

Tennis

**Challenge-**

Name 5 ways to win a point in tennis

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**Challenge-**

**1. Label the key parts of a tennis court**

 **2. How many balls have landed with the singles court?**

**Can you name the last 5 Wimbledon champions?**

 **FEMALE Male**

**2015-**

**2016-**

**2017-**

**2018-**

**2019-**

Tennis Challenges

Challenge 3

Rally against a wall!

How many times can you hit the ball against the wall in succession? The ball can only bounce once.



Challenge 4

Watch this video of Rodger Federer and practice your forehand technique against a wall.

<https://www.youtube.com/watch?v=KLzaaln6Rf0>



Challenge 2

Can you hit a bottle / object using a serving action?

How many shots does it take?

Challenge 1

How many times can you keep the ball up? The ball must go higher than your shoulders.

Make it harder….. Try using both forehand and backhand.

