



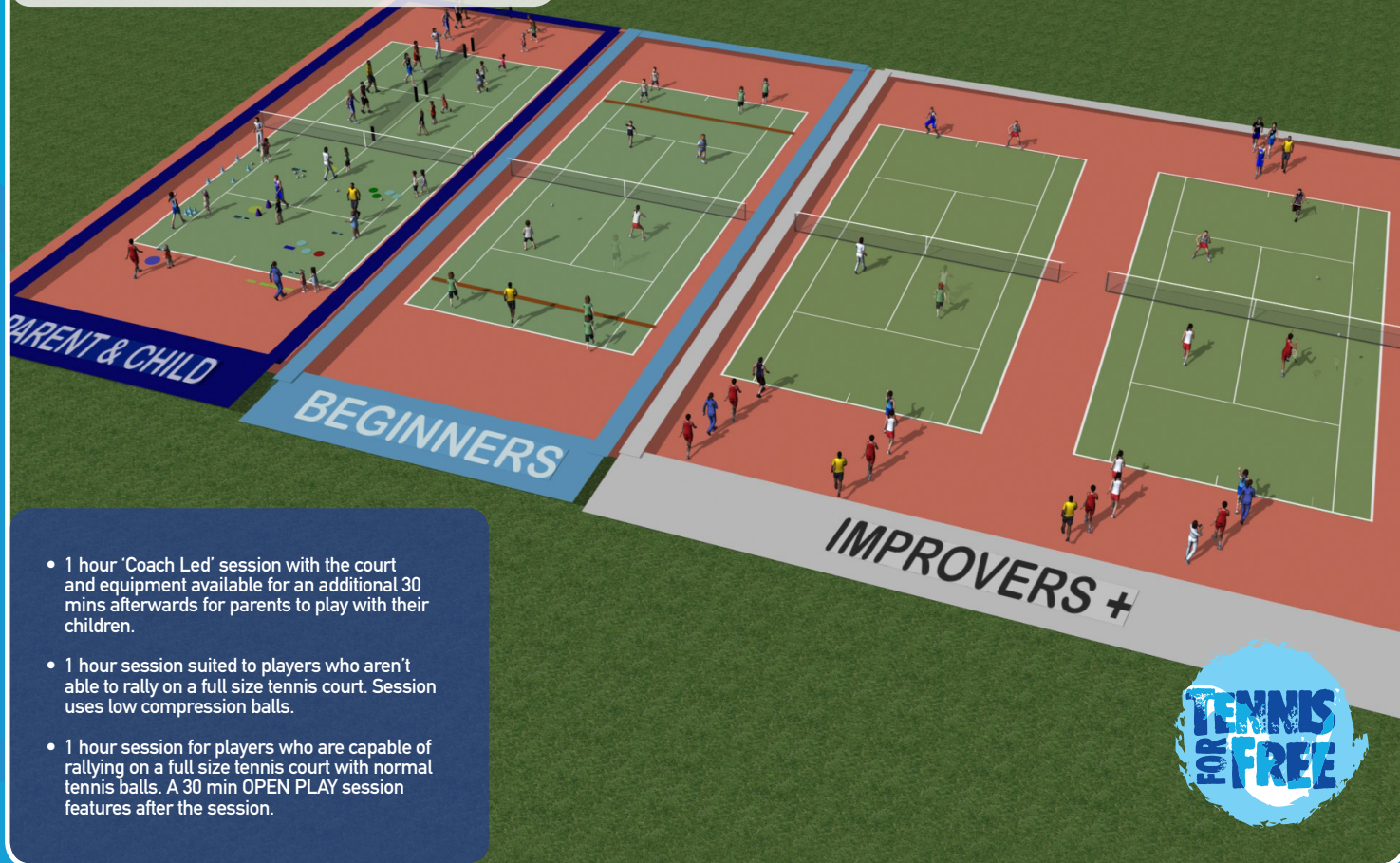
drills

& games

SESSION STRUCTURE CARDS

B E G I N N E R S

SESSION STRUCTURE



- 1 hour 'Coach Led' session with the court and equipment available for an additional 30 mins afterwards for parents to play with their children.
- 1 hour session suited to players who aren't able to rally on a full size tennis court. Session uses low compression balls.
- 1 hour session for players who are capable of rallying on a full size tennis court with normal tennis balls. A 30 min OPEN PLAY session features after the session.

B E G I N N E R S

BEGINNERS SUITABILITY CHART

COACH / LEADER REQUIRED

Drill / Game suited to:

4 - 8 players on a court

8 - 12 players on a court

12-16 players on a court

16-24 players on a court

Drill / Game Type:

Competitive

Scoring

Teams

Pairs

Individual

Dead ball

Cardio

Working on:

Groundstrokes

Volleys

Smashes

Serves / Return of Serve

Target Practice / Zone hitting

| | Quick Fire - Service Box | Quick Fire - Tap Hit | Battle Stations | Wipeout | Handball | Jail | Battleships | Minefield | Rollo | CC - King of the Court | CC - Crazy Feed | CC - The Lobbing Game | CC - Tap Hit Tennis | Barrier Tape Tennis | Attack 2 Ten - S'Court | Relay tennis | Witches & Wizards | Tennis Cricket (I) | Defender | Drop Drill - Short Court | Around the World - SC |
|--------------------------------|--------------------------|----------------------|-----------------|---------|----------|------|-------------|-----------|-------|------------------------|-----------------|-----------------------|---------------------|---------------------|------------------------|--------------|-------------------|--------------------|----------|--------------------------|-----------------------|
| COACH / LEADER REQUIRED | | | ● | ● | | ● | ● | ● | | ● | ● | ● | | | ● | ● | | ● | ● | ● | |
| Drill / Game suited to: | | | | | | | | | | | | | | | | | | | | | |
| 4 - 8 players on a court | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 8 - 12 players on a court | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 12-16 players on a court | ● | ● | | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| 16-24 players on a court | | | | | ● | | | | ● | | | | ● | | ● | ● | ● | ● | ● | ● | ● |
| Drill / Game Type: | | | | | | | | | | | | | | | | | | | | | |
| Competitive | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | ● |
| Scoring | | | | ● | ● | | | | ● | | | | | ● | ● | ● | ● | ● | ● | | |
| Teams | | | ● | ● | ● | | ● | | ● | | | | | | ● | ● | ● | ● | ● | | |
| Pairs | | | | | | | | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | |
| Individual | ● | ● | | | | ● | | ● | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Dead ball | | | ● | | | ● | ● | | | ● | ● | ● | ● | ● | ● | ● | | | ● | ● | ● |
| Cardio | | | | | ● | ● | | | ● | | | | | | ● | | ● | | ● | ● | ● |
| Working on: | | | | | | | | | | | | | | | | | | | | | |
| Groundstrokes | ● | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Volleys | ● | ● | ● | ● | | | ● | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | |
| Smashes | ● | ● | | ● | | | | | ● | ● | ● | ● | ● | ● | | | | | | | |
| Serves / Return of Serve | | | | | | | | | | | | | | | | | | | | | |
| Target Practice / Zone hitting | | | ● | ● | | | | ● | ● | | | | | | ● | ● | ● | ● | ● | ● | |

AROUND THE WORLD - SHORT COURT

Overview

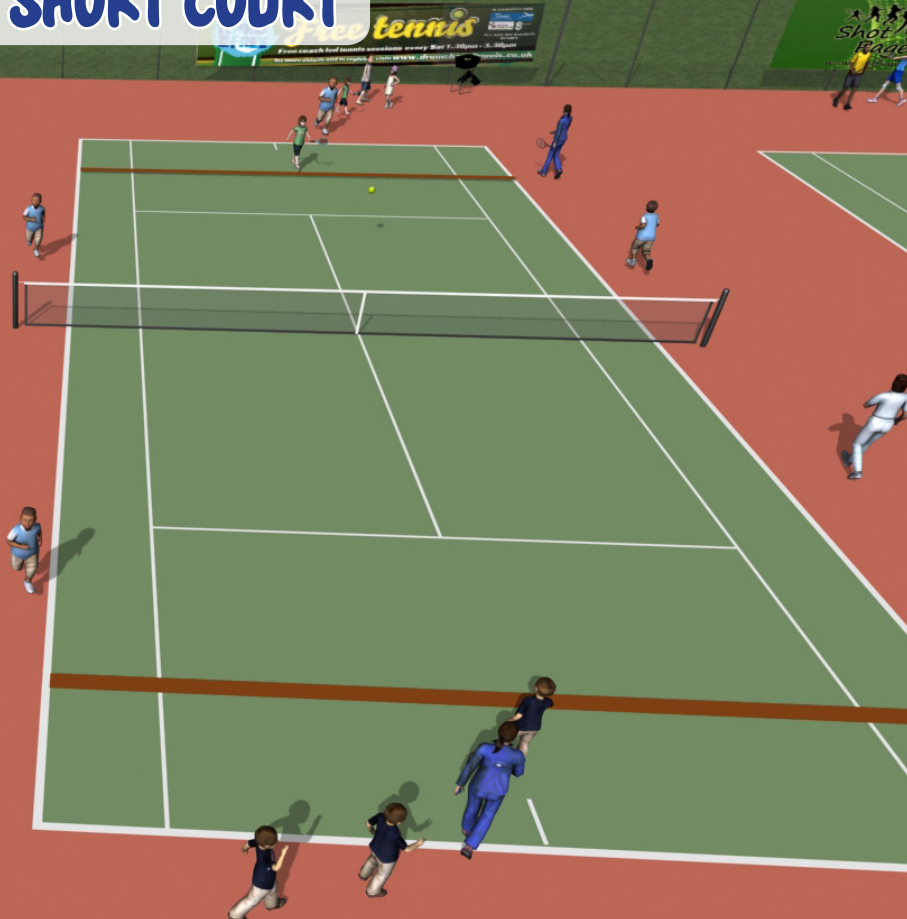
'Around the World - Short Court' is a scaled down version of 'Around the World' with the only difference being the short court lines and low compression balls to make the game easier. As with the full version of the game, 'Around the World - Short Court' involves players playing a single shot and running around the court (anti-clockwise) to the opposite side of the court. If they miss the ball they are out of the game. As players are eliminated the game continues until 4x players are left and at such time, the players rotate around their own side of the court (unlike normal full 'Around the World' game where players continue to run around the opposite side of the court until the last two players). The remaining players continue to play until just one player remains who is declared the winner.

Key Considerations

- Tap Hit privilege can be used for weaker players to enable them to compete more evenly in the game.
- Typically just one life would be given to players to enable the game to reach a quick conclusion, but multiple lives (no more than x3) can be given to each player to create a longer version of the game.

Safety Considerations

- There is a tendency for the queue to be too close to the active playing area. Be sure to allow a 3 metre gap between the short court baseline and the first person in the queue.



ATTACK 2 TEN - SHORT COURT

Overview

'Attack 2 ten - short court' is the scaled down version of a game played in the Improver+ group. This scaled down version involves using a shortened court with short court lines. The game is target focused with emphasis on attacking mid-court shots. The court is set out with x10 cones forming a back court zone with a further x4 cones grouped together as the ideal hit zone. The game involves splitting players into two teams. In this scaled down version, the Coach / Leader feeds all shots and players hit a single shot at the diagonal opposite end of the court, after which, they run around the court and re-join their team queue. If they successfully hit the ball in this zone, the Coach / Leader places a ball on one of the open top cones. The game continues until all x10 open top cones have a ball placed on them. If a hitter successfully hits the block of x4 cones, two balls are added to their x10 open top cones and a ball removed from their opponents cone set.

Key Considerations

- A throwing round(s) can be used to progress the game if the target zones are not being hit and hence the game not progressing.
- Coach / Leader should match the feed to the standard of each player. Volleys can also be used instead of groundstrokes.
- Coach / Leader can feed from net if group is particularly weak.

Scoring

The team that fill up their ten cones with balls first are the winners.



Players who have just hit their shot exit the court to the side and run around the court and re-join their queue.



Coach / Leader feeds a single ball to each player at the front of their team queue.

BARRIER TAPE TENNIS

Overview

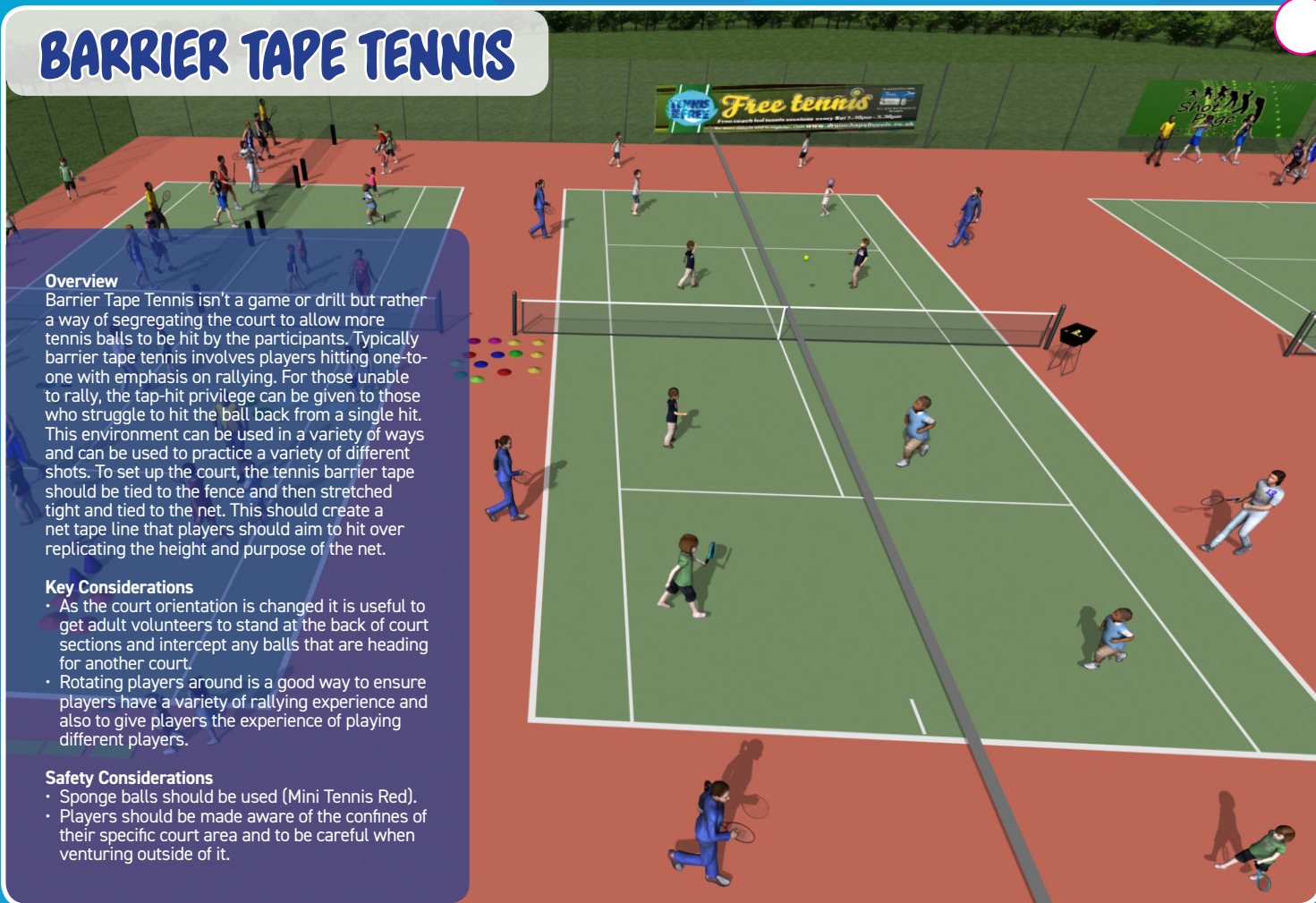
Barrier Tape Tennis isn't a game or drill but rather a way of segregating the court to allow more tennis balls to be hit by the participants. Typically barrier tape tennis involves players hitting one-to-one with emphasis on rallying. For those unable to rally, the tap-hit privilege can be given to those who struggle to hit the ball back from a single hit. This environment can be used in a variety of ways and can be used to practice a variety of different shots. To set up the court, the tennis barrier tape should be tied to the fence and then stretched tight and tied to the net. This should create a net tape line that players should aim to hit over replicating the height and purpose of the net.

Key Considerations

- As the court orientation is changed it is useful to get adult volunteers to stand at the back of court sections and intercept any balls that are heading for another court.
- Rotating players around is a good way to ensure players have a variety of rallying experience and also to give players the experience of playing different players.

Safety Considerations

- Sponge balls should be used (Mini Tennis Red).
- Players should be made aware of the confines of their specific court area and to be careful when venturing outside of it.



WITCHES & WIZARDS

Overview

Witches & Wizards is a team game involving a variety of skills being developed. These include throwing, catching and hitting. The game involves the Coach / Leader splitting the group into two teams as Wizards and Witches. The game involves 3x active areas of the court. These include:

1. The Feeder
2. The Hitter (player at front of queue)
3. The Catcher

The game works by the feeder throwing a ball under-arm for the hitter to try to hit the ball so that 'The Catcher' can successfully catch the ball inside a Wizard hat or Witch Hat themed cone. If the catcher successfully catches the ball in their Witch or Wizard hat, they place the ball in a scoring zone (typically a row of open top cones as shown in the illustration - however a marked out scoring zone can be used instead). Once a successful catch has been made, the 3x active positions move to different areas. The Catcher re-joins the queue as a hitter, the Feeder moves into position to become the Catcher and the Hitter (who successfully hit the ball resulting in the catch) moves into position as the Feeder. The game continues until a predefined score is reached, or, the highest score at the end of a predefined time.

Key Considerations

- Coach / Leader can request a change of positions in a team if they feel there is too long without a score (ie there is a weak link in the partnership of Feeder, Hitter, Catcher).
- The Hitter should be told to aim the ball to allow the Catcher to catch the ball in the cone (and avoid aggressive hitting).

Safety Considerations

- Inactive players in queue to be at least 3 metres behind the hitter.



TENNIS CRICKET

Overview

Tennis Cricket can be played as an individual game or team game. The illustration represents the individual version of the game. In both versions, there is a dedicated 'batsman' who is fed a ball from the Coach / Leader and must hit the ball over to the opposite side of the court and be sure for it to land in court. If they successfully achieve this, and, if the ball is not caught by the opposing team, they have the potential to score a 'run'. A 'run' is achieved by the hitter running to touch the inside tramline with their racquet before the opposing team can throw the ball into the net. The Batsman also has the potential of scoring 4x runs or 6x runs. If Batsman shot lands in court and goes on to 'bounce' onto the back fence, the batsman scores 6x runs. If the ball lands in court and 'rolls' onto the back fence, they score x4 runs. The Batsman has three ways in which they can be declared 'out'. These include:

1. Batsman shot being caught out of the air, or, via a 'one hand one bounce' catching rule.
2. Batsman being 'run out' by the fielding team throwing the ball into the net before the Batsman can touch the inside tramline.
3. The Batsman missing the shot (hitting it in net or out of court).

Individual Version - There is just one Batsman and they compete against everyone else as fielders. They continue to score their runs until they are 'out'.

Team Version - One team as fielders and one team as batters. Batting team are in a queue with each player having one go as Batsman before handing the 'bat' to the next person in the team to try to score. As players are declared out, they do not re-join the batting queue.

Key Considerations

- Coach / Leader can make feeds easier or harder to match the standard of each player (including spins to reflect a spin bowl).
- Coach / Leader can feed stronger players shots that are further from the tramline making it harder for them to get a run.
- Batsman should be required to 'run' and for runs not to be optional.
- The team version of the game should feature 'innings' to allow both teams to have a go at fielding and batting.



BATTLESHIPS

Overview

Battleships is a target based game that requires a few minutes to set the court up prior to starting the game. For this reason, it is useful to set the game up during a short drinks break (after the previous activity block). The game centres around two opposing teams of players. Each team have a set of 'Battleships' on their side of the court (a series of cones grouped together). At the beginning of the game, these battleships are a mirror image across each team. The game involves the two teams aiming to hit the opposing team battleships as part of a rally amongst the two competing players. At the end of the rally, the next two players enter the court (one from each team) to play their rally and in doing so, attempt to hit a battleship target on the opposite side of the court. When a player successfully hits a Battleship, they remove that specific cone target that they hit from the opponents battleship and add it to one of their own battleships (making it bigger). The game continues for a pre-defined time with the winners being the team with the most cones on their side of the court (resulting in the largest battleships).

Variables

- The rally ability of players in this group is quite varied and often limited. Coach / Leader should therefore use measures to make rallying easier (such as shortening the court, allowing 'tap hit' privilege..etc)
- The game can be split by separating the courts in two halves (as shown in the illustration) but still part of the same team at either end. Stronger player court half can have the battleships situated further back to accommodate the stronger players.

Safety Considerations

- Players should be reminded to watch out for the cones when performing their rally.



BATTLE STATIONS

Overview

Battle Stations is a target based game and involves large targets (typically racquet head covers or bags) that are labelled as enemy battle stations. The game involves all players at the same end of the court trying to hit the battle stations at the opposite end of the court. These targets will be plentiful and well spread out across the court. The idea of the game is that the players compete as a whole team to try to hit the target battle stations and when doing so, the hit targets are removed from the court and thus the available targets to hit, get less and less.

The Coach / Leader typically feeds the balls in 'rounds'. For example, the first few rounds will include ground shots (when targets are plentiful). As targets start to decrease, the coach can include a few rounds of volleys (making it easier to hit the remaining targets). When targets are scarce, the final rounds can include players throwing balls (to mimic a service action) to try to clear the remaining targets.

Key Considerations

- Coach / Leader can feed two queues consecutively to allow the queues to move quickly.
- Players should be required to run around the opposite side of the court and collect a ball or two and roll into the net (and remove a target if their shot hits a target) before returning to the queue.
- When the 'throwing' rounds start, the basket of balls should be taken around the opposite side of the court and players pick up a ball when it is their turn to throw a ball at the targets.

Safety Considerations

- When players run around the opposite side of the court to collect spare balls, they should be told to keep an eye on the players hitting their shots to protect themselves on being hit from any shots from the opposite end of the court.



CHAMPIONS & CHALLENGERS - CRAZY FEED

Overview

Crazy Feed is a popular version of the Champions & Challengers game. The game features the usual game environment of the champions at the one end of the court, whilst challengers queue up to face the champions when it is their turn. In this version, a 'first to two points' scoring system is used and if the challengers achieve that, they switch ends with the Champions. The big difference in the Crazy Feed version of the game is that the Coach / Leader can feed the ball in anywhere, and, feeds in a split second after the previous point ended. This means that all players need to be alert with the coach quite literally feeding the ball where and how they like.

Key Considerations

- Coach / Leader can introduce spin feeds, lob feed, short feeds etc. The feed can be manipulated to neutralise playing standards amongst players.
- The game is best suited to a 3/4 marked out court but can be played on a full court if playing standard permits.
- The game can work as a singles game or a doubles game (the illustration demonstrates the game as doubles).

Scoring System

- The side winning 'first to two points' are Champions.
- The player(s) who win most points as Champions are the overall winners

Safety Considerations

- Inactive players to be at least 3 metres behind the marked out baseline (or actual baseline) at all times.



In-active player(s) vacating court to make way for new players or to take up position as Champions.



Next player(s) in queue move to become Active player(s).



Coach / Leader feeds to the challengers.

CHAMPIONS & CHALLENGERS - THE LOBBING GAME

Overview

The Lobbing Game version of Champions & Challengers is suited to slightly stronger groups of beginner level players although all levels can be catered for. The game requires challengers to queue from the net position with the Coach / Leader feeding lob shots for the challengers to retrieve in order to start the Champions & Challengers point. As with most other Champions & Challengers versions, 2x points won consecutively are required to get to the Champions end of the court. This therefore means the second feed is a normal feed to the challengers who will already be in the baseline position.

Key Considerations

- Coach / Leader feeds to the challengers and can manipulate the difficulty of the lob feed depending on the standard of the player.
- The game is best suited to a 3/4 marked out court but can be played on a full court if playing standard permits.
- The game can work as a singles game or a doubles game (the illustration demonstrates the game as doubles).

Scoring System

- No scoring is necessary but scoring can work by the Champions counting the number of points they win at the Champions end of the court.
- Winners can be considered those that are at the Champions end of the court when the game ends.

Safety Considerations

- Inactive players to be careful of the net post and the coach feeds due to close proximity of the queuing players.



Challenger(s) run to retrieve the lob feed as the first shot of the point against the Champions.



Coach / Leader feeds a lob shot for the first point and a normal feed to the challengers for the second point.

CHAMPIONS & CHALLENGERS

KING OF THE COURT

Overview

King of the Court is another in the Champions & Challengers series of games. In this version, players have to win a pre-defined number of points to switch ends with the Champions. This game tiers the required consecutive points total to get to the Champions end of the court. All players start off requiring to win just one point against the Champions. If they successfully achieve this, they become champions as Knights of the Court. When they are defeated and return to the challengers end of the court, they then require two consecutive points to become champions again as Prince/Princess of the Court. Upon being defeated and returning to the challengers end of the court, they then require three points to become champions as King / Queen of the Court.

Variables

- Coach / Leader feeds to the challengers and can manipulate the difficulty of the feed depending on the standard of the player.
- The game is best suited to a 3/4 marked out court but can be played on a full court if playing standard permits.
- The game can work as a singles game or a doubles game (the illustration demonstrates the game as doubles).
- Coach / Leader can vary game to include a fourth tier of 4x consecutive points and give a title for that achievement (eg Lord of the Court).

Scoring System

- Typically, scoring works by the Champions counting the number of points they win at the Champions end of the court.
- Another scoring format is player / pair with the highest Champion Title (eg King of the Court).

Safety Considerations

- Inactive players to be at least 3 metres behind the marked out baseline (or actual baseline) at all times



In-active player(s) vacating court to make way for new players or to take up position as Champions.



Next player(s) in queue move to become Active player(s).



Coach / Leader feeds to the challengers.

DEFENDER

Overview

Defender (sometimes called 'Goalie') involves a marked out goal at the one end of the court with a 'Defender' trying to stop balls going through the goal at the other end of the court. The game works by way of the Coach / Leader feeding a ball to the first person in the queue who then attempts to hit the ball through the marked out goal. If they successfully do this, they become the Defender. If the defender stops the ball from entering the goal or the hitter misses the goal area, the hitter returns to the back of the queue and the Defender remains in place.

Key Considerations

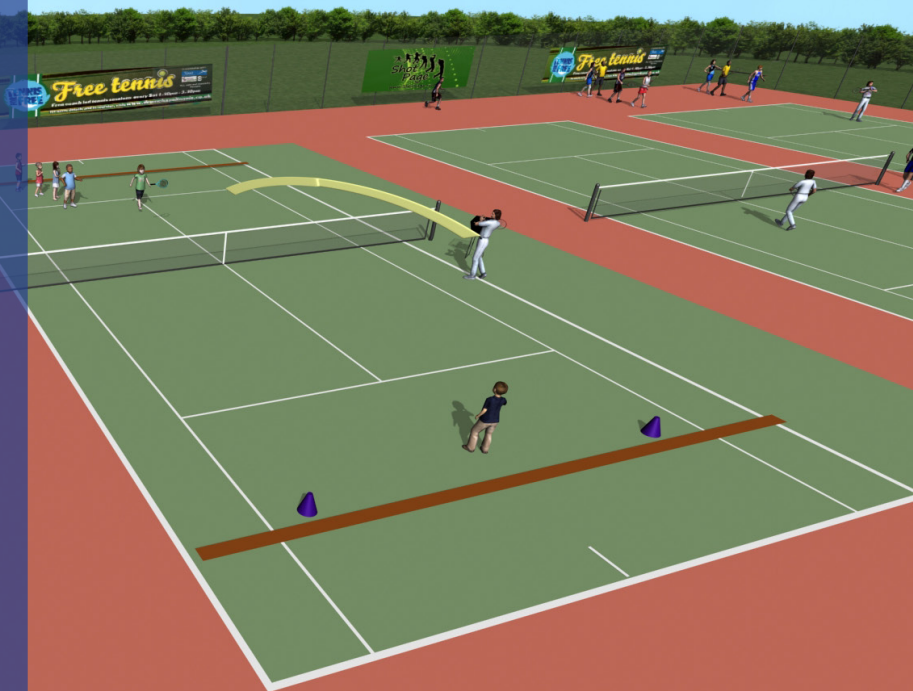
- Coach / Leader can make feeds easier or harder to match the standard of each player.
- Stronger players can also be made to hit the ball from further back and vice versa for weaker players.
- Defender should not be allowed to move beyond the short court line.
- If the group is quite strong, the short court lines can be removed and the game can be played in the full court.

Safety Considerations

- The Defender **MUST** be told to stay on their feet at all times. This is essential as some players might otherwise attempt to dive to prevent a ball from entering the goal.
- Defender must be told to be mindful of the location of the cones to prevent them from being a tripping hazard.

Scoring

- It's not necessary that scoring is applied to this game although the most common scoring method is for the Defender to count how many points they can win from the Defender end of the court (a point being a successfully defended goal).



CHAMPIONS & CHALLENGERS

TAP HIT

Overview

Tap Hit version of Champions & Challengers is very suited to weaker level groups and is also useful if Coach / Leader wants to even out playing standards. Much like the TFF Quick Fire - Tap Hit game, the Champions & Challengers version allows players to tap the oncoming ball to control it before hitting the ball back over the net. In this version, the Coach / Leader feeds to the challengers who are required to win 2x points consecutively to replace the Champions at the other end of the court.

Variables

- Coach / Leader feeds to the challengers and can manipulate the difficulty of the feed depending on the standard of the player.
- The game is best suited to a 3/4 marked out court but can be played on a full court if playing standard permits.
- The game can work as a singles game or a doubles game (the illustration demonstrates the game as doubles).
- Strong players can have their 'tap' privilege removed, or, those that have been Champions for X points, can have the 'tap' removed.

Scoring System

- No scoring is necessary but scoring can work by the Champions counting the number of points they win at the Champions end of the court.
- Winners can be considered those that are at the Champions end of the court when the game ends.

Safety Considerations

- Inactive players to be at least 3 metres behind the marked out baseline (or actual baseline) at all times.



In-active players vacating court to make way for new players entering the court or to take position as champions.



Next players in queue moving to become Active players.



Coach / Leader feeds ball to challengers.

HAND BALL

Overview

Handball, quite well suited to a session warm-up, is a team game that involves participants being organised into two teams. Two tennis racquets are placed in the opposite tramlines on each side of the court (at the same end). The aim of the game is for each team to land the ball on any part of their target team tennis racquet (which will be on the opposite side to their starting position). The game involves players passing the ball between each other, but the player in possession of the ball must remain still whilst team mates can move as much as they want to get into positions to receive the ball. Teams score a point for each 'contact' they make with the ball on the racquet as a result of an under-arm throw. Players are free to move wherever they like.

Key Considerations

- The ball must be passed using under-arm throws only. The ball thrown to attempt to hit the racquet must also be thrown under-arm.
- There is a tendency for dominant characters to dictate the game with shy players getting little involvement. Measures can be used to even out the interaction with the various players in the game.

Scoring System

- Scoring is one point per under-arm throw contacting the racquet. Most points at the end of a set time period or achievement of a set target score determine the winners.

Safety Considerations

Coach / Leader should emphasise the importance of no over-arm throws. This is because players tend to get over competitive with over-arm throwing and the speed of the ball passes can become a safety risk.



DROP DRILL - SHORT COURT



Overview

'Drop Drill - Short court' is similar to Improver+ version of the game but in this version, players run to the back of the same queue (instead of switching to the opposite queue as in the Improver+ version). In this version, the Coach / Leader drops one ball each side of the court and the active player in the queue hits their shot and returns to the back of their queue. Targets can be placed at the opposite end of the court, but this does tend to result in players watching their shot and not exiting the court quickly as required to keep the drill flowing quickly.

Safety Considerations

- Be sure the next player in the queue is not in range of the active player hitting their shot



Players who have just hit their shot exit the court to the side and return to the back of their queue.



Active players hit their shot from the dropped ball.

MINEFIELD

Overview

Minefield is a target avoidance based game that requires a few minutes to set the court up prior to starting the game. For this reason, it is useful to set the game up during a short drinks break (after the previous activity block). The game centres around a court loaded full of objects. These objects, typically cones and other tennis training aids, are placed throughout the court but with strategic gaps promoting the good places to hit a tennis ball (the back of the court, short court angles and mid court angles). Each player is fed one shot from the Coach / Leader and must hit the ball in court and avoid an object (referred as a mine). If they successfully avoid the mines and hit the ball in court they rejoin the queue and wait for another turn. If the player hits the ball into the net, out of court or hits a mine, they are out of the game and go to the other end of the court to practice catching the balls and roll them into the net.

Key Considerations

- Coach / Leader can even playing standards by allowing weaker players to hit from closer to the net.
- A volley round can be introduced to allow different shots to be practiced.
- It is recommended that just one life is allowed so that the game moves quickly to a conclusion (allowing for multiple games to be played) which doesn't penalise those exiting early. However, the game can be played with more than one life per person.
- Eliminated players can be given a target (such as a row of cones) in the net area to allow them a focused activity whilst waiting for the game to conclude.

Scoring

The last remaining player is the winner.



JAIL

Overview

Jail starts with all players at one end of the court with the Coach / Leader feeding from the other end of the court. Each player is fed a forehand or backhand shot which they must successfully hit into the singles (or doubles court). If the player succeeds, then they return to the back of the queue. If they fail, they go to the opposite side of the court classed as 'Jail'. Players at the 'Jail' end of the court must try to catch the ball hit by the Coach / Leader feed to get out of jail and return to the hitting end of the court. Players that have their shots caught, switch places and end up in 'Jail'. As the game continues, players will gradually start filling up the 'Jail' end of the court. When only one player is left on the hitting side, they must hit x3 successful shots to win the game. If they fail via a mistake shot, then there is a 'Jail-break' and all players become free with the game starting again. If the last player has their shot caught, then they switch places, with that player having the chance to win the game from 3x successful shots.

Variables

- There are many versions of this game. Some versions include the jail as a marked out cone area. After a successful hit, a person in jail gets to run from one side of the court to the other (or around the perimeter of the court) with the Coach / Leader aiming to hit them with a ball (softly below knee height). If they successfully avoid the hit, they become a catcher, or return to the coned jail area if hit.
- Coach can manipulate the feeds to match the standards of the players.

Safety Considerations

- As the jail end of the court starts to fill up a ruling should be introduced to limit the movement of the catchers (eg not allowed to move or just one step).



QUICK FIRE - SERVICE BOX

Overview

The Beginners Group version of Quick Fire is focused in the service box with a requirement of sponge or Mini Tennis Red balls. The service boxes in this case form two separate playing areas and therefore act as two courts. The game centres around each player having a ball in their hand who waits in a small queue (as an inactive player). The two active players play a point against each other. The winner stays on the court at the end of the point. The loser returns to the back of their queue. The new challenger feeds their ball competitively into court (from behind the service line) as quickly as they like to gain advantage in the new point. The game therefore involves the active players playing singles against each other for a single point with a 'winner stays on' theme.

Variables

- A 'winner stays on for X points' rule should be introduced for either x3, x4 or x5 points won consecutively. This can be classed as a 'retirement' forcing a player to retire from the court when achieved.
- The game can also be modified to be played across both service boxes as one court (instead of the two courts shown in the illustration). There is also the option to play as doubles pairing instead of singles.

Scoring System

No scoring system is generally applied to this game. A scoring system can be introduced where players count the number of 'retirements' an individual player or team score.

Safety Considerations

- Inactive players to be at least 3 metres behind the service line at all times.
- The oncoming player should wait for the court to be clear before feeding their ball into play.
- Players should be told to be mindful of the adjacent court and to be wary about running to hit balls that cross the centre line.



Service box court area used as the playing area. Both service boxes are used as separate courts.



Active player entering the court feeds ball competitively into play.

RELAY

Overview

Relay Tennis is a team game involving just one racquet used between each team who play a single point with each shot in the rally played by another member of the team (the next in the queue). Coach / Leader starts the game by creating two teams and assigning a single racquet to each team. The first player in the queue feeds the ball into play (or Coach / Leader can feed if preferred) and each subsequent shot is played by the next player until the point breaks down. At which point, the next point is played from the next person in the queue. The game is scored to a predefined winning score or based on most points won at the end of a specified time period.

Key Considerations

- Tap Hit privilege can be given for weaker players

Safety Considerations

- Be sure the next player in the queue is not in range of the active player hitting their shot

Scoring

The team with most points at the end of the game wins (either as a timed game or achievement of a winning score total).



QUICK FIRE - TAP HIT

Overview

Quick Fire Tap Hit is another revision of the Quick Fire series of games. In this version, players can choose to tap the oncoming ball to get it under control before hitting back over to the other side of the court. This revision of the Quick Fire game is usually played in a 3/4 court marked out by marker lines, but the game can be played on a full court too as it is made much easier given the allowance of a tap. For more details on how to play the Quick Fire game, please read the Quick Fire Service Box game description.

Variables

- A 'winner stays on for X points' rule should be introduced for either x3, x4 or x5 points won consecutively. This can be classed as a 'retirement' forcing a player to retire from the court when achieved.
- Another handicap for strong players can be to have their 'tap' allowance taken away after winning one or two points consecutively.
- The game can work as a singles game or a doubles game (the illustration demonstrates the game as doubles).

Scoring System

No scoring system is generally applied to this game. However, the number of 'retirements' can be counted and used for scoring purposes.

Safety Considerations

- Inactive players to be at least 3 metres behind the service line at all times.
- The oncoming player(s) should wait for the court to be clear before feeding their ball into play.

