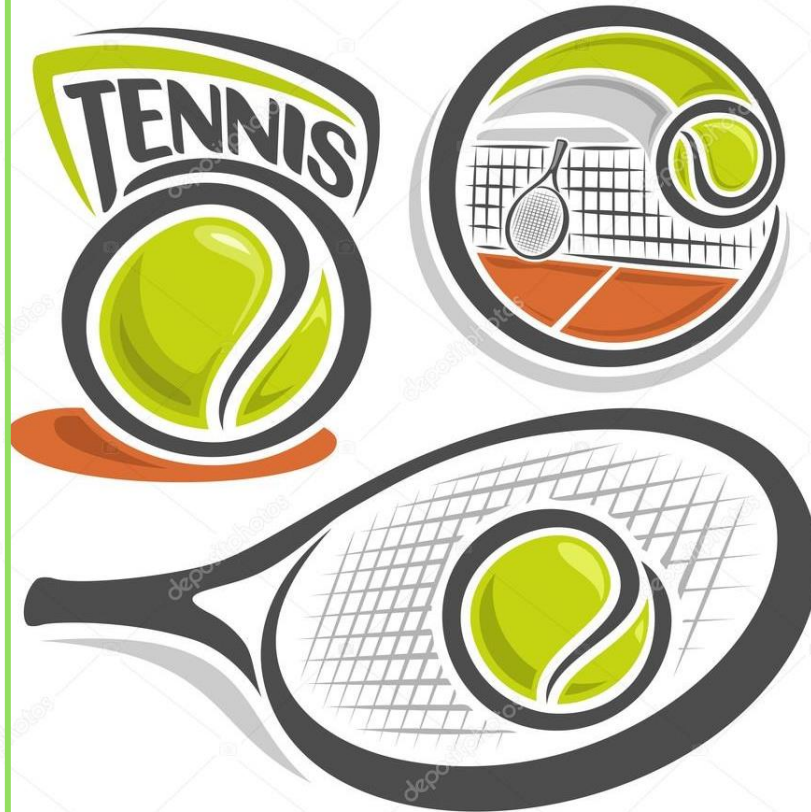


1. Balls Eye
2. Tennis Bowling
3. Wall Passing
4. Target Hitting
5. Keepie-Uppies
6. Clap and Catch
7. Bouncy Ball
8. Tennis Ball Hoopla
9. Egg and Spoon
10. Obstacle Course



Tennis Balls Eye



Task

- From the start line, use a forehand movement, throw the ball at the target
- Award yourself different points for each success
- Start close and as you progress move further away.

Additional Challenge: Add the racquet

Get creative & design your own targets



Forehand Shot

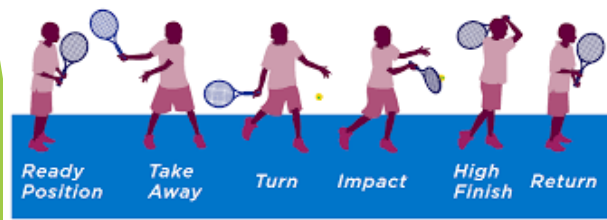


Tennis Bowling

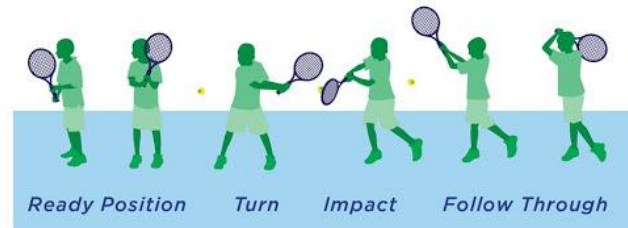


Task

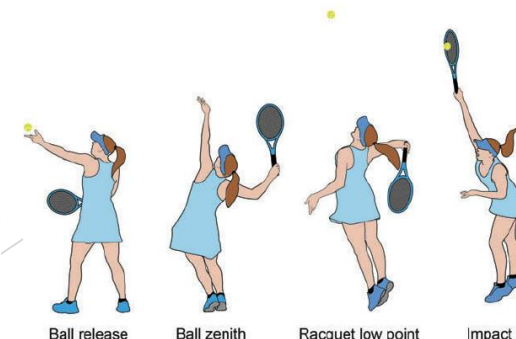
- Using a tennis ball, throw the ball from the line using a forehand, back hand, and overhead motion to knock the skittles down.
- Award yourself points for your success.
- Additional Challenge: introduce a racquet and try to knock the skittles over using the different shots



FOREHAND



BACKHAND



Overhead

Tennis Wall Passing



Task

- Hit a tennis ball off a wall
- Keep it going for as long as possible
- Use your forehand and backhand to help you
- Award yourself points for each hit

- Top Tip: allow yourself 2 bounces in between each hit
- Progress to one bounce only

Additional Challenge:

- Try using no bounces – this is called a volley



Forehand



Backhand



Volley

Tennis Target Hitting



Task

- Hit the ball from the line aiming for each hoop
- Award yourself points for each success
- Use forehand and backhand

Additional Challenge:

- Use different targets to challenge yourself



Tennis Keepie Uppies



Task

Practise your racquet skills with these challenges:

- Balance the tennis ball on the racquet, then throw your racquet and shuttle in the air(keeping the racquet in your hand!), catch the ball (softly) on the strings
- Add a bounce: throw, bounce on strings, then catch
- Continue adding bounces until you are comfortable
- How many bounces in a row can you complete?

Added challenge:

- Can you use your forehand and backhand?
- Can you alternate from forehand to back hand?
- Can you use the edges of the racquet or even bounce the shuttle off the end of the handle and then back to the strings?



Tennis Clap and Catch



Task

- Throw the ball up in the air with 2 hands, then clap your hands before catching the ball with 2 hands
- Start by throwing
- Try with 2 claps, 3 claps and so forth
- Award yourself points for each successful clap and catch
- Remember – keep you eye on the ball at all times

Additional Challenge

- Throw with 2 hands, catch with one hand only
- Throw with 1 hand, catch with 1 hand
- Use your weaker hand



Tennis Bouncy Ball



Task

- Using the palm of your hand, how many times can you bounce the ball off the ground without stopping?
- Try using your strong hand, then your weaker hand
- Use one hand then alternate to the other and repeat

Additional Challenge

- How many times can you bounce the ball in the air using your palm only
- Add a racquet and repeat

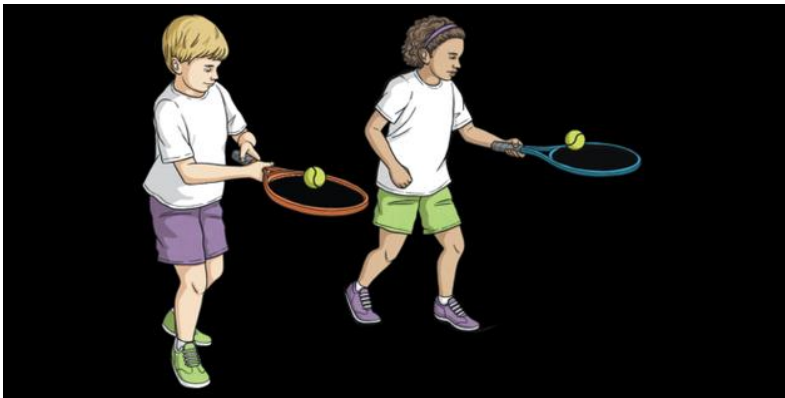


Tennis Ball Hoopla



Task

- With ball balanced on your racquet, run out to the hoop, place the ball in the hoop (using your racquet), and run back to collect the next ball. Repeat.



Tennis Egg and Spoon



Task

- Choose a large or small ball (or even a balloon) and using different sides of the strings, push the ball between the slalomed cones
- Progress to balancing the ball on the strings and walk or run around the slalom as many times as you can.
- Award yourself points for each lap you successfully complete



Tennis Obstacle Course



Task

- Think about the different skills used in tennis and create your own obstacle course
- Award 3 points each time you complete the course
- Deduct a point each time you drop the ball

