

TENNIS

Basic Ball Skills

Each child has a racket and a ball and they must balance their ball on the racket strings. Once they are comfortable doing this standing still get them to move around the court, still keeping their ball on their rackets.

Next step is to get them standing still again and try to bounce the ball on their racket as many times as they can. Once they have gained confidence this then they are to do the same whilst moving around the court

Finally they are to once again stand still and this time bounce the ball on the ground in an opposite manner too before so the ball is going between their racket and the ground. Once they are comfortable with this skill then they can try doing this whilst moving around the court.

Jail

All the children line up across the net from the coach. The coach feeds a ball in one at a time for each child to return with any shot back over the net. Each child starts on 3 lives and if they fail to return their shot or their shot does not bounce in the coaches side of the court, they lose a life.

Once a child has lost all 3 lives they are in jail and join the coach on their side of the net, becoming a catcher. If they catch anyone's shot they get back in whilst putting the person who's shot they catches in jail, regardless of how many lives they have. When someone returns from jail through catching a ball they only have 1 life.

The winner is the last child standing who can get their shot in without it being caught. If they are unable to do this then everyone is back in.

Around The World

Split the groups in half with each queuing on either side of the net. They take it in turns to hit the ball over the net to each other. After their shot they join the back of the other sides queue going around in a clockwise direction.

Each child has 3 lives and loses a life for every shot they do not successfully return. Once all lives have been lost they are out. Once it is down to the last 2 they must spin 360, instead of running to the other side, in-between shots until one has lost all their lives.