

Activity Cards - Tennis School Games

Station 1 - Uppies

This challenge involves the player performing as many tap ups with the racket and ball that they can do in 1 minute. You have to hit the ball in the air and keep doing this without the ball bouncing on the floor. Players get 2 attempts at this challenge each, players does this challenge one at a time.

Equipment needed for this challenge: 21" mini tennis racket and a mini red outdoor felt tennis ball

Station 2 - Serve challenge

One by one players take to the serve challenge. Each players gets 10 serves and this is scored by how many out of 10 do they get over the net and in.

Equipment needed for this challenge: 21" mini tennis racket and 10 mini red outdoor felt tennis balls, a 6m mini red tennis net and throw down lines to split the court into 2 service boxes.

Station 3 - Walk a dog

One at a time players attempt to "walk their dog" through the park around "the trees". Keeping the ball by the racket on the floor players use the racket as a lead and the ball is the dog, they walk the dog around the cones and back like a slalom against the clock. The ball must be by the racket at whole time to look at control rather than whacking ball through cones. Points will be awarded according to time, for example under 20 seconds 10 points, 20 to 30 seconds 5 points and 30 seconds upwards 3 points.

Equipment needed for this challenge: 21" mini tennis racket,a mini red outdoor felt tennis ball and 5 cones about one step away from each other.

Station 4 - Balls out challenge

There will be an area marked out where you will start this challenge with 5 tennis balls in the middle on the floor. You are against the clock for this challenge and when the stopwatch starts players must run and take one tennis ball and put them on one of the 5 cones at a time coming back to the middle each time, the clock will stop when all of the 5 balls have been put on the 5 cones and the players gets back to the start position in the middle (where the balls were).

Points will be awarded according to time, under 20 seconds 10 points, 20 to 40 seconds 5 points and 40 seconds upwards 3 points.

Equipment needed for this one is 5 mini red outdoor felt balls and 5 cones.

Station 5 - Downies

This challenge is the direct to the uppies challenge. It involves the player performing as many tap downs with the racket and ball that they can do in 1 minute. You have to hit the ball downwards and keep doing so your literally bouncing the ball between the racket and floor repetitively. Players get 2 attempts at this challenge each, players does this challenge one at a time.

Equipment needed for this challenge: 21" mini tennis racket and a mini red outdoor felt tennis ball

Station 6 - Ball balance

This challenge involves the player balancing the ball on their racket strings and walking or running between 2 cones 10m apart from each other. Each time the player gets to a cone is 1, then next one 2 then 3 then 4 and so on. This is scored by how many times can they get to a cone in 1 minute. Each player goes one at a time for this challenge and gets 2 attempts at this.

Equipment needed for this challenge is 1 21" mini tennis racket and one mini red outdoor felt ball.

Station 7 - Team Challenge - Burger relay

This challenge involves teamwork, the rackets in this challenge act as the bun and the balls act as the burger. The first player balances their ball on their racket whilst travelling to the cone and back, then the second player puts their racket and ball on top of players one's racket and ball, both players then travel to the cone and back, player 3 then puts their racket and ball on top and all 3 players go to the cone and back then the 4 player puts a racket on top to finish the "burger" and they all go to cone and back. Points will be awarded according to the time it takes the team to complete the whole challenge, for

example a minute or less 10 points, 1 to 2 minutes 5 points and 2 minutes upwards 3 points.

Equipment needed for this challenge is 4 21" mini tennis racket, 3 mini red outdoor felt ball and 2 cones 10m apart.

Station 8 - Shuttle Run

This is a speed test, players will have to run to each cone and back to the start then run to the next one and back and so on until they have got back from the last cone.

Points will be awarded according to time, for example under 30 seconds 10 points, 30 to 50 seconds 5 points and 60 seconds upwards 3 points.

Equipment needed for this is 5 cones 10m apart from each other (first cone is the start cone)

Station 9 - Longest rally with leader

This station involves a rally with the leader, each player will get to take it turn to try this challenge. The leader will feed the ball over the net to the player underarm and then it is a rally to see how many shots they can do with the leader.

Equipment needed for this challenge: 21" mini tennis racket and a mini red outdoor felt tennis ball, one teacher or leader to rally with playing the role of the leader for the challenge.

Station 10 - Mystery Challenge

This challenge will remain a mystery until the day of the event