

# Tennis Skills Circuit



The activities below cover some of the different skills required during a game of tennis: hand-eye co-ordination, hitting the ball, special awareness and reaction times. The activities can be used in a skills circuit as described below or in isolation.

## Hand return:

- Organise the children into pairs. The children stand either side of the net, facing their pair. One player begins as the 'thrower' and one as the 'hitter'. The thrower throws the ball underarm over the net to the hitter. The hitter must try to hit the ball with their hand and return it to the thrower over the net. The thrower must then try to catch this ball. For each ball successfully hit and caught 5 points are won. After 5 throws the pairs swap roles.

**Equipment:** cones - 5 per pair, tennis balls - 1 each.

## Turtle flips:

- Place cones upside down around an area - these are turtles stuck on their backs! Children are to hit a ball in the air so that when it falls to the ground it hits the cone and flips it over. Children then return to cone to its original position and move to another cone. For each successfully 'flipped' cone children earn themselves 2 points.

**Equipment:** cones- roughly 15 per group of 5 children, tennis racket- 1 per child, tennis balls- 1 per child.

## Shuffle:

- Organise the children into pairs. Children stand opposite one another, with a distance of roughly 5m. One player begins with the ball. This player throws the ball over the net in one of three directions: straight, left or right. These throws must be within reaching distance of their partner. The player on the opposite side of the net must try to beat the ball and catch it before it hits the ground. For each successful catch the player wins 2 points. After 5 throws children swap roles.

**Equipment:** tennis balls - 1 per pair, a tennis net(s).

## Ball Keep Ups:

- Children each have a ball and a tennis racket. They move around a set out area hitting the ball, up and down, lightly on their racket. Each player begins with 50 points. For every 10 consecutive hits they earn 5 points. Each time they drop the ball they lose 1 point. Children are to keep track of their scores.

**Equipment:** tennis rackets- 1 per child, tennis balls- 1 per child.

