



RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

@ActiveSchoolsED

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

Tennis Games @ The Hub 2020

There are videos from different Tennis Clubs across the city. Some of the challenges are listed below.

Challenge 1

Tennis Coordination - Set out 4 markers about a metre apart – run through the shoes and then side step back. How quickly can you do this 3 times?

Challenge 2

Reaction drills (5 skills)

1. Partner holds the ball up and you have your hands above their hands. Your partner drops the ball and you catch it with one hand after no more than one bounce.
2. Repeat the above with your non dominant hand
3. Repeat with No bounce allowed
4. Repeat now with 2 balls (one in each hand)
5. Repeat with 2 balls and no bounce

Challenge 3

Reaction drills

1. Keep the balloon up using the pole held between both hands (how long can you keep going?)
2. Throw the ball onto the wall and catch when it rebounds (the ball is not allowed to bounce). Catch with one hand and then the other.
3. Use the tennis racquet and hit the ball against the wall (the ball is not allowed to bounce). How long can you keep going without the ball bouncing?

Challenge 4

Racquet skills

1. Keepie uppies (bounce the ball on the centre of the racquet). How many can you do in a minute?
2. Try keepie uppies with your non dominant hand
3. Hit the ball down on to the ground and see how many you can do?

If you don't have a racquet you can try with your hand

Record your score and check the medal table below to see if you achieved a **GOLD, **SILVER** or **BRONZE** medal.**

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Video 1 Coordination Challenge – how quickly can you run through the cones and side step back 3 times	13 seconds or quicker	14 seconds – 18 seconds	18 seconds or slower		
2	Reaction drill – how many of the 5 skills did you manage to do?	4 out of 5	2-3 out of 5	1 out of 5		
3	Reaction drill (how long can you keep the ball or balloon up)	More than 3 minutes	1-2 minutes	Less than a minute		
4	Racquet skills how many keepie uppies can you do in a minute	More than 60	59-25	1-24		