

TENNIS – TIMED TENNIS

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GAMES

Quick introduction

Games can be for any time – all matches start and stop at the same time.

Getting started

- Four players per court for doubles and two players per court for singles.
- Use either standard (15, 30, 40 etc.) or mini tennis (1, 2, 3 etc.) scoring and rules.
- Set up the appropriate number of players on each court, ready to play .
- Matches start at the sound of a whistle and last for a set period of time (e.g. five minutes).
- The period of time will depend on the number of courts, number of players and overall amount of time available.
- Depending on previous experience, you can play on a normal sized court or use mini tennis rules and format (e.g. smaller courts, smaller rackets and slower balls).



Play for five minutes

TENNIS – TIMED TENNIS

Organising the game

- Use a standard tennis court, or indoors/outdoors Mini Tennis Red courts.
- The number of points won within a match could be put on a league sheet, so players gain points even if they lose a match.
- Leaders should act as team captains and set up and organise the activity.
- Timed Tennis can either be run as a one-off activity, or as an ongoing league basis, with different teams competing against each other.

Officiating

- Timed Tennis can be officiated and scored by the players. Make sure they know how to score!
- Alternatively you can have a Leader helping on each court.
- If you are organising or umpiring use a big voice to give instructions and be confident when calling the ball in or out.

Keeping it fun

- Use doubles or mark out more courts if you have got lots of players to keep everyone active.
- Ask players for any adaptations to the rules or make up some alternative rules before the start of the game.

Think inclusively

- Adapt the rules to introduce some challenges with players trying to:
 - cooperate to play the longest rally
 - allow underarm or throw serves to get the rally started
- Adapt the game to make it easier by using mini tennis equipment or low-compression balls.
- For wheelchair users allow the ball to bounce twice.

Keep it safe

- Players not participating should stand at the side of the court, by the net.
- Players should be aware of other players on courts next to them.

Think tactics

- Keep your opponent on the go by hitting the ball into the open space!

Spirit of the Games: Excellence through Competition



Tennis is a game of honesty – call the lines (whether the ball goes in or out) fairly and replay the point if you're not sure.

Ali, Luton College

66 Timed Tennis has been great fun and a good way to interact with friends and get some healthy competition. 99

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Big ideas

Use a computer and screen so everyone can see the results and upcoming matches.



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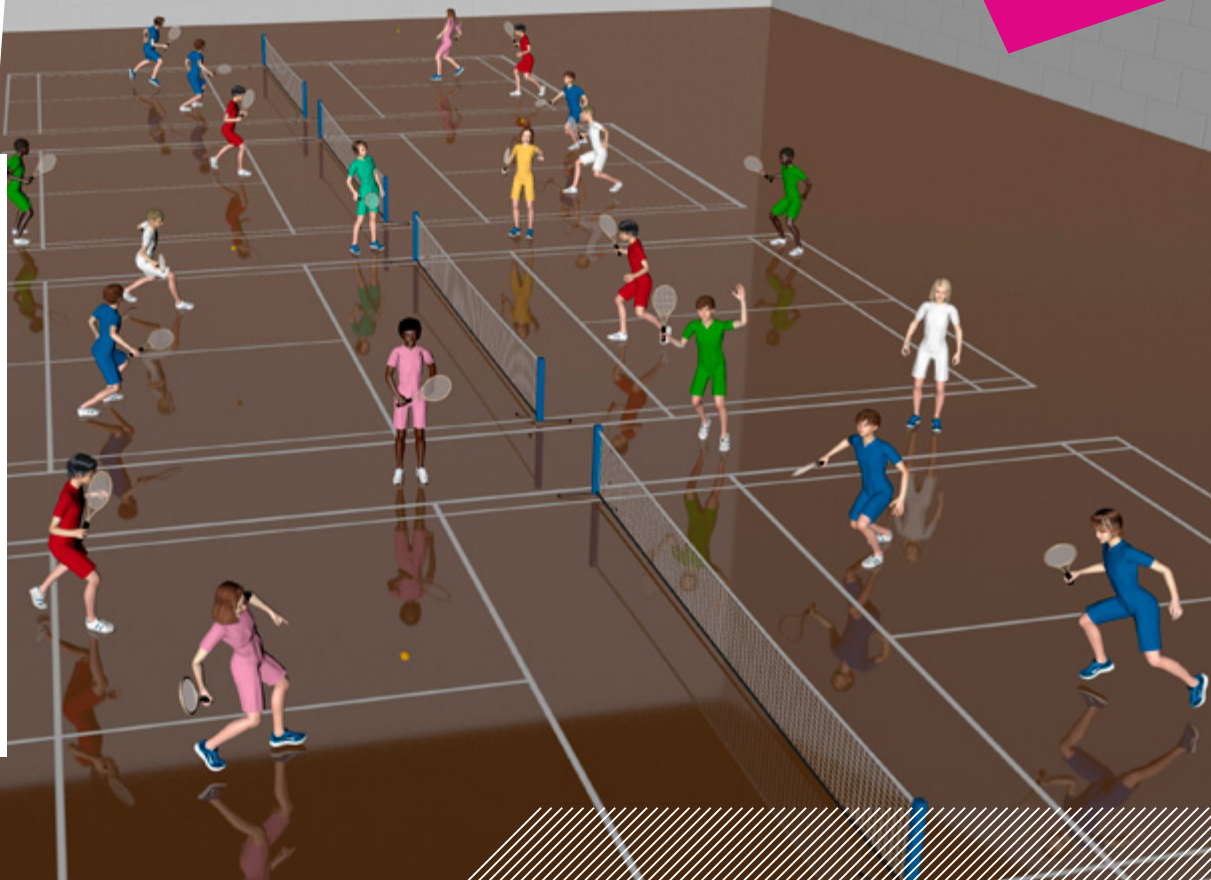
TENNIS – TOUCH TENNIS

Quick introduction

It is all in the name: touchtennis levels the playing field for everyone by encouraging long, intense rallies and clever angle play.

Getting started

- touchtennis can be played in a sports hall on badminton courts, in the playground or any large indoor space!
- Four players per court for doubles and two players per court for singles.
- Matches should be short and sharp, such as five minutes
- Use tie break scoring format (first to seven)
- Play continues until the time is up
- Each point won counts towards the team total, the team with the most points at the end of the match wins
- If scores are tied then the match is a draw
- The team that wins the most matches overall wins the event



TENNIS – TOUCHTENNIS

Organising the game

- First serve must be overarm but second serve can be underarm.
- Serve must be diagonal and land inside the service box.
- Once ball is in play it can land anywhere inside the court.
- Once the ball is thrown to serve it must be hit.
- If the racquet leaves your hand in order to make a shot, then that shot will still count so long as your racquet does not fly over the net on to your opponents side of the court;
- If you drop your racquet you may continue that rally with any part of your body!
- No Let Rule – if the ball clips the net and then lands in the correct service box (diagonal to the server) then that ball is considered “in play”.
- If your serve hits your opponent without bouncing then it is a fault UNLESS they are touching the service line or are inside the service box when the ball hits them in which case the server wins the point.
- A serve may not be volleyed back by the returner.

Officiating

- touchtennis can be officiated and scored by the players. Make sure they know how to score!

- Alternatively you can have a Leader helping on each court.
- If you are organising or umpiring use a big voice to give instructions and be confident when calling the ball in or out.

Keeping it fun

- Use doubles or mark out more courts if you have got lots of players to keep everyone active.
- Ask players for any adaptations to the rules or make up some alternative rules before the start of the game.
- Grunting – it is recommended that you grunt during play as it is known to distract your opponent!

Think inclusively

- Adapt the game to make it easier by allowing two bounces of the ball (if needed).
- Allow “throw” serves for players that need it.
- Introduce a larger or slower ball for players with SEN/ disabled players.

Keep it safe

- Players not participating should stand at the side of the court, by the net.
- Players who want to warm up should do so away from the playing area.

Think tactics

- touchtennis is all about outwitting your opponents – hit a drop shot followed by an outrageous lob!

Spirit of the Games: Excellence through Competition



Tennis is a game of passion – celebrate your winners and bounce back from your defeats!

Jordan, Uxbridge College

“ I never really played tennis before, but really enjoyed the indoor touchtennis competition as its easy to play and we have loads of quick matches at lunchtimes. ”



Big ideas

Use social media to make everyone aware of your touchtennis competition!



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TENNIS – #YOUvsWALL

Quick introduction

Play against yourself or as a team to take on the WALL!

Getting started

- Lots of famous tennis players have started by practicing against a wall, including: Novak Djokovic, Roger Federer and Maria Sharapova.
- All you need to get started is a racket, ball and a wall!
- Make sure you are warmed up first:
 - start close to the wall (e.g. 2-3 metres back) and concentrate on being accurate and controlling the ball
 - keep moving and be on your toes ready to anticipate the ball
 - remember you are not trying to hit full shots just yet!
 - this warm up is great for getting your muscles warm and improving your hand-eye coordination.



TENNIS – #YOUvsWALL

Organising the game

- Once you are warmed up now the challenge really begins!
- You can compete against yourself and aim to beat your personal best:
 - how long can you keep a rally going for?
 - can you hit alternate forehands and backhands?
 - can you hit a ground stroke (forehand or backhand) and move in for a volley off the wall? How many times can you do this in a row?
- Or, you can compete in a team:
 - hit your shot and move to the back of the line!
 - next player up hits their shot and so on!
 - miss the ball or wall and you're out until the next round!

Officiating

- Young Leaders can help organise the activity and make sure everyone gets a go.
- They can also help keep count and help you improve on your previous score.

Keeping it fun

- Do not hog the wall – play team games if there are lots of players waiting.

- If you lose accuracy move closer to the wall and start again!
- Remember practice makes perfect!

Think inclusively

- Adapt the game to make it easier by using mini tennis equipment or low-compression balls.

Keep it safe

- Be aware of people around you at all times!
- Don't forget to ask your teacher's permission before hitting against the wall so you don't interrupt a lesson and mind the windows!

Think tactics

- Hit the ball so it is not too high, too low or too far away from you.
- Try to out manoeuvre your opponent by playing drop shots or moving them sideways or backwards, but under control and not too far from the wall!

Spirit of the Games: Excellence through Competition



#YOUvsWALL requires determination as it is a game of mental concentration and physical skill!

Jordan, Concorde Centre

66 The #YOUvsWALL challenge is really fun – I practice on my own now too so I can beat everyone! 99

Big ideas

Invent your own way to play! Come up with your own game, give it a name and off you go. Post videos of your best trick shot to social media using #YOUvsWALL and watch it go viral!

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