

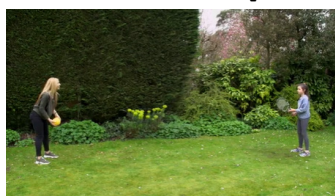
TENNIS AT HOME ACTIVITIES

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!

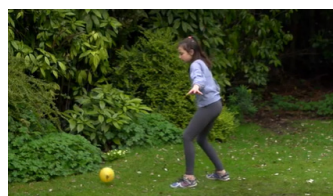
Activities: Tap & Trap



- 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.

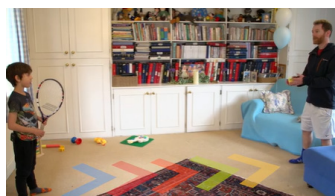
Tip:

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:

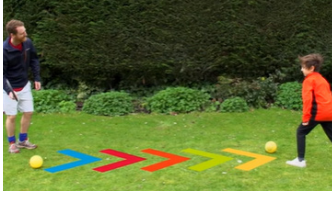
Reduce the bounce on the ball to make it harder or catch before the bounce. Try using different balls too for a challenge, rugby, football.

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.

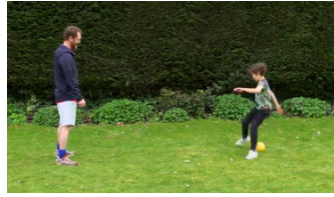
Challenge:

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.

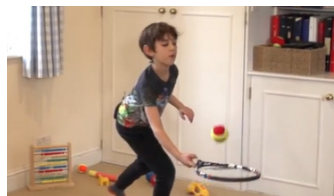
Challenge:

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.