIS



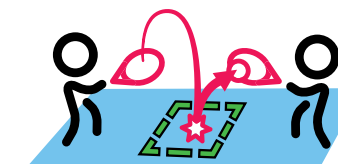
## Quality points

- Get ready to move with feet apart and eyes watching the ball.
- Control the racket, keep it flat and move it smoothly.
- Contact the ball at a relaxed distance from the body.
- Tap the ball up to head height.
- Bend the knees as the ball falls.

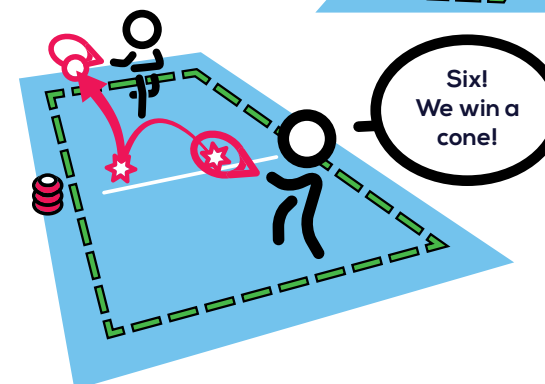
Tap the ball in the air and let it bounce



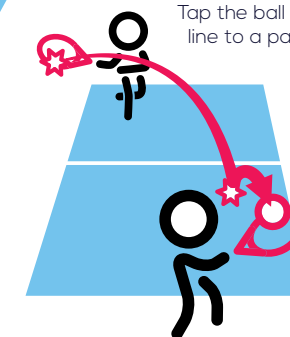
Hit alternate tap ups into a box



## Competition



Tap the ball over a line to a partner



# TAP UP TENNIS



## LEARNING OBJECTIVES

- Make contact with the ball with a controlled racket face.
- Develop a cooperative rally.
- Get ready between hits.

## ORGANISATION

- Equipment: rackets, balls, throw-down lines.
- Define the playing area.
- Position players at the side of the area and demonstrate.
- Highlight safe use of rackets and balls.
- Organise players into spaces.

## ACTIVITY

### Do activities in order:

1. Solo tap ups – in a defined area tap the ball up in the air each time to head height; let it bounce and tap it up again. Keep repeating 1 bounce, 1 tap up. If the ball goes out of the area, stop and start again.
2. In 2s hits alternative tap ups into the same small area, moving out of each other's way.
3. Micro Tennis – rally with a partner gently tapping the ball to each other over a line and into a small court.

### Easier

- Throw the ball up, let it bounce and trap the ball with a hand on the strings.
- Roll the ball around on the racket.
- Balance the ball on the racket and walk or run.

### Harder

- Allow different numbers of bounces in sequences 1-2-3.
- Use alternate sides of the racket.
- Make the ball land on a small target such as a line or spot.
- Do low tap ups and high tap ups.

## DISCOVER

- How do you hit the ball higher or lower?
- How can you make the ball move in different directions?
- How many times is the ball allowed to bounce in a tennis game?

## COMPETITION

4. In 2s Player 1 does tap ups into a defined area and Player 2 counts. After a minute change roles and continue counting. Compete against other pairs.
5. In 2s in a defined area, count alternative tap ups in a row and record best score. Compete against other pairs.
6. In 2s play Micro Tennis and count hits in a row. Win a cone for 6 in a row. Compete against other pairs.

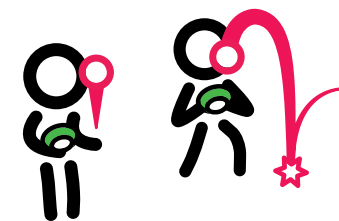
# CATCH TENNIS



## Quality points

- Throw underarm with a smooth arm swing at the side of the body.
- Recover after the throw and get ready for the next catch.
- Get ready for the catch with hands in front, palms forward and fingers down.
- Get behind the bounce of the ball.
- Control the catch using soft hands.

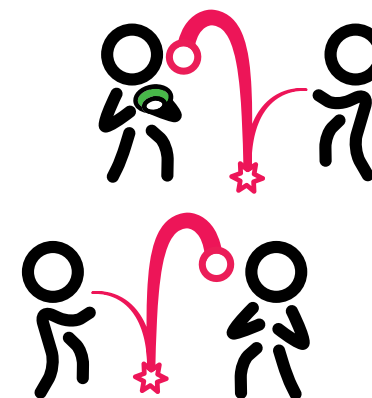
Throw the ball up and catch it in a cone...



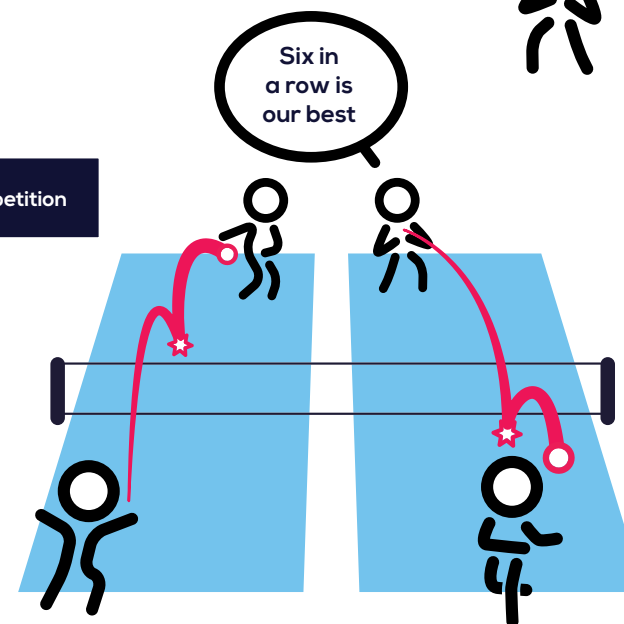
...or in both hands



Catch and throw with a partner



## Competition



# CATCH TENNIS



7

## LEARNING OBJECTIVES

- Throw underarm with control of speed and direction.
- Read the flight and direction of the ball – bouncing, rising and falling.
- Catch the ball near the ideal contact point as it falls.

## ORGANISATION

- Equipment: balls, cones.
- Position players at the side of the area and demonstrate.
- Define playing area.
- Organise players into spaces.

## ACTIVITY

### Do activities in order:

1. Solo: Throw the ball up, let it bounce, rise, start to fall and then catch it with an upturned cone using 1 or 2 hands.
2. Solo: Throw the ball up let it bounce, rise, fall and catch it with 2 hands.
3. In 2s: 4m apart. Player 1 with a ball and Player 2 in the ready position holding an upturned cone with 1 or 2 hands. Player 1 throws the ball towards Player 2 lets it bounce, catches it in the cone and then throws it back. The catch should be out in front.
4. In 2s player rally over the net throwing and catching in a defined area. Throw the ball further away from the partner – higher, lower, shorter and wider. Player throw from wherever they catch it and then recover the middle and get ready (see Home Base).
5. Add an overarm throw for the first throw in the rally to stimulate serve.

### Easier

- Catch the ball in a bag or bucket.
- Use a bigger ball.
- Roll the ball along the ground.

### Harder

- Throw and catch with 2 hands.
- In 2s make the court bigger and make each other move around more.

## DISCOVER

- Where should you meet the ball to catch it?
- What was the ball doing when you caught it?
- How is the bounce different when the ball goes higher or lower?

## COMPETITION

Mark out a small court area with a net or similar. In 2s players rally with a ball in a defined court area. Each rally starts with an overarm throw and if the ball goes out of the area the rally stops:

1. Count how many catches in a row. Remember best score. Compete against other pairs.
2. Race to do 10 catches in a row.

# HOME BASE



7

## Quality points

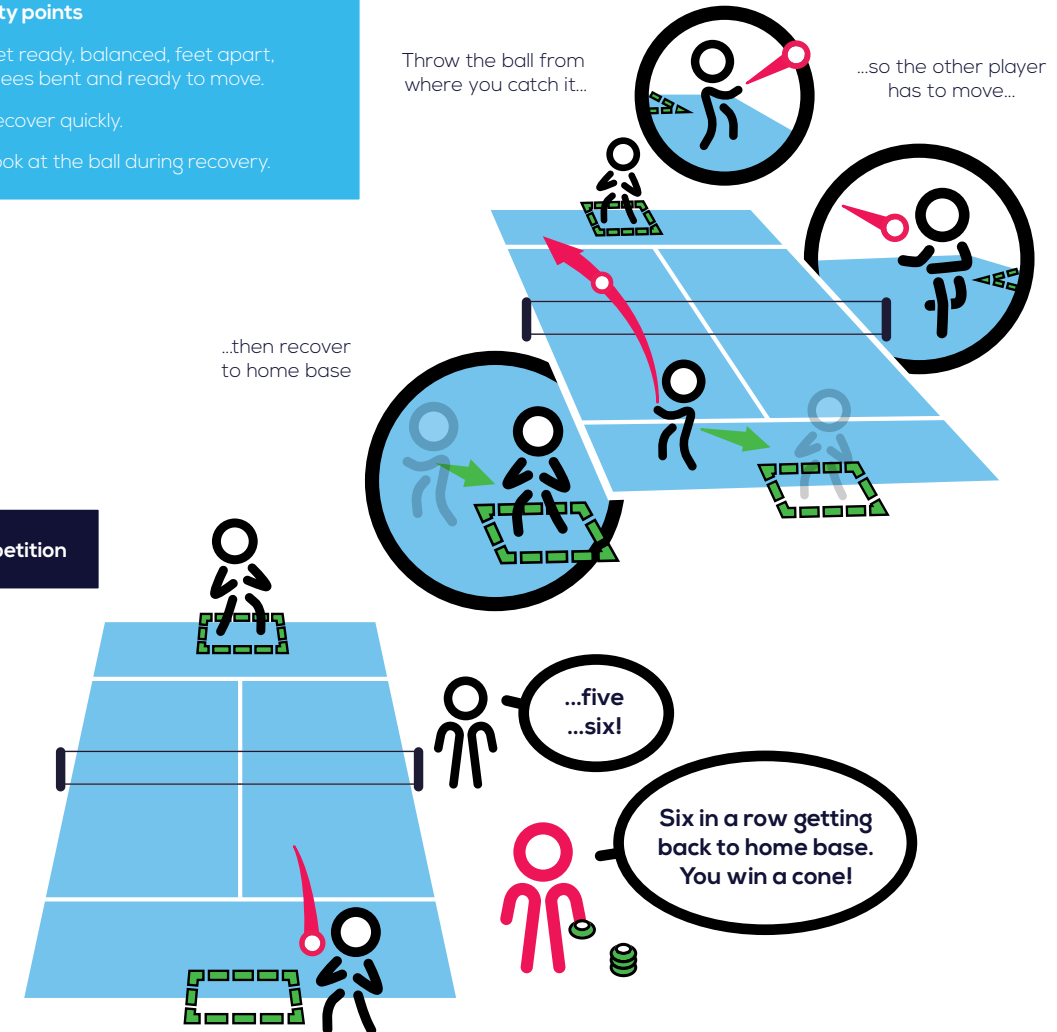
- Get ready, balanced, feet apart, knees bent and ready to move.
- Recover quickly.
- Look at the ball during recovery.

Throw the ball from where you catch it...

...so the other player has to move...

...then recover to home base

## Competition



# HOME BASE



## LEARNING OBJECTIVES

- Recover to the centre of the playing area after moving away from it.
- Use appropriate footwork for recovery and getting ready.
- Face the front and watch the ball during recovery.

## ORGANISATION

Players should have experienced Catch Tennis before playing Home Base.

- Equipment: balls, throw-down lines.
- Define a court area suitable for the throwing ability of players and mark a Home Base at each end using lines.
- Position players at the side of a court and demonstrate.
- Organise players into 2s in each court area.

## ACTIVITY

In 2s play Catch Tennis. Players throw the ball to each other so that they have to move away from Home Base to catch it. Players throw the ball from the place they catch it and then recover to the home base.

### Easier

- Stop after each catch to give the other player a chance to return to Home Base.
- Use a bigger or slower ball.

### Harder

- Increase the size of the court.
- Catch and throw with 2 hands on both sides.
- One player hits the ball.
- Both players hit the ball.

## DISCOVER

- How quickly can you tell which direction the ball is moving?
- How do you move to stop the ball?
- Where is the best contact point?

## COMPETITION

In 2s rally through cones:

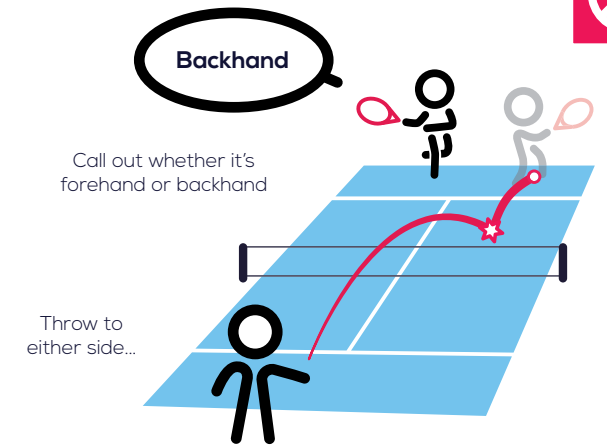
1. Count how many hits in one rally and remember best score. Compete against other pairs.
2. For every rally of 6 shots in a row win a cone. Collect cones for 2 minutes.
3. Race to do a rally of 10 in a row.

# RADAR



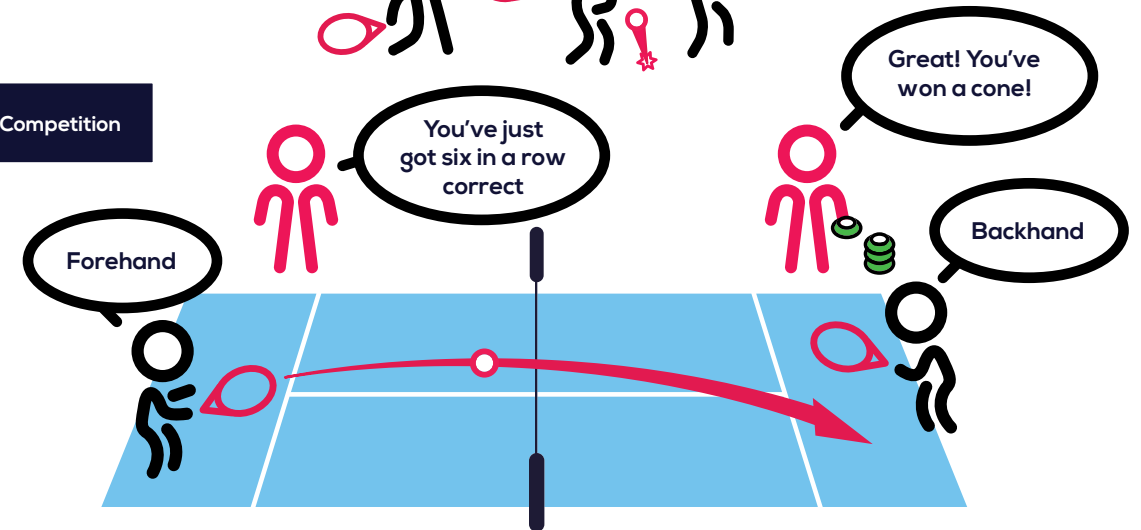
## Quality points

- Track the ball all the way.
- Get the racket back before the ball has bounced.
- Get to the side of and behind the ball.
- Balance and step up the court to push.
- Turn sideways and contact in front and after the top of the bounce at waist height.



...then try pushing to either side using a drop hit

## Competition





# RADAR



## LEARNING OBJECTIVES

- Read the direction and height of the ball.
- React to move to the ball and receive it.
- Recover to original position.

## ORGANISATION

- Equipment: balls, rackets, throw-down lines.
- Define each court area. Then divide each court into two halves with a line down the centre.
- Position players at the side of a court and demonstrate.
- Organise players into 2s in each court area.

## ACTIVITY

### Do activities in order:

1. In 2s, Player 1 throws the ball randomly to either side of the centre line using an underarm throw. Player 2 stands in a ready position with a racket ready to receive the ball. As the ball is sent Player 2 calls out where it will land – forehand or backhand. Player 2 moves to hit the ball and then recovers back to centre of the court. After 5 hits players change roles.
2. In 2s Player 1 hits the ball to Player 2 using a drop hit.
3. In 2s both players and call out forehand or backhand.

### Easier

- Player 2 calls but does not move to catch or hit.

### Harder

- Do the same for short and long areas.
- Increase the size of the court.
- When hitting, Player 2 taps the ball in the air, lets it bounce and then hits.

## DISCOVER

- How quickly can you tell which direction the ball is going?
- Is the ball rising or falling when you hit it?
- What do you have to do if the ball goes very high or very low?

## COMPETITION

In 4s, 2 players rally and call out forehand or backhand on their side of the net. 6 shots in a row correctly called out wins a cone. The other 2 players are judges. Judges and players change after every rally.

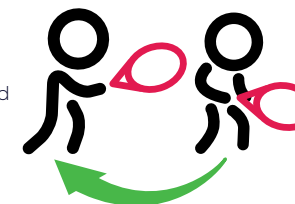
# RALLY 1-2-3



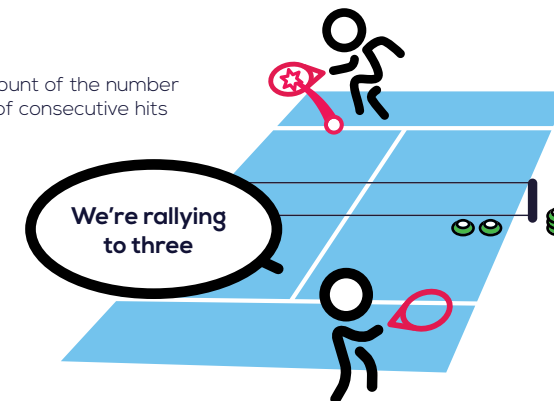
## Quality points

- Get the racket back before the ball has bounced.
- Hit the ball 1-2m above the net in arc shape.
- Show a more consistent shape of stroke.
- Contact the ball out in front.

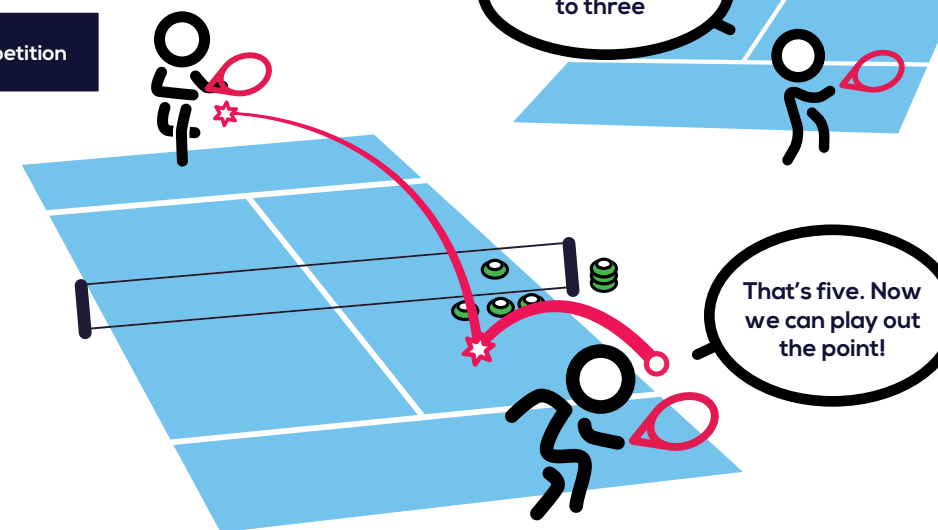
Recover to behind the baseline



Count of the number of consecutive hits



## Competition



# RALLY 1-2-3



## LEARNING OBJECTIVES

- Think about consistency of keeping the ball over and in.
- Show a consistent stance, contact and action.

## ORGANISATION

- Equipment: rackets, balls, throw-down lines, cone.
- Define the court area and set the baseline appropriate for the ability of the players. Mark the centre of the baseline using a line.
- Position players at the side of the court and demonstrate.
- Highlight the need to stop if another player gets near.
- Organise players into 2s onto courts.

## ACTIVITY

In 2s, players rally, starting with an overarm throw or serve and between shots recover to the centre of their baseline. Players count the number of consecutive hits. The first rally has an easy target of 1. When this is achieved the players put a cone at the net. The next rally target is 2: when this is achieved they put another cone at the net. The next rally count is 3 and so on. So when there are 4 cones at the net, they are aiming to get 5.

### Easier

- One hitter and 1 catcher.
- Catch tennis rally.
- Floor tennis under the net.

### Harder

- Rally cross court.
- Add conditions to the rallies, e.g. 1 player hits backhands only.
- Players hit alternate forehands and backhands.
- Players set their own target to win a cone.

## DISCOVER

- How does the action relate to where the shot goes?
- Why is it important to recover?
- What do you think about when you want to rally consistently?

## COMPETITION

**Cooperative:** In 2s rally and count, and collect cones in a set time. Compete against other pairs.

**Competitive:** In 2s players play points. They serve alternately using an overarm serve if possible. The first point must have at least 1 shot before they can compete. The next point must have at least 2 shots before they can compete. The next point must start with 3 shots before they compete, and so on. The first player to win 5 points wins the match. If the initial target number is not reached the point is player again.

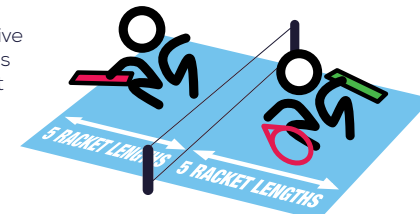
# STEP BACK RALLIES



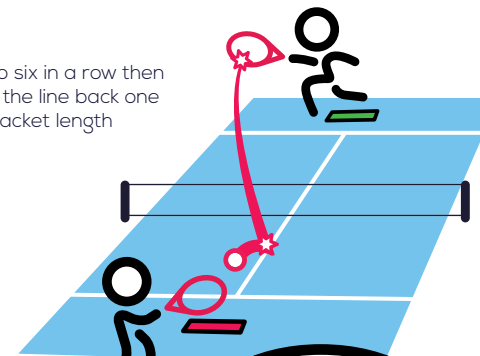
## Quality points

- Get the racket back early by turning the body.
- Increase the length of the stroke for longer shots.
- Contact the ball out in front.
- Recover and get ready between shots.

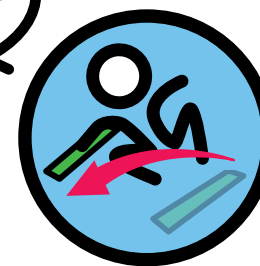
Measure out five racket lengths from the net



Rally to six in a row then move the line back one racket length

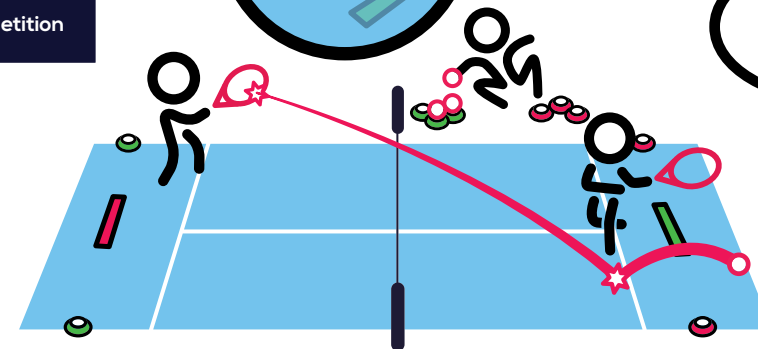


You're winning 2-1, so I'll make the court shorter



That's six - let's move the line back

## Competition



# STEP BACK RALLIES



## LEARNING OBJECTIVES

- Control the hitting action over different distances.
- Develop a cooperative rally.

## ORGANISATION

- Equipment: rackets, ball, throw-down lines.
- Define the court area.
- Position players at the side of the court and demonstrate.
- Highlight the need to stop a shot if an other player is near.
- Organise players into 2s on courts.

## ACTIVITY

Each player measures 5 racket lengths from the net at their end of the court and puts down a line for the centre of their baseline. Players rally over the net and count the number of shots in a row within smaller court space, always recovering to their baseline. Each time they rally 6 in a row they both move the line back 1 racket length.

### Easier

- One player hits and the other throws and catches.
- Catch tennis rally.
- Floor tennis rally under the net.

### Harder

- Start each rally with an overarm serve.
- Players hit alternate forehands and backhands.
- Players are not allowed to step in front of the line to hit the ball.

## DISCOVER

- How does the stroke length change over different distances?
- What different ways can you hit the ball to make it go further?
- Why is it important to recover to the centre of the baseline?

## COMPETITION

**Cooperative:** Race other pairs to see who can get further back in a set time.

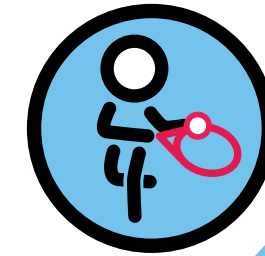
**Competitive:** Players create a baseline 5 rackets lengths from the net on each side and play points. After every 3 points the player that is losing can say 'longer' or 'shorter' and the court must be made 1 racket longer or 1 racket shorter for the next 3 points.

# UNDERARM SERVER



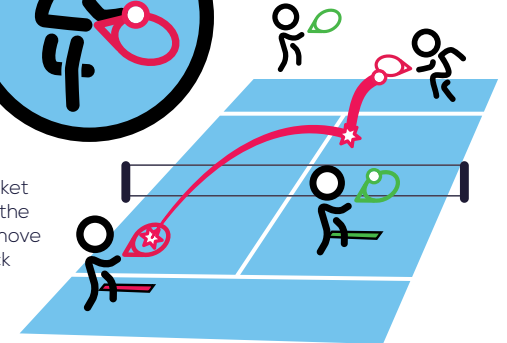
## Quality points

- Start balanced and sideways behind the line.
- Hold the ball out and near the racket face.
- Put the ball gently in the air a little higher than the hand and racket.
- Tap the ball gently at first.

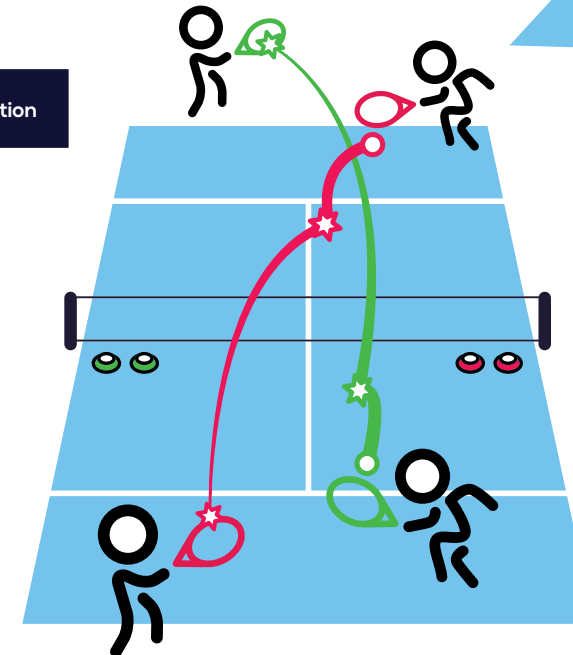


Catch the ball with hand and racket

Start five racket lengths from the net and then move further back



## Competition



Underarm serve

# UNDERARM SERVER



## LEARNING OBJECTIVES

- Coordinate both arms in an underarm serve action.
- Contact and control the ball in an underarm serve action.

## ORGANISATION

- Equipment: rackets, balls throw-down lines.
- Define the service area and the diagonal service boxes.
- Position players at the side of the court and demonstrate.
- Highlight the need to check other players are not near before serving.
- Organise players into 2s, 1 at each end of the court.

## ACTIVITY

### Do activities:

1. In 2s diagonally opposite each other and each puts down a line 5 racket lengths from the net.  
Player 1 stands sideways and behind the line. The action starts with a small split of the arms, gently placing the ball upwards and tapping it with the racket so that the ball goes over the net and into the service area. Player 2 stands in the ready position and watches the first bounce of the ball and calls in or out, then catches it with hand and racket, and serves it back.
2. Change sides and serve to the other diagonal.
3. Players gradually move their line further back and increase the size of the split of the arms to hit it further.

### Easier

- Start nearer to the net.
- Start next to the net. Hold the ball on the racket strings and push it over the net.
- Hit with the hand rather than the racket.
- Throw underarm.

### Harder

- Make the target area smaller.
- Player 2 hits the ball back if it lands in the service area.

## DISCOVER

- How do you hold the ball before you place it?
- Where do you need to place the ball in order to control the hit?
- What happens if you throw the ball too high, too low, too far forwards or backwards?

## COMPETITION

1. '1 serve you catch' – in 2s players serve to each other so that the partner catches it with the racket and hand. Players win a cone for every successful catch. They compete against other pairs in a set time.
2. In 2s players serve alternatively from a start line. Every time a player serves successfully they move the line back 1 racket length. Each player tries to get further back than their partner in a set time.

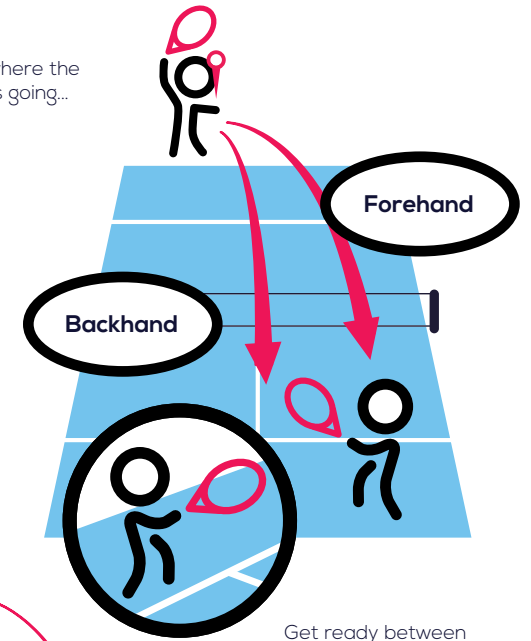
# RETURN THE SERVE



## Quality points

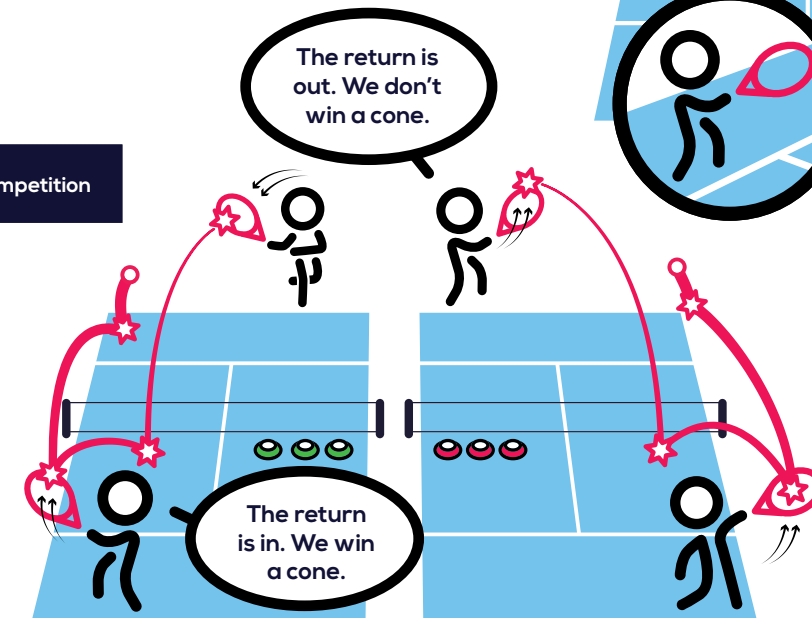
- A balanced and relaxed ready position.
- Watch the direction and height of the ball.
- Turn the upper body quickly towards the ball.
- Hit the ball out in front.
- Recover to the centre of the court after the return.

Watch where the serve is going...



Get ready between service line and baseline to return the serve

## Competition



# RETURN THE SERVE



## LEARNING OBJECTIVES

- Get ready in the correct position to return a serve.
- Watch the served ball and read its direction and height.
- Contact the ball out in front and to the side.

## ORGANISATION

- Equipment: rackets, balls throw-down lines.
- Define the court area and diagonal service area.
- Organise players into 2s, 1 at each end.
- Position players at the side of the court and demonstrate.
- Highlight the need to be in a space before serving.

## ACTIVITY

### Do activities:

1. In 2s, Player 1 serves underarm or overarm from behind the service line. Player 2 gets ready to receive the serve by standing in the ready position behind the service area. Player 2 calls out 'forehand' or 'backhand' as soon as possible then watches the ball land and calls out 'in' or 'out'. Change roles after 5 serves.
2. Player 2 progresses to hitting the ball back and Player 1 calls out 'in' or 'out' as the ball lands. Change roles after 5 return.
3. The server gradually moves further back.

### Easier

- Player 2 taps the ball up before hitting the return.
- Player 1 throws overarm and Player 2 hits the return.

### Harder

- Player 1 catches the ball, after the return, with the racket and hand.
- Player 2 directs the return to a target area of the court.

## DISCOVER

- How early can you see where the serve is going?
- What's the first thing that you do when you know where the ball is going?
- What is different about returning an overarm serve and an underarm serve?

## COMPETITION

**Cooperative:** '1 serve you return' – in 2s players cooperate to serve and return the serve so that they are both in the correct area. Players win a cone for each successive serve and return. Compete against other pairs in a set time.

**Competitive:** In 2s players play points against each other. They serve alternate points. There must be a successful serve and return before the competitive point can start.

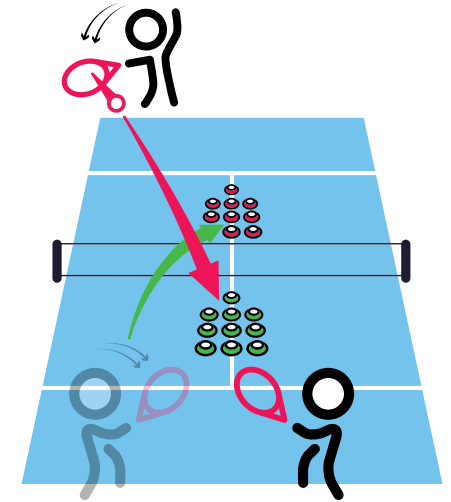
# TARGET TENNIS



## Quality points

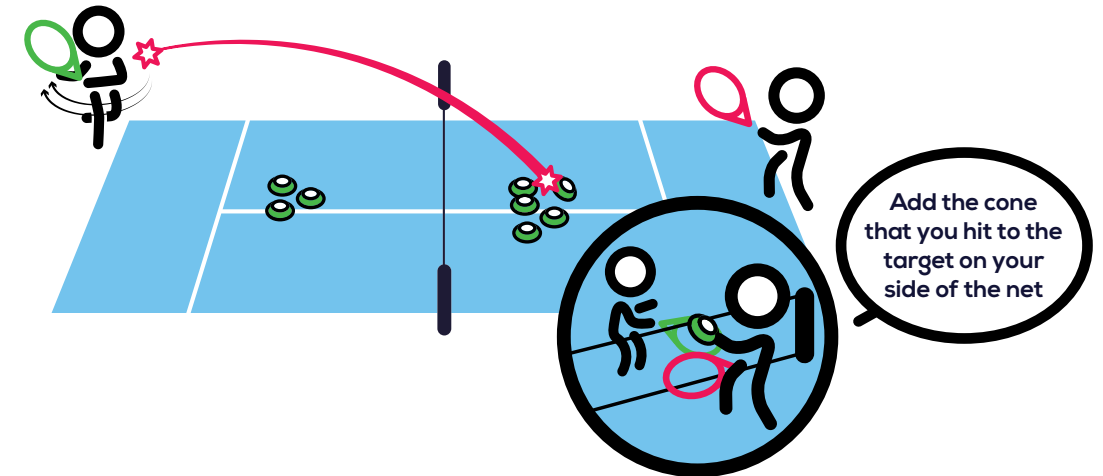
- Balanced alert ready position.
- Angle the racket face to the target.
- Increase the path of the push to get the ball to go further.

Start with one target...



...then progress to a target for each player

## Competition





# TARGET TENNIS



## LEARNING OBJECTIVES

- Get into the correct position to hit the ball in the required direction.
- Control the contact point and racket action to send the ball to the target.
- Get ready between each shot.

## ORGANISATION

- Equipment: rackets, balls, cones.
- Define the court area and at one end create a target using a cluster of 5 cones.
- Position players at the side of the court and demonstrate.
- Highlight safe use of the rackets and cones.
- Organise players into 2s onto courts.

## ACTIVITY

### Do activities in order:

1. Player 1 stands behind the target. Both players rally. Player 2 aims at the target. Both players always return to a ready position between shots and use both forehand and backhand shots. Change roles after 10 shots.
2. Each player has a target and both players rally aiming at the targets.

### Easier

- One player throws whilst the other hits to the target.
- Players throw to the target.

### Harder

- Player 1 hits to different places and Player 2 still aims at the target.
- Create 2 separate targets and Player 2 hits to alternate targets.
- Increase the distance to the targets.

## DISCOVER

- How early can you tell if the ball is going to the forehand or backhand side?
- How can you see the target and the ball at the same time?
- How do you make the ball go to the target?

## COMPETITION

In 2s each with a cluster of cones as a target in front of them. Players rally aiming to hit the target. Every time a cone is hit it is removed from that target and added to the other player's target. After a set time the player with the most cones in front of them is the winner.

# RALLY & RECOVER



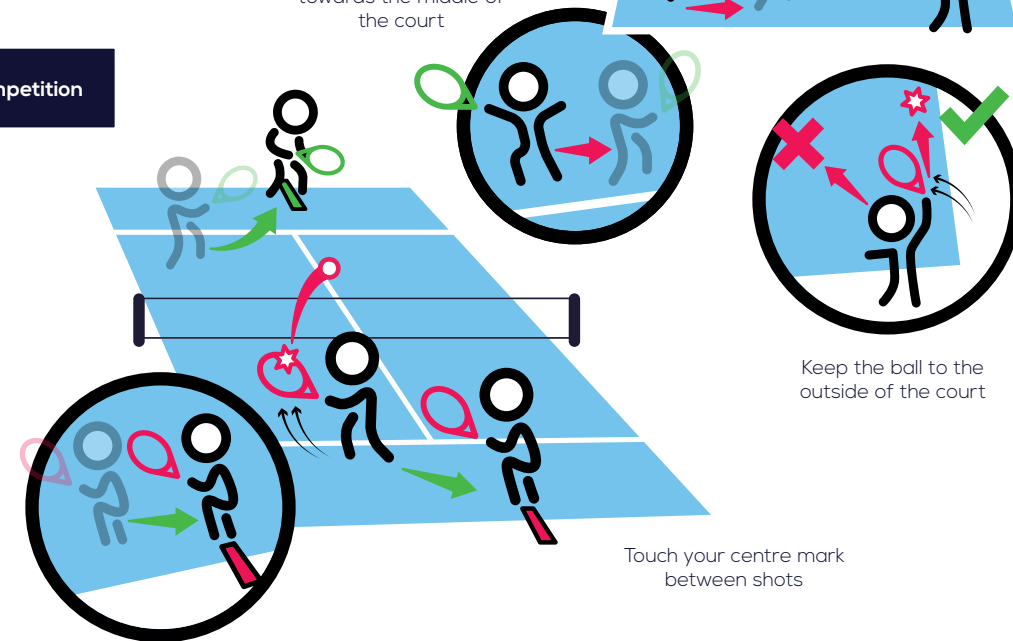
## Quality points

- Balanced, alert ready position.
- Complete the shot before recovering.
- Keep watching the ball during recovery.

Move after playing your shot

Take two steps back towards the middle of the court

## Competition



Keep the ball to the outside of the court

Touch your centre mark between shots

# RALLY & RECOVER



## LEARNING OBJECTIVES

- Recover to the centre of full court.
- Show appropriate footwork during recovery.

## ORGANISATION

- Equipment: rackets, balls.
- Define the court and the half court tracks.
- Position the players at side of the court and demonstrate.
- Highlight the need to stop if another player is near when hitting, especially in the middle of the court.
- Organise players in 2s into half court tracks.

## ACTIVITY

### Do activities in order:

1. In 2s players rally in a half court track. After each shot they recover towards the middle of the full court with at least 2 steps in the recovery. Players focus on hitting the ball and then recovering. Shots should be directed to the appropriate half court. Always stop if the ball goes near the middle and near the player on the other half track.
2. Rally in the cross court half track.

### Easier

- Only 1 player does the 2 step recovery then change roles after 10 hits.
- Player 1 throws and Player 2 hits and recovers.
- Play in a shorter court.

### Harder

- Use specific movement patterns for recovery.
- In cross court rallies use the outside shot i.e. forehand on the backhand side and backhand on the forehand side.

## DISCOVER

- At what point after hitting the ball does your recovery start?
- What do the feet and legs do to start a quick recovery?
- What role do other body parts play in a good recovery?

## COMPETITION

**Cooperative:** In 4s. 2 players rally, both doing a 2 step recovery to the middle. 2 players are judges. A successful rally of 6 in a row wins a cone. After 1 minute players and judges change roles. Compete against the other pairs.

**Competitive:** In 4s. 2 players rally. If either player does not do a 2 step recovery the other player wins a cone. 2 players are judges. After a set time the player with the most cone wins.

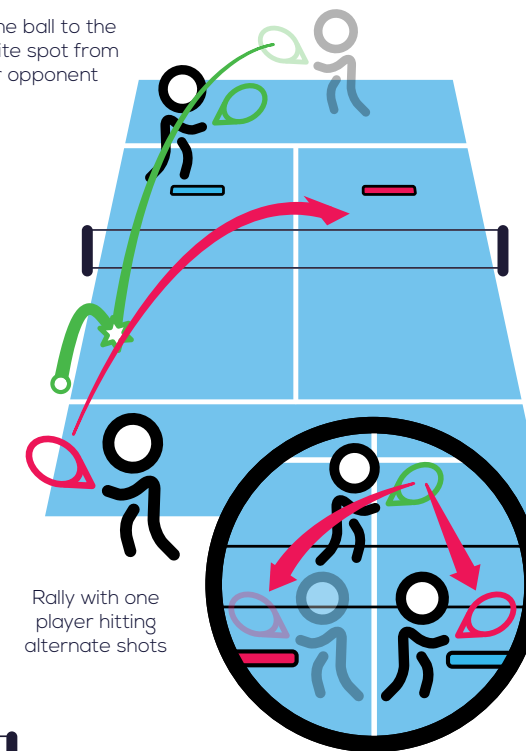
# SEEING SPACES



## Quality points

- Be aware of tracking the ball and the player at the same time.
- Think ahead where the space is going to be.
- Get in the correct position to direct the ball to the space.

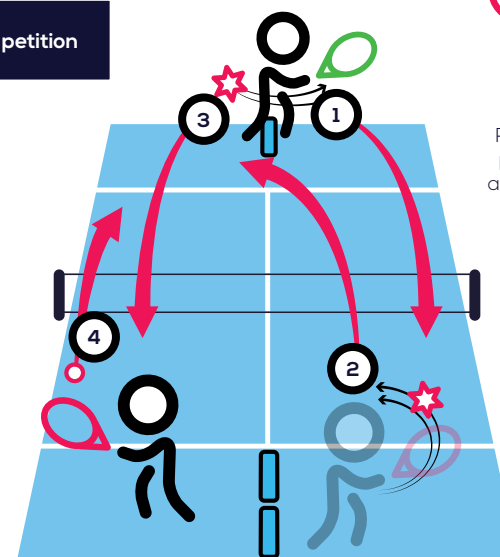
Play the ball to the opposite spot from your opponent



Rally with one player hitting alternate shots

You cannot hit to the same square twice in a row

## Competition



# SEEING SPACES



## LEARNING OBJECTIVES

- Be aware of the position of the opponent.
- Work out where spaces are – sides, short and deep.
- Direct the ball to the space and move the opponent.

## ORGANISATION

Players should already have an understanding of how to win a point and the reason for moving an opponent. Use the card Winning a Point.

- Equipment: racket, balls, throw-down lines.
- Define the court area and use 2 lines to mark each side of one end of the court.
- Position players and demonstrate.
- Highlight safe use of rackets and balls.
- Organise players into 2s onto courts.

## ACTIVITY

### Do activities in order:

1. In 2s. Player 1, at the end with the lines, sends the ball to Player 2 then runs to stand on 1 of the lines. Player 2 watches Player 1's position and hits the ball to the space on the court. After 5 hits change roles.
2. Player 1 hits easy shots to Player 2 and recovers in the normal way. Player 2 hits first to one marker then to the other.
3. With no markers, players rally to each other looking for the space with each shot.

### Easier

- Player 2 taps the ball in the air before hitting the ball back.
- Player 2 catches the ball and does a drop hit to the target area.
- Play Catch Tennis.

### Harder

- Freeze: both players freeze after they hit a shot. The other player hits to the space.
- Repeat the activities using short and deep spaces in the court.

## DISCOVER

- How can you watch the opponent and the ball at the same time?
- How does your action change to hit to different places?
- How does your footwork change to hit to different places?

## COMPETITION

In 2s divide each end of the court into 4 squares using lines. Players rally with the condition that they may not hit to the same square 2 shots in a row.

**Cooperative:** Count how many shots in a row with the 4 square conditions. Compete against other pairs.

**Competitive:** Play points. If a player hits to the same square or misses in any way the other player wins the point.

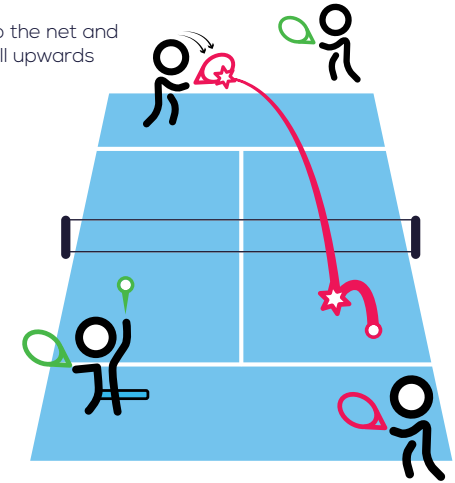
# ACE SERVER



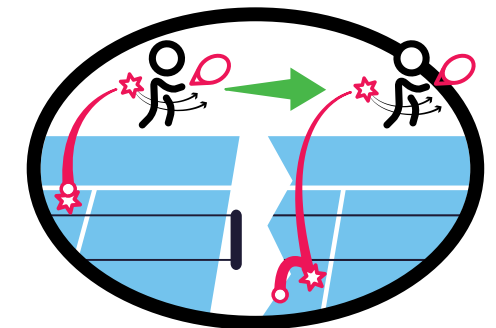
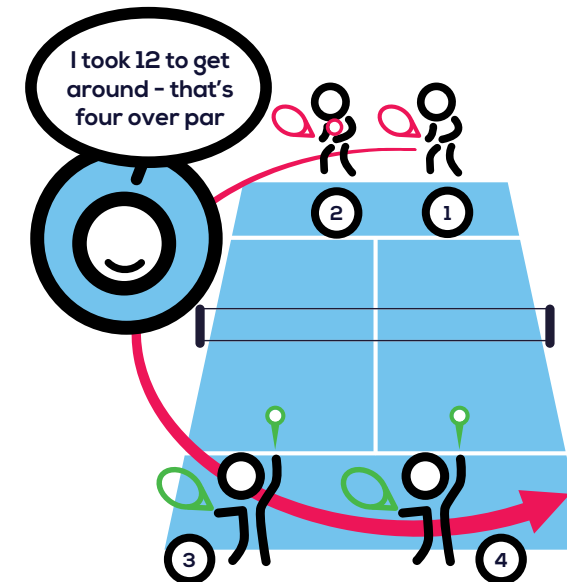
## Quality points

- For overarm serve complete beginners start square onto the net.
- Push ball and racket up together, placing ball slightly in front.
- Make contact above your head.
- Tap the ball upwards gently and stay high with your racket.

Start close to the net and tap the ball upwards



## Competition



Step back, step by step, if you can tap the ball over and in

# ACE SERVER



## LEARNING OBJECTIVES

- Serve consistently over and in to the diagonally opposite service box.
- Develop a full service action, starting with a tap from contact point.
- Know the rules about serving.

## ORGANISATION

- Players should already have an understanding of a basic overarm throwing action.
- Equipment: rackets, balls.
- Define the court area and service boxes. Start with a very small court and make the courts progressively larger.
- Position players at side of court and demonstrate.
- Highlight safe use of rackets, especially in the area behind during a serve.
- Organise players into serving places on the court.

## ACTIVITY

### Do activities:

1. Each player starts with 2 balls, sets up behind the service line (or further back if they can) ready to serve. Each player serves 2 serves from the right and 2 from the left changing places with the partner.
2. Each player starts with 2 balls. Each player serves (first serve) and only serves the second ball (second serve) if the first serve is missed. If both are missed this is a double fault. Keep changing sides.

### Easier

- Start nearer the net.
- Help the player placing the ball.
- Start with a slightly bent arm very close to contact point.

### Harder

- Move step by step from frontal stance to 45° angle with the net to sideways, to backwards in a loaded position.
- Move step by step from a tap up to a hit feeling, always stay high with the racket after contact point.
- Always keep tapping upwards.

## DISCOVER

- Does it count as a serve if you try to hit the ball but miss?
- How do you stand differently to serve from right and left?
- What happens if you step inside the court when you serve?

## COMPETITION

**Par for the Court:** Every player serves from 4 serving spots on the court going round the court from spot 1 to spot 4. At each spot they stay and serve until a serve goes in. Each player counts how many serves it takes to get around the court. They compare their scores to par which is 8. 8 = Par server, 7 = 1 under par, 6 = 2 under par, 5 = 3 under par, 4 = 4 under par and Ace server, 9 = 1 over par, 10 = 2 over par, etc.

The aim is to improve the score against par next time. Can also be played over 8 spots and 2 courts (par 16).

# 3RD SHOT DRILL

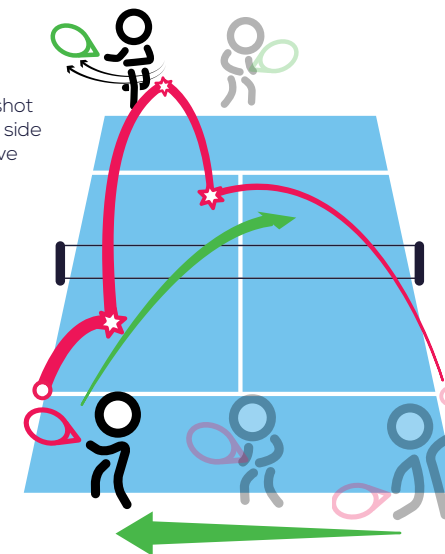
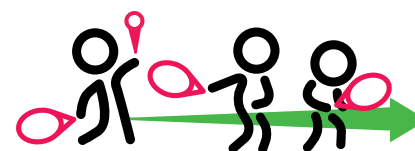


## Quality points

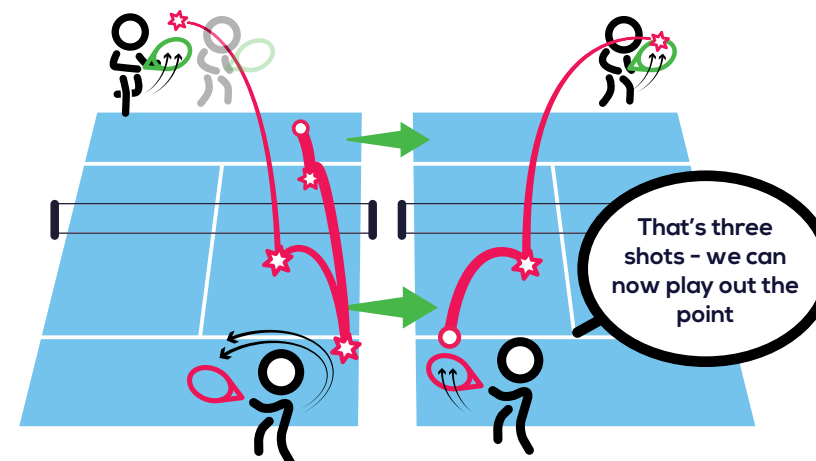
- Recover after the serve and get ready watching the ball.
- Focus on the 3rd shot as soon as the serve is done.
- Show good actions for all the shots.

Play the third shot to the opposite side from the serve

Recover to ready position after serve



## Competition



# 3RD SHOT DRILL



## LEARNING OBJECTIVES

- Recover from the serve and prepare for the next shot.
- Get the ball over and in.
- Develop the actions for serve, return of serve and groundstrokes.

## ORGANISATION

Players should have already learnt Serve, Return of Serve and Seeing Spaces. Use Overarm Server, Return the Serve and Seeing Spaces.

- Equipment: rackets, balls.
- Define the court area.
- Highlight safe use of rackets and balls.
- Position players at the side of the court and demonstrate.
- Organise players in 2s, one at each end.

## ACTIVITIES:

1. In 2s. Player 1 serves and then prepares for the next shot. At the other end Player 2 watches Player 1 to see if they prepare for the next shot by getting to the middle of the playing area in the ready position. Player 2 then collects the ball and does the same.
2. As above adding that Player 2 returns the ball and Player 1 hits the 3rd shot into the space on the other side. Both players recover and show they are ready for the next shot before they stop and start the next rally.

### Easier

- Start with an overarm throw and use the racket for other shots.

### Harder

- Use only the cross court half for all 3 shots.

## DISCOVER

- What do you need to do after the serve to be ready for the next shot?
- Where do you want to direct the 3rd shot?

## COMPETITION

**Cooperative:** In 2s players serve and rally for 3 shots. Players serve alternately and have 2 chances for serve (see Ace Server). For every successful rally of 3 shots the pair wins 1 cone. Compete against other pairs in a set time or first to win a certain number of cones.

**Competitive:** In 2s play points. Each point starts after the 3rd shot has crossed the net. Serving is a tie break.

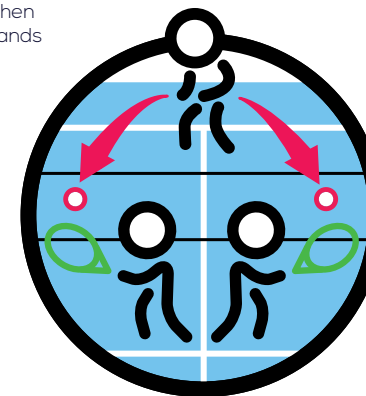
# REACT 'N VOLLEY



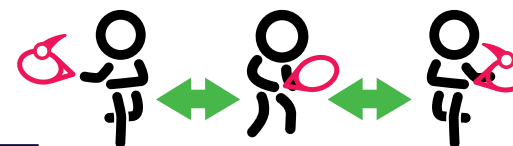
## Quality points

- Balanced ready position.
- Short block action.
- Racket face angled to target.

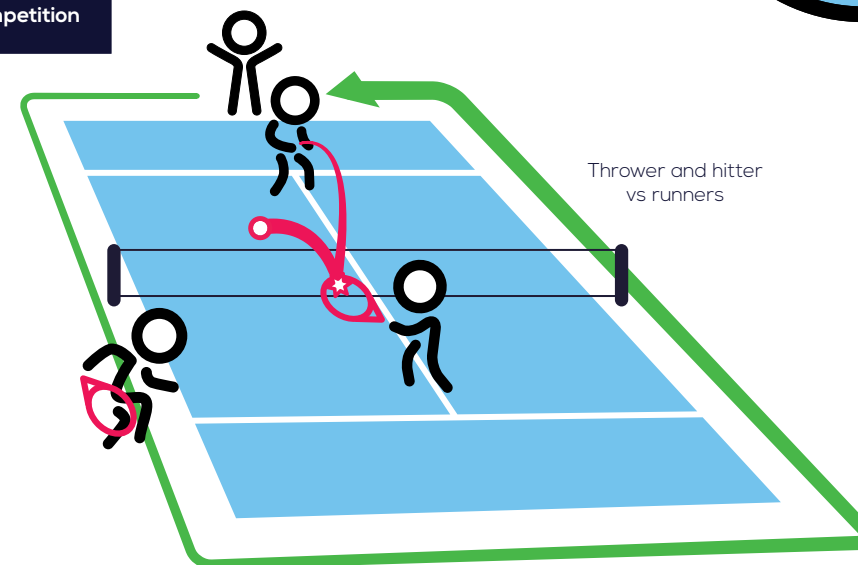
Throw three balls to forehand side, then three balls to backhand. Then throw a mix of forehands and backhands.



Recover to ready position after each volley



## Competition





# REACT 'N VOLLEY



## LEARNING OBJECTIVES

- Understand when to volley.
- Contact the ball in front.
- Get the ball over and in.

## ORGANISATION

Players should have experience of Catch Tennis without bounces, reaction exercises and split step exercises such as in various ABCs cards.

- Equipment: rackets, ball.
- Define the court area and the volley position (from the net racket, stretch and step back).
- Position players and demonstrate.
- Highlight safe use of rackets and balls.
- Organise players into 2s, one at each end.

## ACTIVITY

### Do activities:

1. In 2s Player 1 throws 3 balls to Player 2 on the forehand side. Player 2 starts with the racket out at the side ready to gently tap the ball with a small volley action hitting the ball out in front and at the side. Player 2 throws 3 balls to the backhand side of Player 1 in the same way. Players change roles.
2. As above, but Player 1 throws a mix of forehands and backhands and Player 2 starts in the ready position for each volley.

### Easier

- Player 2 catches the ball with the hand.
- Player 2 bats the ball with a hand with the palm forward.

### Harder

- Player 2 does a split step just before Player 1 throws the ball.
- Player 1 throws the ball more quickly to help Player 2 react quickly.
- Player 1 hits the ball to Player 2.

## DISCOVER

- Why is it important to get back to the ready position?
- Where does your racket finish when you hit a good volley?
- What happens if you volley at the baseline and the ball was going out?

## COMPETITION

**Cooperative:** In 4s in a 2v2 race. Pair 1 do 'throw, volley and catch' as many times as possible while Pair 2 run all the way around the court out at a time. Change roles. The pair with the highest number of catches wins.

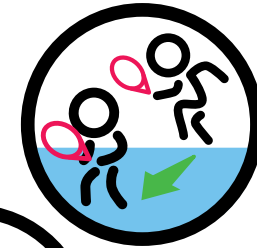
# UP 'N VOLLEY



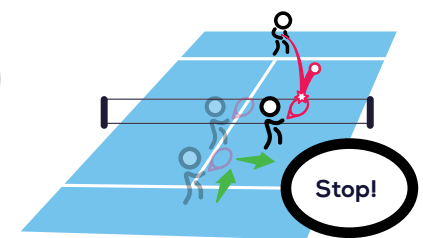
## Quality points

- Split step and get ready to move
- Move forwards to contact the ball in front of the body
- Keep the racket head higher than the hand on contact
- Keep the action short

Balance in the ready position



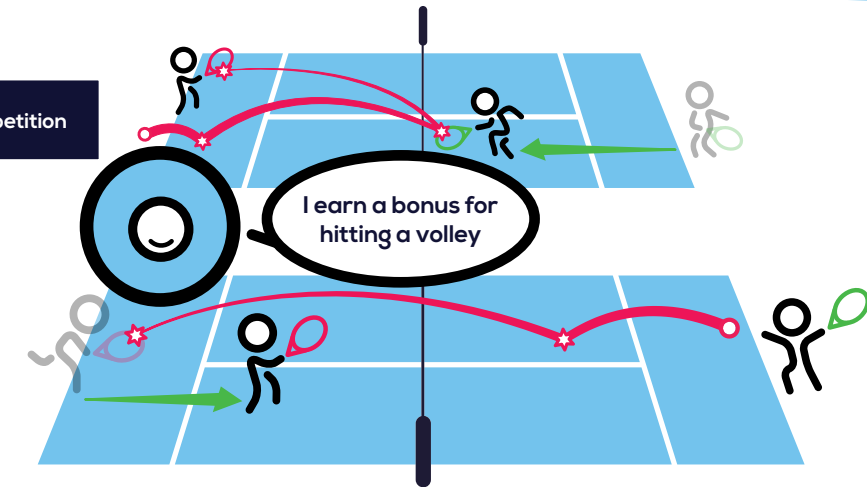
Balance when called then move to volley the ball



Meet the ball out in front



## Competition



# UP 'N VOLLEY



## LEARNING OBJECTIVES

- Understand the right time for moving to the net during a rally.
- Do a balanced split step position before the volley.
- Contact the ball in front of the volley.

## ORGANISATION

Players should have experience of volleys using card React 'n Volley.

- Equipment: rackets, balls.
- Define the court area and the volley position in relation to the net.
- Position players and demonstrate.
- Highlight safe use of rackets and balls.
- Organise players into 2s.

## ACTIVITY

Do activities in order:

1. In 2s. Player 1 stands on the service line with a ball. Player 2 starts on the opposite service line with a racket in the ready position. Player 2 starts to move forward, Player 1 shouts stop and throws the ball underarm. The hitter stops in a ready position with a split step, and then moves forward to volley. After 5 throws players change roles.
2. Player 1 hits the ball to Player 2 after shouting stop.
3. 4 shot rally = Player 1 hits a groundstroke, Player 2 hits a groundstroke and runs forward, Player 1 hits a groundstroke, Player 2 hits a volley.

### Easier

- Nearer the net.
- Start with the racket out at the side ready to volley.

### Harder

- Player 1 on the service line, Player 2 starts on the baseline.
- Players rally from the baseline. When a short ball is recognised the player hits an approach shot then runs to the net to volley.

## DISCOVER

- When do you do a split step on the way to net?
- Where does your racket finish when you hit a good volley?

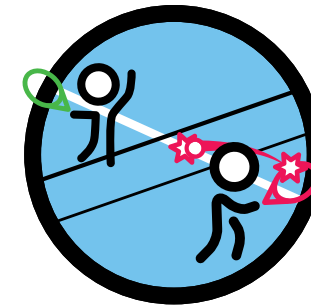
## COMPETITION

In 2s play point. Serving is alternate or as in a tie break.  
A player earns a bonus point for each successful volley in a rally.

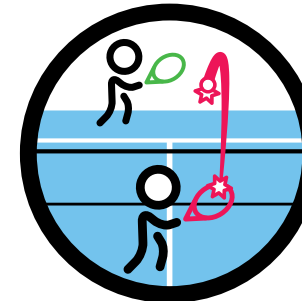
# WINNING A POINT

## Quality points

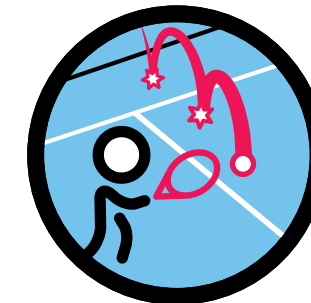
- Watch carefully.
- Call out loudly and clearly.



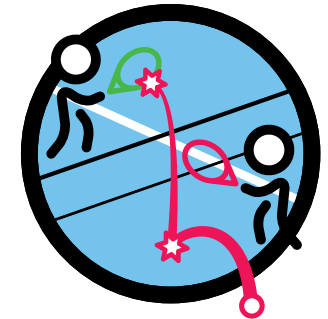
...or hits the ball into the net...



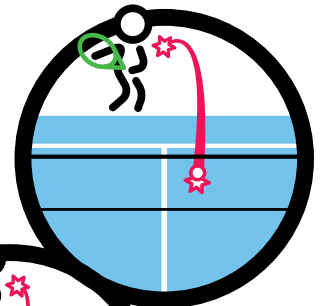
...or hits the ball out...



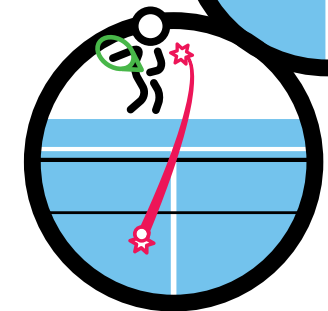
...or the ball bounces twice before opponent hits it (wheelchair users are allowed two bounces)



Opponent misses the ball...



...or opponent serves a double fault.



# WINNING A POINT

## LEARNING OBJECTIVES

- Recognise the 5 basic ways to win a point.

## ORGANISATION

For players who can serve and rally and have an understanding of in and out and the court area.

- Position players at the side of the court and demonstrate.
- Organise players into groups of 4 on each court area – 2 play singles and 2 are observers.

## ACTIVITY

Do activities in order. Explain and demonstrate the 5 ways to win a point:

- Opponent misses the ball.
- Opponent hits the ball in the net.
- Opponent hits the ball out.
- The ball bounces twice before the opponent hits it (except for wheelchair players).
- Opponent does a double fault.

Two players play points whilst the observers look for what happens when the point finishes. Players take turns to serve. Observers call out what happened and who won the point, e.g. 'The ball was out, Sally wins the point'. 'Ahmed hit the ball in the net, so Harry wins the point'. There is no need to count the score at this stage. Rotate the players and observers after every 4 points.

### Easier

- Introduce 1 way of winning a point at a time and observers look for that only.
- Play Catch Tennis.

### Harder

- Observers state who won the point without giving the reason.
- Players call out who won the point and observers check.

## DISCOVER

- What are the 5 ways you can win a point?
- When can you win a point without hitting a ball?
- What do you do if you see the ball bounce twice?
- How many bounces are allowed in wheelchair tennis?

## COMPETITION

In 4s. 2 players play points with alternative serves. At the end of every point the player who won the point has to give the reason. 2 observers are judges and award the point winner a cone for a correct answer. After 4 points players and observers change roles. After a set time the overall winner of the court is the player with the most cones.

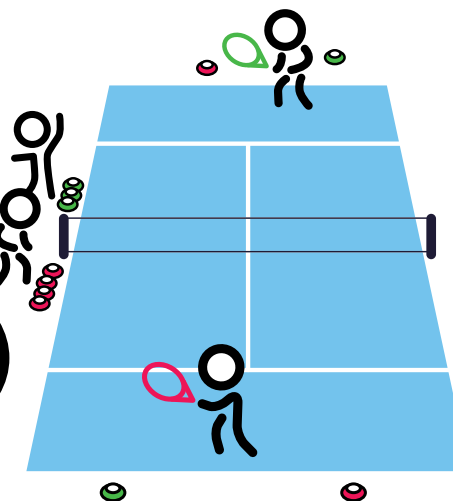
# SCORING A TIE BREAK

## Quality points

- Watch carefully all through each point.
- Agree the score before the next point.
- Call the score loudly and clearly.

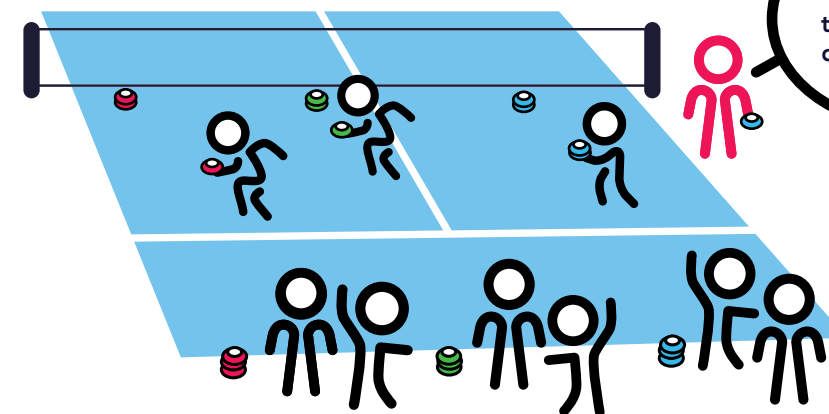
The score is 4-3

That means you serve from the left side



## Competition

Put the number of cones you think is the right answer on your team stack



# SCORING A TIE BREAK

## LEARNING OBJECTIVES

- Count points.
- Understand the serving order in a tie break.

## ORGANISATION

For players who can rally and understand how to win a point. Use Winning a Point.

- Equipment: rackets, balls, cones.
- Define the court area for matches. At the side of the court put a row of 7 cones for each player. At each end of the court behind the server put a red cone on the right side and another colour cone on the left side.
- Position players at the side of the court and demonstrate the order for serving.
- Highlight the safe use of rackets.
- Organise players into 4s. 2 players, and 2 observers on each court.

## ACTIVITY

Two players play points. Player 1 serves first from the Right side for one point. Player 2 then serves one point from the Left side and then 1 point from the right side. Player 1 then serves from the Left then Right and so on. Observer 1 is scorer and watches, and for each point puts a ball on the winner's row of cones, and calls the score. Observer 2 watches the serving order and points to the correct server and the correct side. Stop at the end of each point and agree the score before the next point.

### Easier

- Introduce just counting the points then adding serving order later.
- Play Catch Tennis or Floor Tennis.

### Harder

- Players score themselves using cones. Observer or players count the score without cones.
- Score and serve correctly in a doubles match.

## DISCOVER

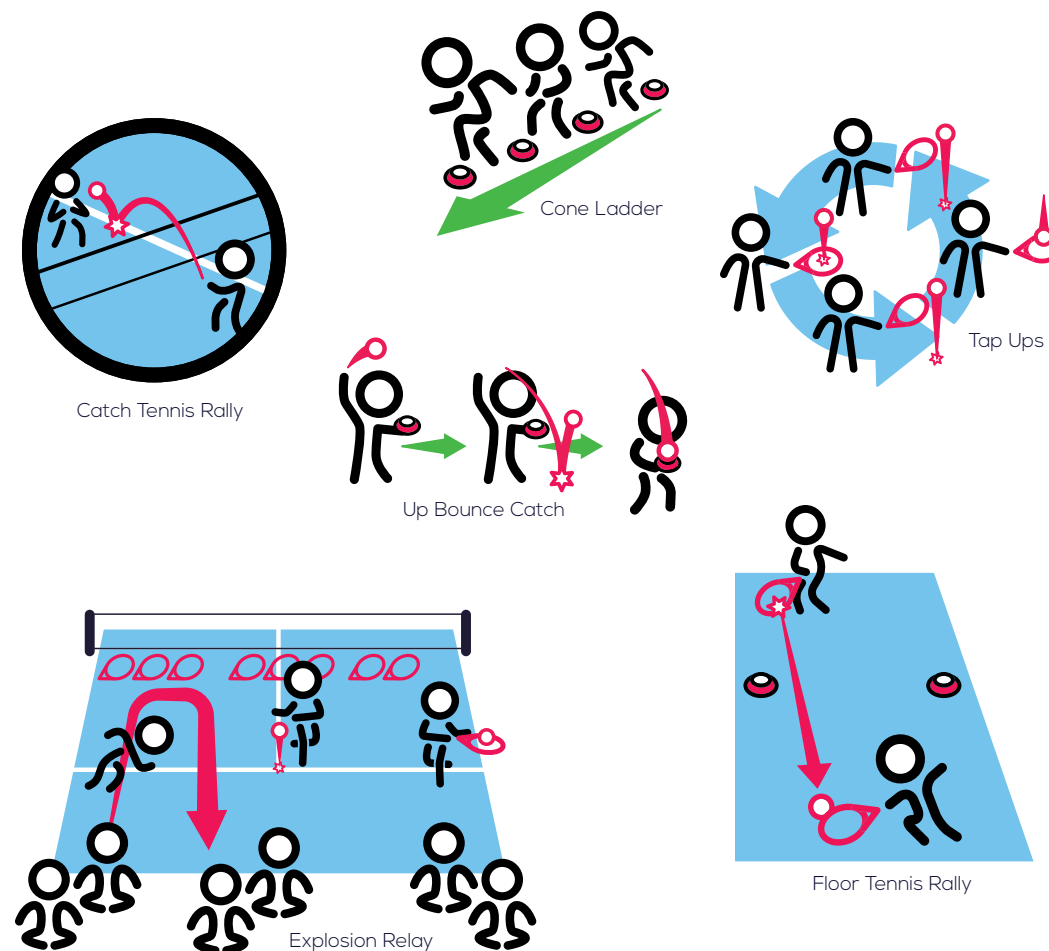
- How do you decide who serves at the beginning of a match?
- Which side does the first serve come from?
- If the number of points in total is an odd number which side does the server serve from?

## COMPETITION

**Team Quiz:** The answer to each question is a number. Each team runs and puts that number of cones on their team cone stack. At the end count up the total number of cones in the stack and see which team has the correct number of cones. Use some or all of the following example questions and add your own:

- How many points to win a normal tie break?
- If you are the first person to serve how many points do you serve?
- If you are the second person to serve how many points do you serve?
- In a singles match if the score is 4-3 which side do you serve from? 2 cones for R, 1 cone for L.

# COUNTING SKILLS



# COUNTING SKILLS

## LEARNING OBJECTIVES

- To use skills and enjoy the experience of competition.

## ORGANISATION

- Use as a whole competition or part of it.
- Prepare equipment - rackets, balls, cones, lines, plus 2 sets of cones for scoring. Set up cone ladders, one ladder per 4 players.
- Divide pupils into 2 teams, give each team 1 cone to start their team stack.
- When pupils do a skill in 2s they should be with a pupil from the same team.

## ACTIVITY

1. Everyone does the same skill at the same time.
2. Explain Skill 1 and how to win a cone. Practice for 2 mins.
3. Count Skill 1 for 2 mins. As each player wins a cone they put it on their team stack.
4. Repeat for Skills 2, 3, 4, 5 and 6.

**Skill 1:** Cone ladder. See Cone Ladder. Every time a player runs through the ladder without touching the cones they win a cone.

**Skill 2:** Up-bounce-catch. See Catch Tennis. Solo catch. Six in a row wins a cone.

**Skill 3:** Tap ups. See Tap up Tennis. Solo tap ups. 6 in a row wins a cone.

**Skill 4:** Catch tennis rally. See Catch Tennis.  
Partner skills. 6 throws and catches in a row wins a cone.

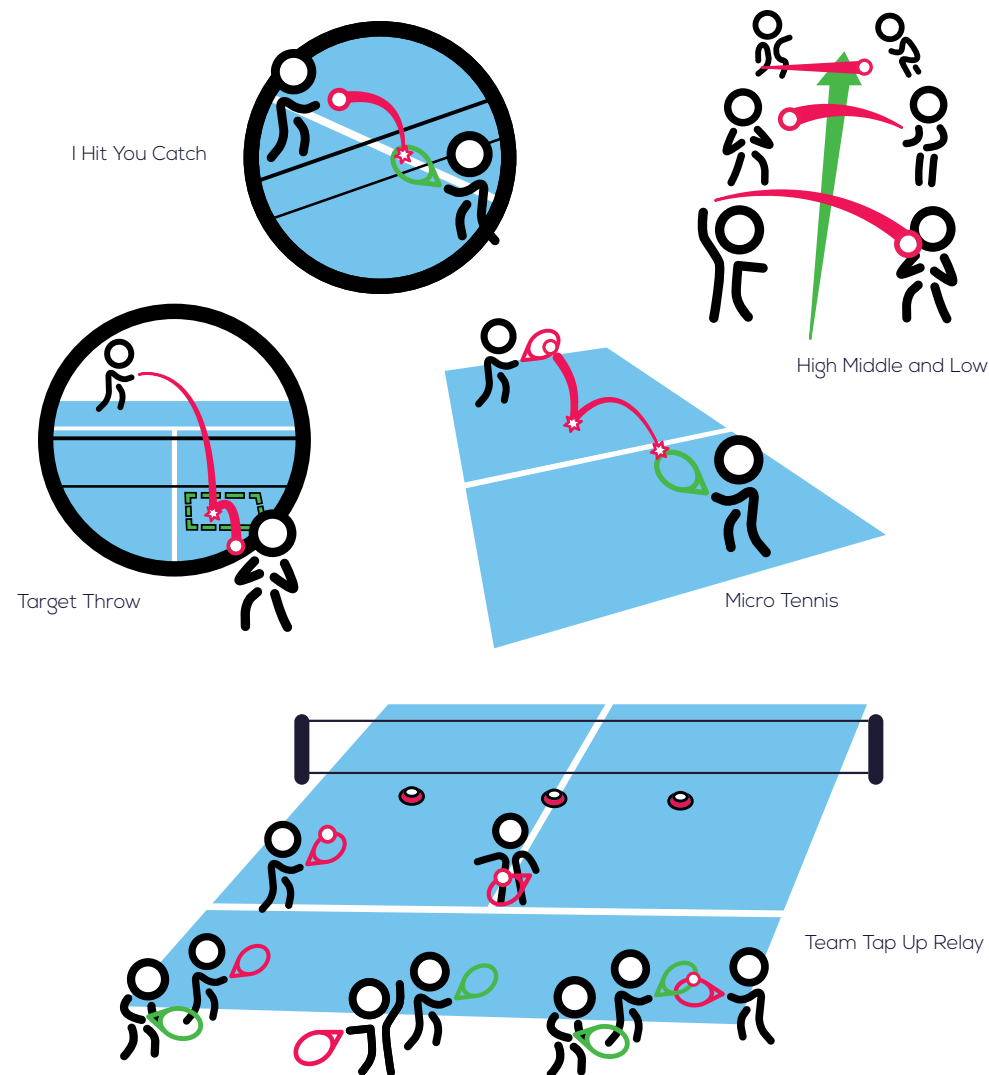
**Skill 5:** Floor tennis rally. See Floor Tennis.  
6 successful hits through the cones in a row wins a cone.

**Skill 6:** Explosion relay. See Explosion Relay. In 2 teams. Winning team wins 5 cones.

## AT THE END

- Add up the cones in each stack and declare the winning team.
- Think how you can make the activities more challenging for the next competition.
- Look at the harder section on the relevant activity cards.

# SKILL STATIONS



# SKILL STATIONS

## LEARNING OBJECTIVES

- To use skills and enjoy the experience of competition.

## ORGANISATION

- For 8 players but can be adapted for more by having more at each station. Use as a whole competition or part of it. Particularly good for beginners.
- Prepare equipment – rackets, balls, cones, lines and set up stations 1–4. Paper and pencil for recording scores.
- Divide players into 4 teams of 2.
- Organise one team to each station.

## ACTIVITY

1. Explain stations 1, 2, 3 and 4 and how to score.
2. Organise teams to each station ready to start. 2 mins to practice. 2 mins counting. Take scores to teacher.
3. Rotate.

**Skill 1:** High middle and low. See High Middle and Low. Every successful return run scores a point.

**Skill 2:** I hit you catch. See Radar. Every catch scores a point.

**Skill 3:** Target throw. See Target Throw. Every throw in the target scores a point.

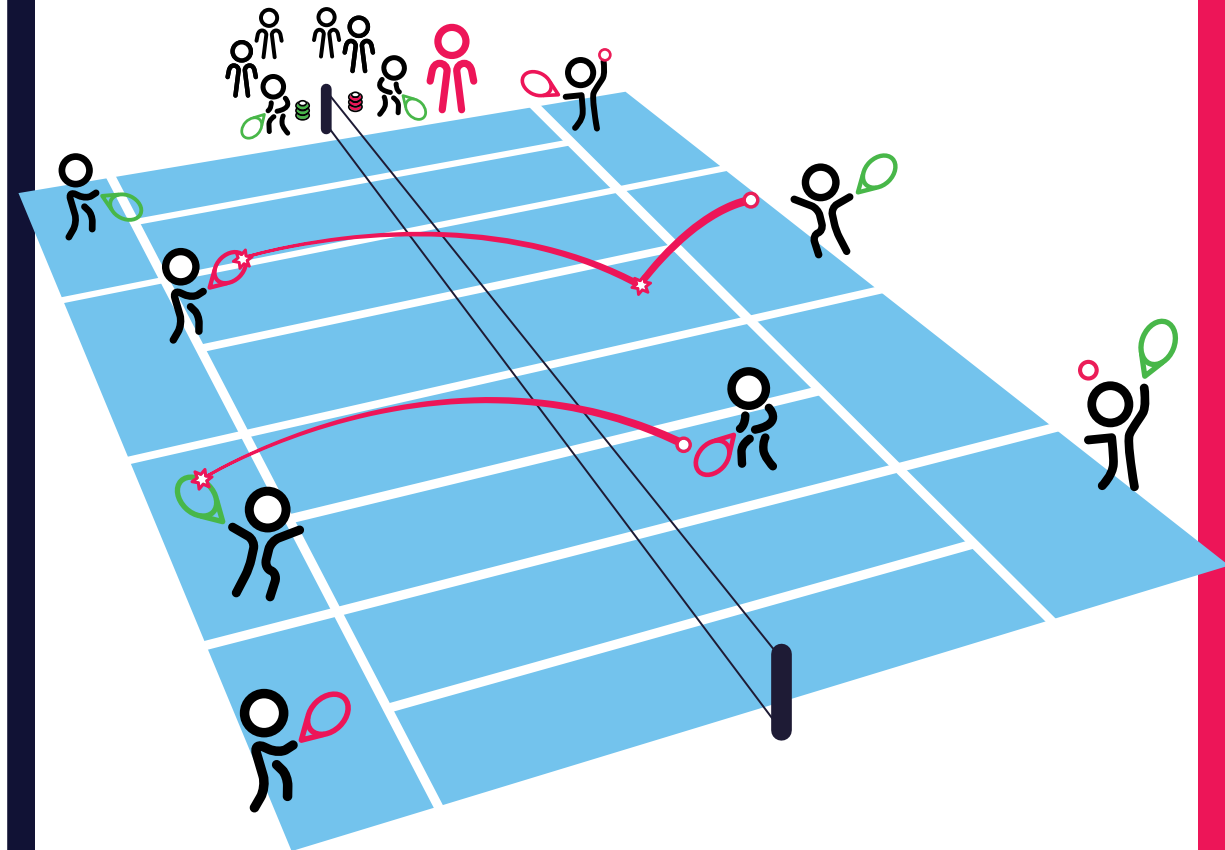
**Skill 4:** Micro tennis. See Tap up Skills. Six hits in a row scores a point.

**Skill 5:** Team tap up relay. In teams each player has a racket. Each team has a ball. Player 1 runs to a cone 5m away and back while tapping the ball up, then places the ball onto Player 2's racket who does the same. Award points to winning team or teams.

## AT THE END

- Add up the team scores and declare the winning team.
- Think about how you can make the activities more challenging for the next competition.
- Look at the harder section on the relevant activity cards.
- Create new stations using other skills on the activity cards.

# TEAM CONES



# TEAM CONES

## LEARNING OBJECTIVES

- To use skills and enjoy the experience of matches in a team competition.

## ORGANISATION

- For players who understand how to win and score points.
- Have 2 sets of coloured cones.
- Divide players into 2 teams: can be same or different numbers.

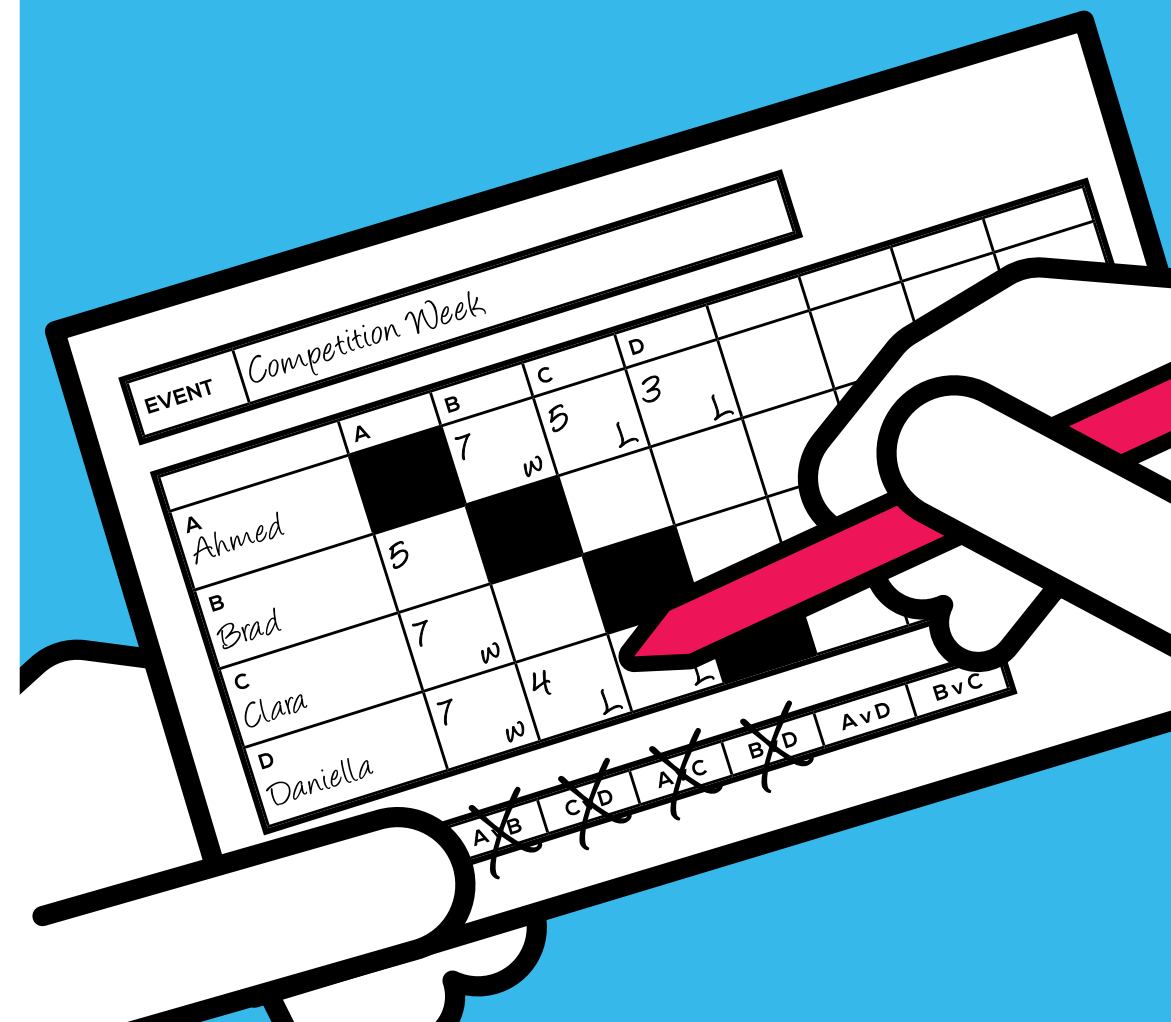
## ACTIVITY

- Explain to the players they will play some singles matches and when they win a match they win a cone for their team. The team with the most cones at the end is the winning team.
- Line each team up behind one team cone.
- The first player in each line goes to court 1, next 2 players on court 2, etc.
- Each match is to 4 points.
- If players need help with scoring see 'Scoring a Tie Break.'
- At the end of each match the winning player puts a cone onto the team cone stack and they both join the back of their team line.
- The next 2 players go to the free court.
- If the teams have different numbers the player rotation will happen naturally. If they have the same number, organise players so they have different matches.

## AT THE END

- At the end, count up the team cones, declare the winning team and hand out certificates/stickers.

# ROUND ROBIN GROUP



EVENT		Competition Week			
	A	B	C	D	
A Ahmed		7	5	3	
B Brad	5			L	
C Clara	7	w		L	
D Daniella	7	w	4		

Below the table, a row of match results is shown with some crossed out:

<del>A v B</del>	<del>C v D</del>	<del>A v C</del>	<del>B v D</del>	A v D	B v C
------------------	------------------	------------------	------------------	-------	-------



# ROUND ROBIN GROUP

## LEARNING OBJECTIVES

- To experience playing matches in an individual competition.

## ORGANISATION

- For players who know how to win and score points.
- Copy an appropriate scorecard and insert player names.
- Work out a scoring length. e.g. For 4 players on 1 court there are 6 matches. A tie break to 7 takes 10 mins. The group would take 1 hour.

## ACTIVITY

- Explain to the players how the group will work, the scoring, and how the winner is calculated.
- Follow the order of play.
- Tell players what to do when they are not playing, where they wait or help with scoring.
- Plan ahead and have the players for the next match ready to go on court.

### Completing the scores:

- Record results as matches finish.
- Put a player's score in the horizontal box in the opponent's column for both players in each match.
- The winner is usually the player with the most wins. If there is a 2 player tie, take the winner of the match between them. In the rare occurrence of a 3 player tie, calculate the percentage of points won of the number of points played.

Sample completion of a box: for a group of 4 players with matches of one tie break game to 7.

Group	A	B	C	D	Wins	Points for	Points played	Position
A Ahmed		7 W	5 L	3 L	1	15	34	4 (44%)
B Brad	5 L		5 L	7 W	1	17	35	2 (48%)
C Clara	7 W	7 W		7 W	3	21	35	1 (60%)
D Daniella	7 W	4 L	4 L		1	15	32	3 (47%)

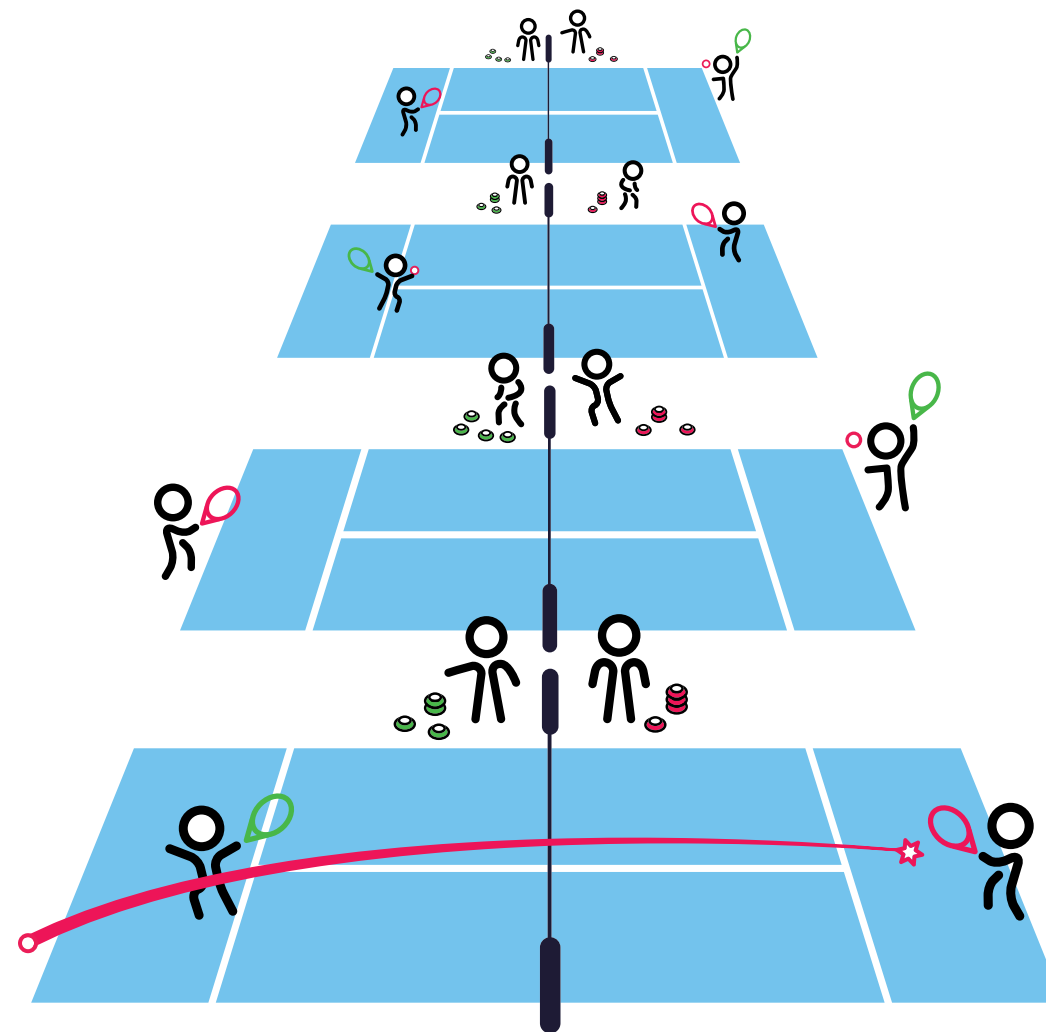
### Variations:

- For young players let all points count and the player with the most points wins. State this at the beginning.

### AT THE END

- Announce the winning player for each group and hand out certificates/stickers.

# TEAM ROUND ROBIN



# TEAM ROUND ROBIN

## LEARNING OBJECTIVES

- To experience playing matches individually whilst contributing to a team score.

## ACTIVITY

- For players who know how to win and score points.
- Use this card in conjunction with Competition Card 4 Round Robin Group.
- This version describes the format for 16 players in 4 teams. You can adapt number of teams or number of players in a team.
- Have group scorecards ready for groups of 4.
- Organise players into 4 teams and number the players in each team 1, 2, 3, 4 in order of standard.
- All the number 1 players go into group 1, the number 2 players go to group 2 and so on. Therefore each group has a player from each team.

## ORGANISATION

- Explain the format to the players – they play singles matches in their group. Matches are tie break scoring. Each match is 7 points (score could be 4-3, 5-2, etc) and all points won count towards their team score.
- Each group records match scores as the matches finish.

## AT THE END

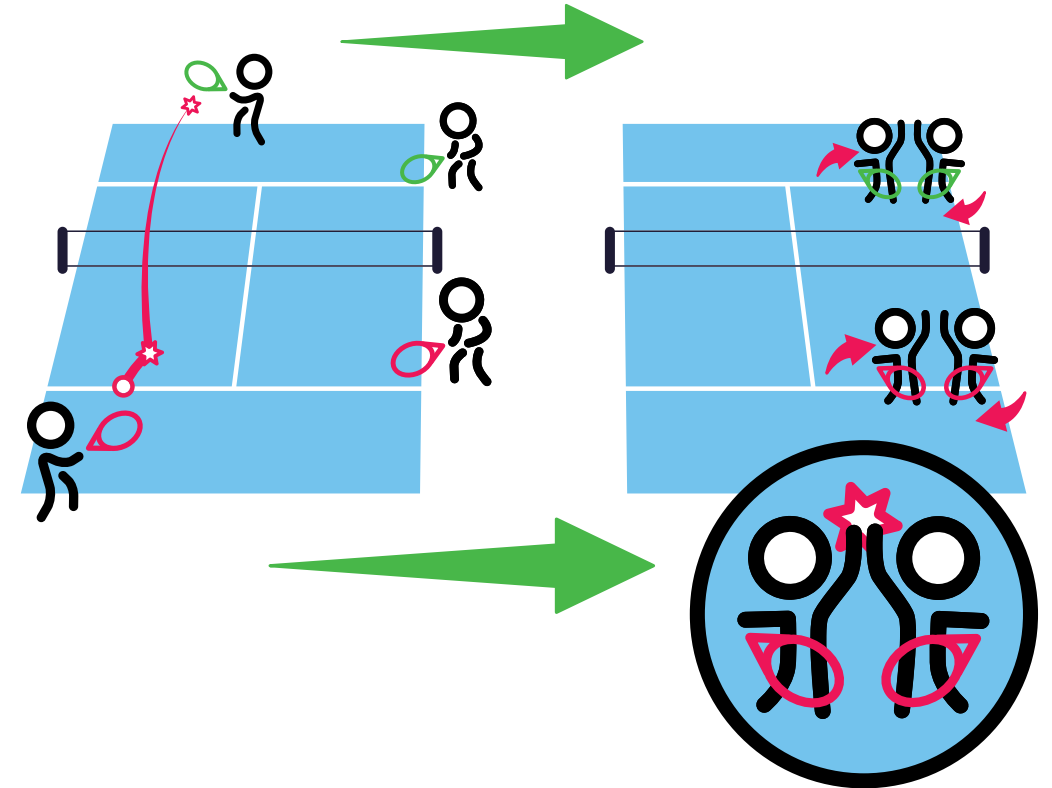
- As the groups finish add up the points for each player and record the scores.

Example team score card:

	Reds	Blues	Greens	Yellows
1	10	12	9	11
2	12	8	13	9
3	9	11	10	12
4	12	8	9	13
Total	43	39	41	45

- Add up the team points, declare the winning team and hand out certificates/stickers.

# TAG TEAM TENNIS



# TAG TEAM TENNIS

## LEARNING OBJECTIVES

- To practise playing points and scoring in a fun team format.

## ORGANISATION

- For players who know how to win a point. Particularly good for players learning how to score. For Mini Tennis Red use a whole court for matches. For Mini Tennis Orange and Mini Tennis Green use a half court with tramlines, service boxes as normal.
- Put players in 2s. It is also possible to have more than 2 in a team with more rotations of players.
- Match up opposing teams for matches.

## ACTIVITY

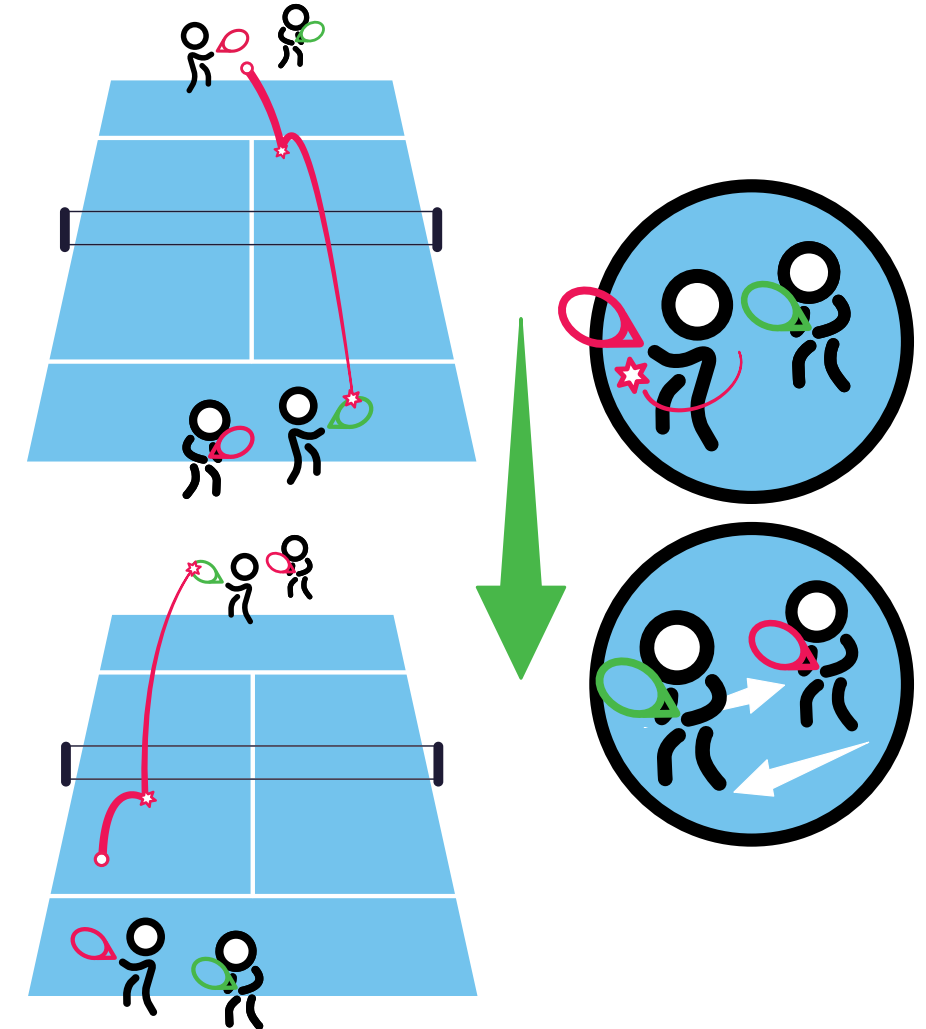
Explain the format and scoring to the players:

- Each match is the best of 3 tie breaks.
- The match starts between 2 players (1 from each team) with the others scoring.
- After every 4 points both players are 'tagged' (replaced) by their team mate and play continues. The scoring is continuous.
- After each tie break, rotate the order of players.

## AT THE END

- Declare the winning teams and hand out certificates/stickers.

# ONE HIT DOUBLES



# ONE HIT DOUBLES

## LEARNING OBJECTIVES

- To experience competition in a fun format.

## ORGANISATION

- Practise the 'alternate hit' format in previous lessons, so that they learn to play safely.
- Divide players into 2 teams and then, within each team, into pairs.
- Match up Team 1 pairs against Team 2 pairs on a court for each match.

## ACTIVITY

- Explain the format to the players: All matches play at the same time. Each match is between 2 pairs from opposite teams and in each pair the players hit the ball alternately. Play a tie break to 7.
- The first match to finish shouts STOP and all matches must stop instantly, not finishing the point.
- The pairs who have won or are winning at the time of stopping record 2 points for their team. If a match is drawn they both record 1 point.
- After Round 1 the pairs of Team 1 move UP the courts, and Team 2 stay and Round 2 starts.
- Play 2, 3 or 4 rounds depending on time.

## DISCOVER

- Add up the points, declare the winning team and hand out certificates/stickers.





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