Continuous tennis

Players in small groups hit a ball over an obstacle and run to the back of the line making way for the next player to receive a ball and hit it. Loads of fun in the water!

What you need
- Playing area with net or alternative, such as a marked ‘no-go’ area or a bench
- One paddle bat per player
- Tennis ball or similar for each group
- Markers or tape
- For the pool option, water should be waist-deep

What to do
This activity assumes some proficiency in hitting a ball with a bat.

- Start with underarm hits.
- After the first ball is hit, the player moves to the right and then to the back of the line.

Scoring

Team challenge – more skilled players
- Total points scored after 2 rounds.

Individual challenge – less skilled players
- The first person to 4 points calls ‘FOUR!’ Only count successful returns.

LESSON LINK
Continuous tennis can be modified to a non-racket/non-striking option (e.g. kicking or rolling), which is similar to other Playing for Life activities.
Continuous tennis

Skills > Cooperative play · Individual & team challenges · Rallying – serve/return

change it…

Coaching

> The racket/bat option assumes some proficiency with hitting a ball with a racket/bat.

Game rules

> **Throwing, rolling or kicking** – provide an alternative for less skilled players or as a warm-up (use a larger ball).

> **Cooperative play** – each player runs to the right to join the back of the opposite team. How long can the rally be maintained?

> **2 bounces allowed** – for less experienced players.

> **Include all** – vary the racket size, use a slower ball, don’t use a net, decrease the size of the playing area.

Safety

> Provide sufficient space between groups.

> A clear strategy to control player/space movements is important. Hitting players peel off to the right and team-mates stand behind a marker, e.g. tape on the ground.

> The next player waits until the hitter has moved to the right before stepping up.

> Balls are retrieved from another group’s court only after play there has stopped.