

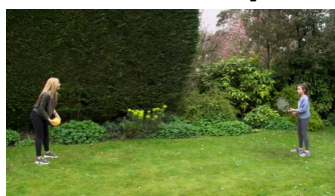
TENNIS AT HOME ACTIVITIES

Now you have the gear, time to put your energy into learning new skills.

Check out www.lta.org.uk/tennis-at-home for activities or try out some of the ideas on here. You can modify activities to suit your space.

Tag @LTA Tennis for Britain and show us what you can do!

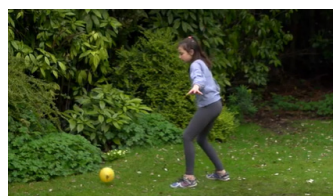
Activities: Tap & Trap



- Stand facing partner.
- 1 person has racket, the other a ball.



- Underarm throw ball to partner.
- Use your hand and racket to catch the ball.



- Drop the ball, let it bounce then hit it back with the racket.

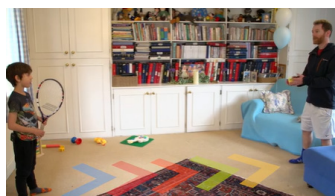
Tip:

Switch racket hands and use both sides of the body.

Challenge:

How many rallies can you do?

Pirate Catch



- Stand facing partner with a racket
- Partner underarm throws ball and calls 'left' or 'right'.



- Catch the ball standing on one leg that your partner has called



- Staying on one leg, bounce the ball once and hit back to your partner.

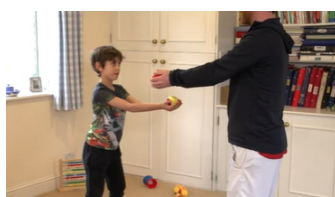
Tip:

To start at a lower level, begin with just a ball without a racket and catch the ball with your hands. You can make this harder by just catching with one hand on one leg.

Challenge:

How many can you catch without dropping the ball?

Switch Catch



- Stand close to your partner, each person with a ball.



- Hold the ball with your arm straight. Both drop the ball at the same time and try catch each other's after the bounce.



- To progress, start making your partner move more and drop further away.

Tip:

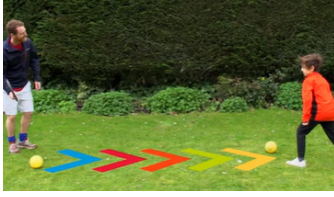
Reduce the bounce on the ball to make it harder or catch before the bounce. Try using different balls too for a challenge, rugby, football.

Challenge:

How many can you do in a row before you drop a ball?

Now that you've mastered the basics, let's go up a level.

Double Trouble



- Stand facing your partner with rackets in your right hands.



- At the same time, push a ball to each other.



- Stop the ball with the racket.
- Swap hands and repeat.

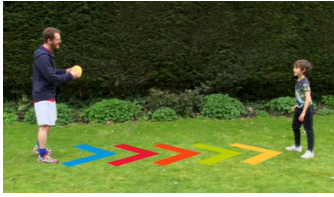
Tip:

Use the racket to hit and catch the ball to each other.

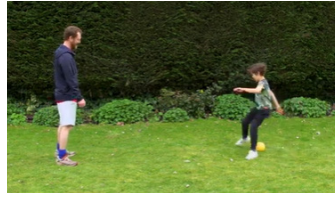
Challenge:

Competing with each other, who can get rid of both balls first? The person who ends up with 2 balls on their side loses.

Hand Ball Rally



- With a ball stand facing your partner.
- Roll the ball on the floor and shout 'right' or 'left'.



- Your partner stops the ball with the hand called.
- Step around the ball facing forwards.



- When you've completed a circle around the ball send it back to your partner using the same hand.
- Repeat.

Tip:

When running round the ball keep facing forward and take small and fast steps. Use a racket to make it more difficult.

Challenge:

How many rallies can you get in 1 minute?

Tap Up Tennis



- Stand facing your partner, one has a racket, the other a ball.
- Your partner underarm throws the ball to you.



- Let it bounce, then tap it up once using the racket before hitting it back.



- Try the same on your backhand.

Tip:

You can increase the number of tap-ups before hitting the ball back to your partner.

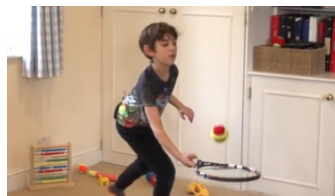
Challenge:

What are the most tap ups you can do with a bounce in between?

High 5 Rallies



- With a racket each face your partner.
- Your partner drops the ball, taps it up with the racket after a bounce and hits to you.



- You catch the ball.
- High 5 your partner with the racket.
- You repeat the same to your partner.



- Instead of catching your partner taps it up and hits back to you.
- That's a rally of 2 in a row.

Tip:

You can increase the number of tap-ups before hitting the ball back to your partner.

Challenge:

Set a rally target and see if you can achieve it each time.

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TENNIS TOP TIPS



Body Position

- Shake hands with racquet for basic grip
- Balanced ready position, racquet up
- Keep eye on the ball



Forehand/Backhand (Groundstroke)

- Swing racquet low to high
- Use backswing to create power
- Follow through towards target for accuracy



Volley (hit before a bounce)

- Short sharp shot
- 'Punch' ball with racquet rather than swing



Serve

- Underarm – drop ball from chest height and swing racquet low to high
- Overhead – throw ball high above head with non-racquet hand, meet the ball with racquet at its highest point



In all games within this booklet, the ball may be served underarm or overhead

Tactics

- Try to hit the ball to parts of the court that make it difficult for the opponent to return
- Try to disguise the shot from the opponent

Safety

Consider having no-go zones or specific striking areas to ensure players don't get hit with racquets or balls



THE GORILLA

1 PLAYER, 1 LARGE BALL (E.G. FOOTBALL)

Stand with feet wide apart and the ball on the floor between your feet.

- Bend your knees and put both hands on the ball with one hand in front of your legs and the other hand behind your legs. Pick the ball up then let it drop, change your hands around and catch it after the bounce.

TIPS

- Keep knees bent and your back straight.

EASIER

- Keep the ball on the ground and move hands to touch it.

HARDER

- Catch it before the bounce.
- Use a tennis ball.



THE SQUARE

1 PLAYER, 1 SQUARE MADE USING THROW DOWN LINES OR CONES (2-3 SHOES LENGTH FOR EACH SIDE)

- Start inside the square.
- Jump 2-footed across each line of the square in turn and back in again, going twice round clockwise. Always keep your feet pointing towards the front.

TIPS

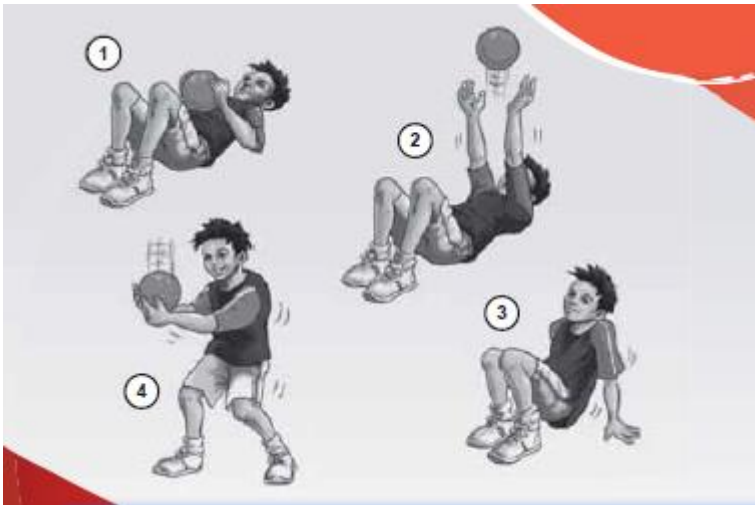
- Land and jump off the balls of your feet.
- Keep your balance and try not to look down.

EASIER

- Step across each line, one foot at a time, until confident with the routine.

HARDER

- Time two circuits of the square and try to beat your time the next go.



Start in a sit up position with the ball on your chest. Throw the ball up into the air ahead of you. Stand up and catch the ball before it touches the ground!

GR8

2 PLAYERS, 2 MARKERS, 1 BALL

Start in the centre of the 2 markers.

- Run around the 2 cones in a figure of 8, facing forwards at all times.
- Go 3 times round as fast as you can.
- Next time go the other way round.

TIPS

- Stay low and use your arms to help you.
- Keep on the balls of your feet.

EASIER

- Walk the figure of 8 and gradually build up speed.

HARDER

- A 2nd player throws and catches a ball with the moving player.
- Move one cone forward so the figure of 8 is done diagonally.

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LOBSTER KICKSTER

2 PLAYERS, 1 LARGE BALL

Get into the 'lobster' position, as above.

- Kick a ball to each other.
- Gradually start to move each other about and keep the lobster position.

TIPS

- Do this for short bursts of 30-60 seconds, then rest and go again.
- Focus on keeping the muscles around the trunk firm.

EASIER

- In lobster position, move along the baseline without a ball.

HARDER

- Play 3 v 3 football game with 2 goals, all players in the lobster position.





SLAM DUNK

2 PLAYERS, 1 LARGE BALL

- Player 1 throws the ball down onto the floor so that it bounces up high.
- Player 2 jumps high to catch it and immediately throws it down hard for player 1 to jump for.
- Keep alternating for 5 jumps each then rest.

TIPS

- Get your own head out of the way when you bounce the ball.
- Sink low to help you drive up high when jumping.
- Use your arms to help you jump up as high as you can.

EASIER

- Bounce the ball lower.

HARDER

- Team Version. Stand in a circle, Player 1 in the middle throws the ball down, and then goes back to the circle; the next player moves in, jumps and catches. Move round the circle.



PRESS UP TENNIS

2 PLAYERS, 1 BALL, 1 SQUARE MADE USING THROW DOWN LINES OR CONES (2-3 SHOES LENGTH FOR EACH SIDE)

Both players get onto hands and feet in a press up position, facing each other.

- Throw and catch the ball to each other letting it bounce in the square.

TIPS

- Nothing to mark out a square? Play over a line on the court.
- Keep a good press up position – don't let your back drop down.

EASIER

- Do the press up on knees.

HARDER

- Play points. The square is in.

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TRICKS AIR AND GROUNDIES



AIR & GROUNDIES

2 PLAYERS, 2 RACKETS, 2 BALLS

Players start facing each other, 4m apart

- Player 1 kicks one ball along the floor to Player 2. At the same time Player 2 hits the other ball to Player 1 using a racket. The 'hit' ball must bounce once before being hit back. Keep both balls moving.
- Count: 1 each time the air ball is hit. Stop counting when either of the balls is missed or when the air ball bounces twice.

COMPETITIVE

Count 1 each time the air ball is hit. Stop counting when either of the balls is missed or when the air ball bounces twice.

TIPS

Synchronise with your partner so that you each contact a ball at the same time.

Play against a wall if on your own.

EASIER

- For the hit, push the ball along the floor.

HARDER

- Kick with alternate feet.
- Hit with alternate hands.

CLOCK IT

Jog very slowly for 2 minutes then stand still imagining you're in the middle of a clock face; nominate 1 player to be the caller.

- Caller calls any number between 1 and 12.
- Players take a long stride (lunge) towards that number on the imaginary clock face, hold the position for a few seconds then go back to the centre. Do this for 6 numbers.
- Repeat stretching upper body by pointing arms.

QUALITY POINTS

- Keep facing the same way so that sometimes you stretch backwards.
- Hold each position for at least 5 seconds – feel that you are stretching the muscles in all the positions.

Add in
throwing and
catching a
ball.

EDGIE UPPIES

1 PLAYER, 1 RACKET, 1 BALL

- Hit the ball upwards using only the edge of your racket.
- Count: 1 for every edge. If you miss, start counting again from 1.

COMPETITIVE

- Count 1 for every edge. If you miss, start counting again from 1.

TIPS

- Use a chopper grip.
- Aim not to move around too much.

EASIER

- Hit alternatively with strings and edge.
- Hold racket further up the handle.

HARDER

- Hold racket further down the handle.
- Alternate between an edge and heading the ball.

YO-YO

1 PLAYER, 1 RACKET, 1 BALL

- Start with the ball on the ground.
- Use the racket to bounce the ball up to waist height and then squash it back down again.
- Count: 1 for each complete sequence up and down.

Stop counting if you fail to bounce the ball up or lose control.

TIPS

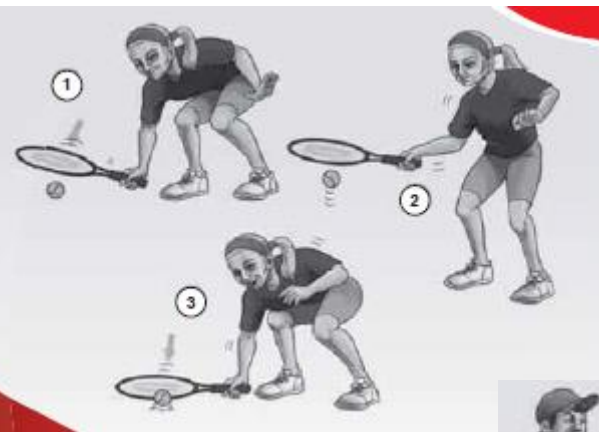
- Make the first hit of the ball snappy; and quickly move the racket up.
- Bend the knees not the back.

EASIER

- Bounce down as normal; pick up by sandwiching ball between racket and foot.

HARDER

- Bounce the ball to waist height in only 2 hits.



DOUBLE DOWN

1 PLAYER, 2 BALLS

- Using both hands, continually bounce 2 tennis balls down to the floor. Aim to have both balls hitting the ground at the same time.
 - Count: As the balls hit the floor count 1, 2, 3 etc.
- Stop counting when you lose control of either ball.

TIPS

- Start by bouncing one ball, then add the 2nd ball once in a rhythm.

EASIER

- Bounce down 1 ball with alternate hands.

HARDER

- Use different size balls.
- Use one racket and one hand.
- Use 2 rackets.

TWISTED CRADLE

1 PLAYER, 1 RACKET, 1 BALL

Hold the racket with a ball resting on the strings.

- Gently swing the racket upwards so the ball goes in the air. Quickly turn the racket over and catch the ball on the other side, without it bouncing on the strings.
- Count: 1 for each successful cradle completed in a row.

Keep counting until you lose control of the ball.

TIPS

- Start low before sending the ball up.
- Reach up with the racket to catch the ball and cushion it down, to stop it bouncing off the strings.

EASIER

- Remove the twist.
- Throw ball with hand and catch with racket.

HARDER

- Spin the racket twice.
- Catch behind your back.

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WALK THE DOG

1 PLAYER, 1 RACKET, 1 BALL

With the racket low and by your side.

- Walk or jog while bouncing the ball slightly forwards then slightly backwards.
- Keep the ball moving in time with your pace.
- Time: how long you can keep the ball moving under control.
- Or Count: 1 for every hit.

COMPETITIVE

- Time you and see how long you can keep the ball moving under control.

TIPS

- Relax the wrist slightly so you can move the ball back and forth easily.
- Keep the racket low by your side.

EASIER

- Move the ball backwards and forwards while standing still.
- Or tap the ball down trailing behind.

HARDER

- Race players over a set distance, enforcing the back and forth motion of the ball.

BACK ATTACK

2 PLAYERS, 2 RACKETS, 1 BALL

Players stand 5m apart.

- Rally a ball with partner hitting every other shot with the racket round the back of your body.
- The ball bounces once between hits.
- Count: 1 for each shot played. Stop counting when the ball bounces twice between shots.

TIPS

- When hitting 'round the back' - move your body to the side of the ball.
- Keep the racket head up when 'round the back'.

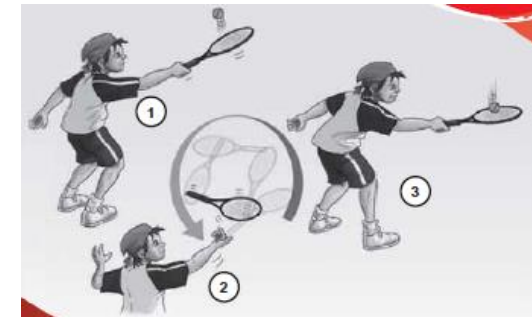
(Or against a wall)

EASIER

- Rally normally and only hit the easier balls 'round the back'.

HARDER

- Hit every shot 'round the back'.



COLOSSAL CATCH

1 PLAYER, 1 RACKET, 1 BALL

Start with 1 ball resting on the racket face.

- Flick the ball high into the air in one movement.
- Then toss the racket 360° and catch the ball back down on the strings.
- Count: 1 for each ball you catch.

TIPS

- Flick the balls high but straight to give time to toss the racket.

EASIER

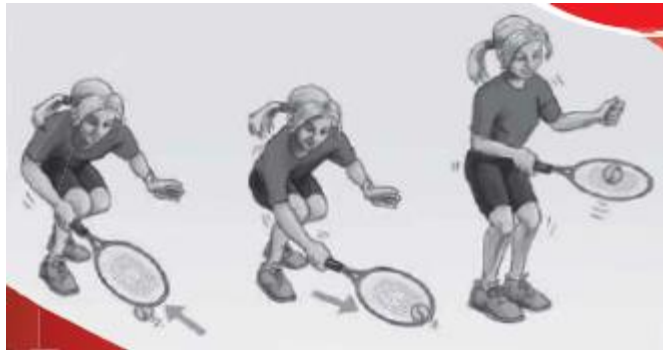
- Just rotate the racket without using a ball to catch.

HARDER

- Do the same with 2 balls at once.

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THE SCOOP

1 PLAYER, 1 RACKET, 1 BALL

Put your ball on the ground and stand 1m behind it.

- With the racket - roll the ball backwards slightly and scoop it up onto the racket strings.
- Don't let the ball bounce on the strings or fall off the racket.
- Count: 1 for each scoop. Stop counting when you fail to complete the scoop.

COMPETITIVE

- Count 1 for each scoop. Stop counting when you fail to complete the scoop.

TIPS

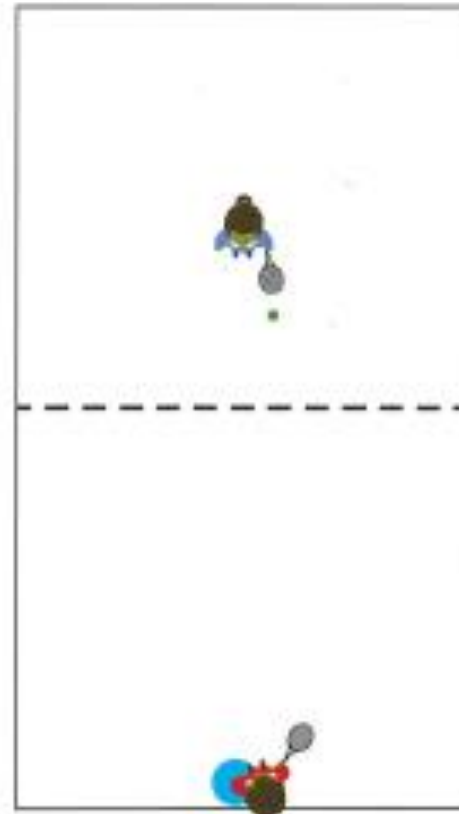
- Use one fluid motion from rolling the ball back to scooping.
- On the scoop - hold the racket as close to 90° to the ground as possible.

EASIER

- Flick a ball up from the floor against a wall or fence and catch before it bounces.

HARDER

- Scoop and catch 2 balls at once.

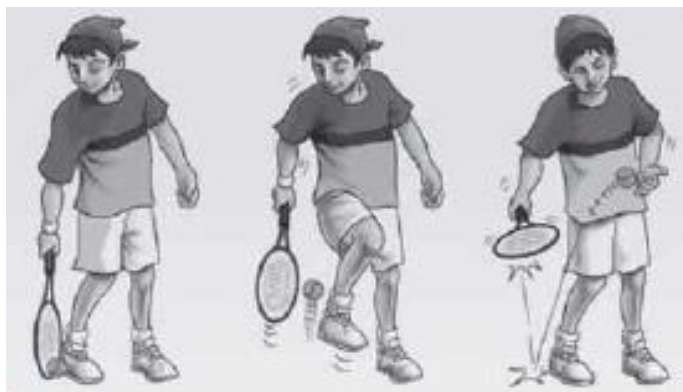


Home Base

- Place a cone/spot at centre back of court
- Play on a small area, with a feeder on one side of the court
- Feeder shouts "forehand/backhand/volley" as they feed ball onto court
- After each shot players must move back to touch cone/spot with foot
- Points for returning ball in court

Adaptations:

- Feeder doesn't call shot, striker has to react to ball
- Feeder becomes striker too and must also touch cone on their side
- Points only won for outright winners, not for missed shots/out of bounds/hit net



FOOT FLICKS

1 PLAYER, 1 RACKET, 1 BALL

Put the ball on the ground and stand with a foot alongside it.

- Use the foot and racket together and flick the ball up into the air in one movement.
- Hit the ball down to the floor then catch it when it bounces up again.
- Count: 1 for each successful foot flick in a row. Stop counting when you fail to catch the ball.

COMPETITIVE

- Count 1 for each successful foot flick in a row. Stop counting when you fail to catch the ball.

TIPS

- Bring the foot and the racket up snappily together.

EASIER

- Position each foot at opposite sides of the ball, flick the ball up and catch it

HARDER

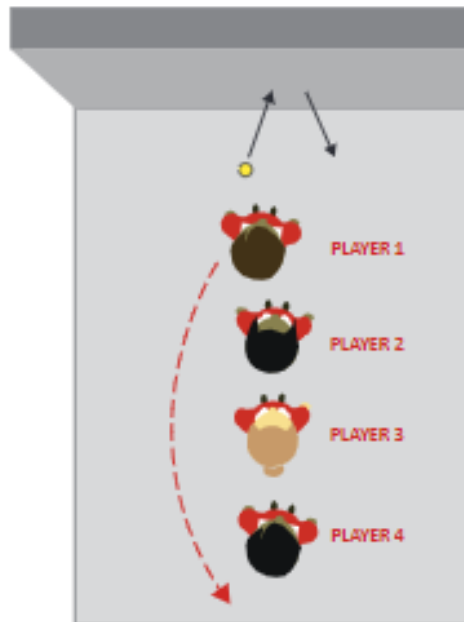
- Catch the ball straight from the flick - without hitting it down.
- Flick the ball up, head it, then catch it.

THROW, BOUNCE, CATCH, REPEAT...

Player 1 throws the ball against the wall
Player 2 lets the ball bounce, then catches it

Adaptations:

- Move further away from the wall
- See how many you can do in a certain time
- Try different throws or without a bounce
- Add in a tennis racket

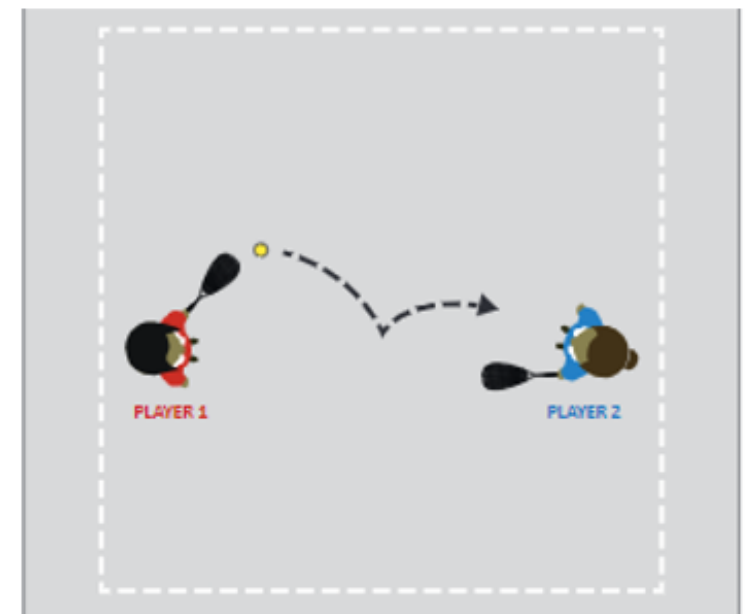


SQUARE SQUASH

Play in pairs within a square area
Player 1 taps the ball up into the air above waist height
Player 2 returns ball by also hitting the ball into the air (one bounce allowed)
Play first to 11 points

Adaptations:

- Play co-operatively and see how many hits you can get
- If a player misses a shot you must start again at zero



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BATTLESHIPS

4-3-2-1

Number each player 1-4

Players take it in turns to hit a set number of shots against the wall (e.g. player 1 = 4, player 2 = 3, player 3 = 2, player 4 = 1)

Adaptations:

- Allow two bounces
- Change the number of hits
- Mix up the numbers (e.g. player 1 then player 3 etc.)
- See if you can complete it within a certain time

Mark out a dividing line to mark the middle of the court

Players place spots (or any household objects e.g. empty toilet roll/empty milk bottle) randomly around their area

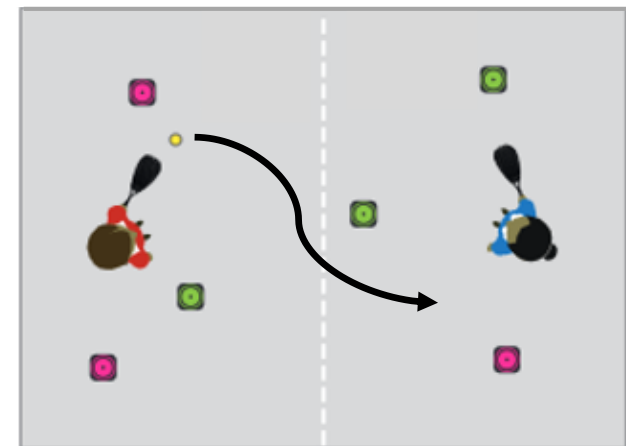
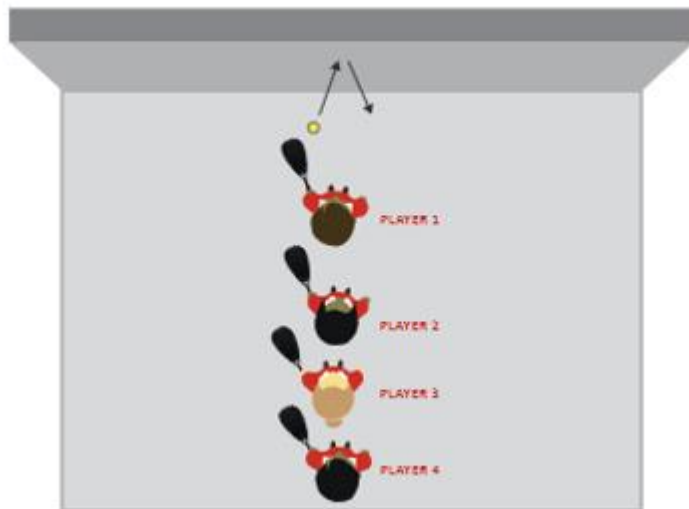
Players take it in turns to bounce and hit the ball aiming to hit one of their opponents' spots

If successful, the spot is removed

The player that removes all their opponents spots first wins

Adaptations:

- Allow players to defend their spots by catching the ball before it bounces
- Play a normal game of tennis – hitting the spot = extra point



Giants, Wizards and Elves

There are 3 commands in this game; Giants, Wizards and Elves with the same principle as Rock, Paper, Scissors. The game can be played in two large teams or in pairs against each other individually.

The Giant stands on tip toes, raising their arms in the air looking as fierce as possible making a 'grrr' noise

The Wizard stands slightly crouched and waves their wand casting a marvellous spell by shouting 'shaaazam' The Elf crouches down really low, cups their ears in their hands and makes a high pitch 'eee' noise.

The leader needs to give an enthusiastic demonstration so the young people follow suit!

Giants beat elves, because giants are able to "squash" elves. Elves beat wizards because they outsmart them. Elves chew at their legs. Wizards beat giants because they are able to zap them with a magic spell. If both teams / young people show the same character, no one wins. Rounds keep repeating until one team wins (the other team is completely captured).

ADAPTATIONS:

- Can be played in teams or individually
- Can start as Rock, Paper, Scissors so young people remember the principles
- Young people can make up their own 3 characters and their skills in relation to their interests



PEOPLE: Any number
EQUIPMENT: None
TIME: 2 - 5 minutes



Tennis Adaptation – perform the action:

- A smash beats a forehand
- A forehand beats a volley
- A volley beats a smash

Heads, Shoulders, Knee's...

In partners, team members stand 1 metre apart from one another with an object in the middle on the floor (for example cone, ball, pen). All participants start on their toes ready to go. The leader shouts a range of different body parts which then the young people have to touch (on their own body!). Once the leader shouts 'Grab' both players have to try and pick up the middle object before their partner gets there.

Make sure to give a safety tip of keeping your head out and hands in to avoid bumped heads!

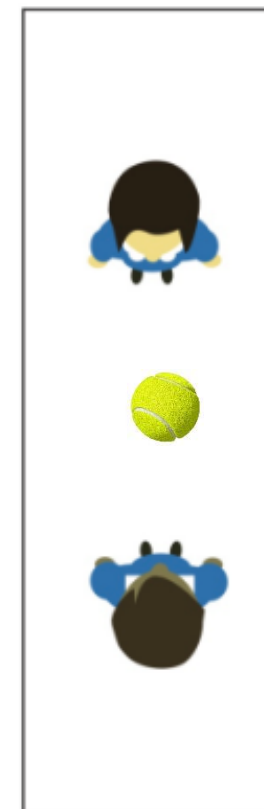
ADAPTATIONS:

- Use muscles and bones to test participant's anatomical knowledge!
- Speed up and / or Use more active commands to get participants warmed up; 'high knees', 'jump', 'touch the wall' 'sit down'
- Give participants responsibility to make up commands
- Rotate around so participants get to play against different people

PEOPLE: Any number

EQUIPMENT: Any item - ball, pen cone etc.

TIME: 2 - 5 minutes



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SQUICKET

Mark out an area for the batter and bowler to stand, and a scoring zone

Bowler throws the ball underarm to bounce in front of the batter (with or without a wall)

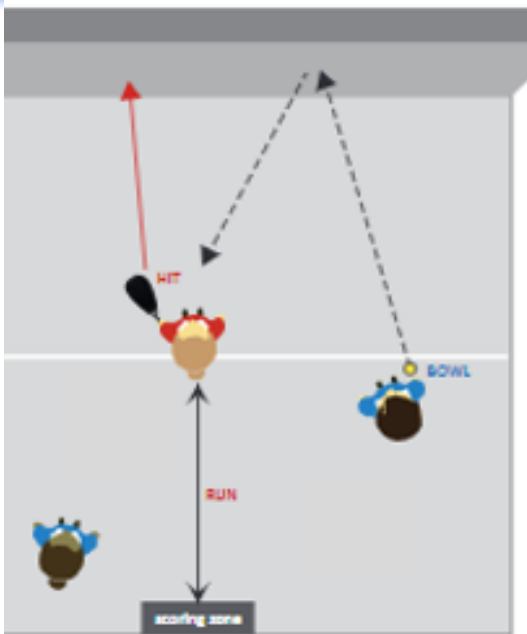
Batter hits the ball and runs to the scoring zone and back. If successful 1 run is scored

Ball is returned back to the bowler and then can bowl as soon as they are back on their starting point

Batter is out if the ball is bowled to the batters' point before the batter, or if the bowler/fielder catches the ball before it bounces on the floor

Adaptations:

- Mark out an area where the ball has to land so that the fielder has a chance of catching the ball
- Widen the distance of the scoring zone



SQUASH 360

Place a hoop (or something to make a circle) on the floor and designate an outer boundary

Players hit the ball to bounce inside the hoop

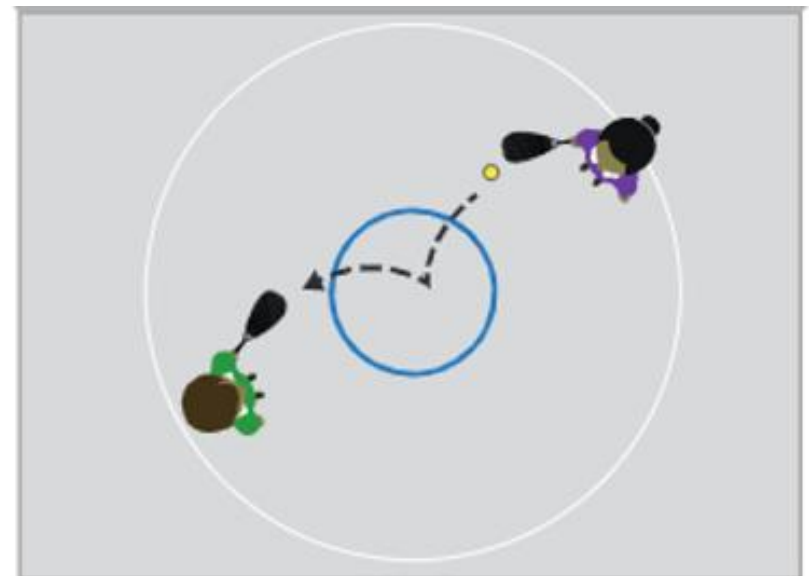
Only one bounce allowed before returning the ball

Ball must land within the outer boundary

Players can move around the playing area as dictated by play

Adaptations:

- Change the number of bounces allowed
- Move the outer boundary
- Make the inner circle smaller or bigger



Can it!

EQUIPMENT

Frisbee/flying discs, buckets/empty bins

Adapt into using a tennis ball rather than a frisbee – 1 v 1

HOW TO PLAY:

- 2 buckets, 20m apart
- 2 teams of 2, team mates standing at opposite ends
- Thrower sends frisbee towards bucket
- If frisbee lands straight in bucket - score 3 pts
- Team mate can deflect frisbee into bucket for 1 point
- Highest score after 10 throws each wins

ADAPTATIONS:

- Change distance between buckets
- Throw with non-dominant hand

TOP TIPS

- Follow through towards target
- Consider force and angle of throw



Target

Ping

Category

Net and Wall

Equipment

Net, table/wall, bats, balls, chalk, hoops, cones

How to Play:

Scoring zones/targets are marked out on one side of table/on the wall. Players hit or throw ball towards targets. Players have 10 shots to get their highest score, then rotate to new table/wall.

Adaptations:

- Change targets/scores
- Play in a pair or team

Questions for Understanding:

- Which targets are the hardest to hit?
- How do you change how you hit to the front/back/side of table/wall?



Top Tips

- Follow through towards target
- Try using a variety of flight, power, angles to hit target

My Top Tips

My adaptations:

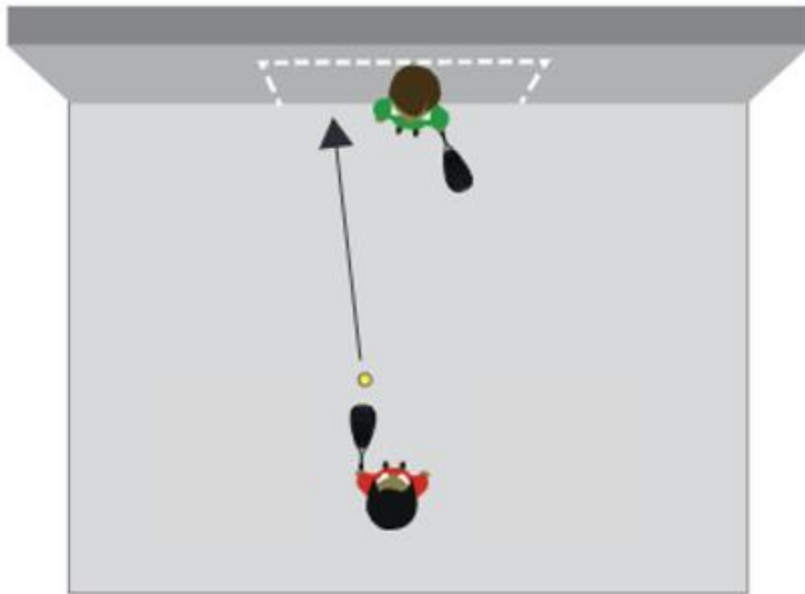
My questions:

DEFEND THE GOAL

Mark a goal on a wall or create one using 2 objects/fence posts
Player attempts to hit the ball into the goal area
Goalkeeper uses racket to defend the goal
Players win points for hitting the goal and the goalkeeper wins' points for deflecting the ball away

Adaptations:

- Change the size of the goal
- Use non-dominant hand



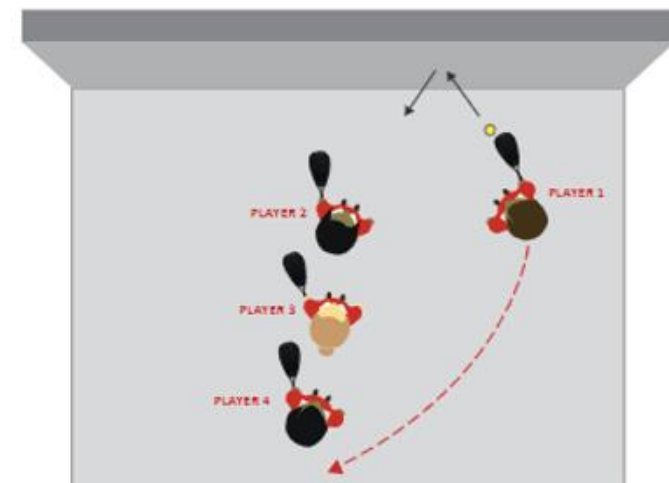
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ROUND THE WORLD

Similar to the 4-3-2-1 game shown earlier
Each player starts with 3 lives
Player 1 plays the ball against the wall for player 2 and then moves to the back of the line
Player 2 quickly moves onto the court to play the ball for player 3, then moves to the back of the line
Play is continuous, with each player playing one shot until a mistake is made
A player who makes a mistake loses a life

Adaptations:

- Change the number of bounces allowed or increase the number of shots each person takes before moving to the back of the line
- Players work together as a team to try and hit a set number of shots



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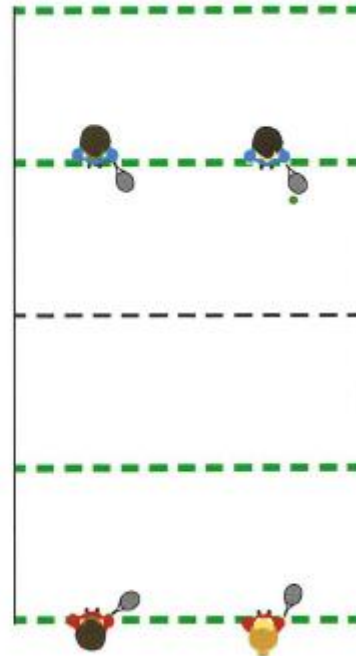


Waves

- Play singles or doubles over a net/line
- Everyone starts on baseline
- Win a point = move to service line/halfway
- Win again = move to net
- Lose a point = move back one line (can't move further back than baseline)
- If a player wins the point at the net they win a point for them or their team

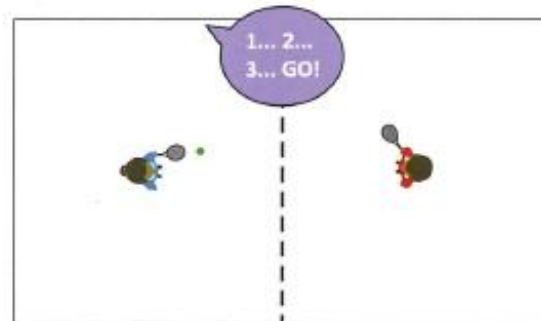
Adaptations:

- Forehand/backhand shots must be played at baseline, volleys at the net
- Players/teams can only move forward for points won on their serve



Game On

- Play singles or doubles over a net/line
- Play 3 shots co-operatively
- After 3rd shot it becomes competitive and players can play for a point



Adaptations:

- Play co-operatively for as many shots as players want, they can decide to go for a winner at any time
- Points earned are then based on how many co-operative shots were played eg. 8 co-operative shots played before winner = 8 points, 2 co-operative shots played before winner = 2 points
- Points only won for outright winners, not missed shots

READY, SET, STRIKE
find a space, perform ready position then mime a shot

RELAYS
bounce up, down, roll along floor, balance on racquet, sandwich ball in pairs, be creative!

ROBIN HOOD
run into area to retrieve ball and then strike back to team

STUCK IN THE MUD
roll ball through legs to release stuck player

**CIRCLE PASS/
NUMBER PASS**
pass in sequence

DVD PLAYER
play=go, rewind=move backwards etc. with ball balanced on racquet

- Tennis is a racquet sport that can be played individually against a single opponent (singles), or between two teams of two (doubles)
- Play alternate hits over a net/line/divider
- Only one bounce allowed before returning ball
- Ball must land within court

Win a point if the opponent:

- misses the ball
- hits the ball into the net
- hits the ball out
- allows the ball to bounce twice before returning



No of Points Won	Corresponding Call
0	Love
1	15
2	30
3	40
4	Game



...or just play first to 7 points!

Be creative – make a court out using things at home e.g. chairs, or a washing line!



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