

## Flamingo



Have the children move around the court like an animal the coach chooses. When the coach shouts out “Flamingo,” the players stop the animal imitation and balance on one foot with their arms out and eyes looking straight ahead. Repeat several times, choosing a different animal to imitate.

## Racquet Quickness



Two players (or player and coach) stand facing one another, each standing a racquet on the tip of the frame with the handle pointing up. At the count of three, the players will switch places and catch the other player’s racquet without letting it drop. After several successful trials, move the children back a half step at a time and see how far they can go without letting the racquets drop.

## Call My Name



Children are in pairs, one partner with a ball and the other with her back to her partner. The partner with the ball tosses it up and calls out the partner’s name. The partner has to turn around and catch the ball after one bounce.

## Applause



All players have a ball in their own space. Each will toss the ball up, clap and catch after the bounce. To increase the difficulty, have them clap twice before catching, then three times, then as many times as they can before the ball bounces twice.

## Lobster Trap



This activity is done in pairs. The players stand 8 to 10 feet apart, with one player holding two racquets, one in each hand, and the partner with one ball. The player with the ball (the tosser) makes an easy underhand toss and the player with the racquets (the lobster) catches the ball after the bounce by trapping the ball between both racquets. After trapping the ball, the player drops the ball from the racquets and hits the ball back to the tosser. Encourage the “lobster” to trap the ball at the side of his body so it is easy to make the drop and hit from a sideways position. Change tossers and “lobsters” after five tosses.

## Side Show



Players are in pairs, throwing a playground ball with both hands across their body to a partner on the other side of the net. The throw should resemble that action of the forehand and backhand ground stroke.

## Roll with Hands



Using a playground ball or beach ball, have the children stand 4 to 5 feet apart and have them roll the ball back and forth to their partner or coach. Have them catch the rolling ball with two hands directly in front of their body.

## Rolly Polly



The players stand across from each other on either side of the doubles alley. Players have a racquet and should position themselves sideways to the ball as they might be positioned for a forehand with the edge of the racquet on the ground behind the ball and the strings touching the ball. Using the racquet, the player with the ball rolls it to his partner, who stops the ball with his foot and rolls it back. After five successful attempts, the two players roll the ball—and stop it—with the racquet before rolling the ball back.

## Tennis Shoot Out



Players are divided into two teams. Spots are spread out along each singles sideline of the 78-foot court, and two cones forming a goal are placed behind the baseline. Make sure the goals are large enough to ensure success. Players from each team stand on a spot so they form a line along the singles sideline. The ball starts with the player at the net, who rolls the ball with his racquet to the next player, who stops it and rolls the ball to the next player until it gets to the last player, who shoots the ball between the cones with her racquet. The first team to get the designated number of balls between the cones wins the game.

## One Bounce – Two Bounce



One player tosses the ball underhand over the net and calls out “One” or “Two.” The other player must allow the ball to bounce that number of times before catching it and tossing it back, also calling out a number. Start with playground balls and progress to one player trapping the ball with the racquet, and then eventually hitting the ball on either one or two bounces

## Jacks



The player tosses the ball up and lets it bounce and bumps it up with the racquet and catches it and announces “onesies.” The player then attempts to tap it up twice, “twosies” and so on until they reach “fivesies.”

## Mini Rally



Partners work together and rally over a line or low obstacle that serves as the net. They stand close to the obstacle and gently rally balls over the line or obstacle using the forehand. To start the rally, have players start close and sideways to each other, match up racquet faces and take two steps back.

## Tag Team Singles



A minimum of four players are needed for this game. Divide players into two groups, with each group forming a line behind the middle of each baseline. One player is up on each side. The first player from one side drop-hits the ball over the net and moves to the back of her line. The first player on the other side returns the ball and goes to the back of the line on his side. From there, each subsequent player hits one ball and moves to the back of the line, keeping the point going until one side misses. This can be a cooperative game and the team (players in both lines are on the same team) attempt to get ten consecutive rallies.

## The Bird



Have the children move around the court with the coach, but this time imitating one of three different types of birds that the coach will call out—either a hummingbird with arms moving short and quick, a robin with medium length and medium speed arm movements, or an eagle with long and slow arm movements.

## Bungee Jump



Each player has a ball that is balanced on the strings. The players move around the court balancing the ball. When the coach calls out, “Bungee Jump,” the players let the ball drop off the racquet, let it bounce and then catch the ball back on the racquet. They may have to use their hands to trap the ball on the strings, but with practice they can just use the racquet face. Once the ball is on the strings, the player continues to move until the coach calls, “Bungee Jump” again.

## Frog Hop



Jump from a crouching position along the ground, landing quietly on the balls of the feet and with both feet together.

## Team Lilly Pad



Players work as a team to get from one side of the court to the other (the swamp). To cross the swamp, one player must step only on the “lily pads” (poly spots or donuts). Each team has two poly spots and one player places one “lily pad” in front, where the other player can hop to or step on. The partner picks up the vacated “lily pad” and moves it in front so the partner can move forward by stepping or hopping to the next “lily pad.” This continues until one team makes it across the swamp. At this point, the players change roles and one person moves the lily pads while the other steps or hops to the open lily pad in front until she makes it back across the swamp.

## Inchworm



Players line up shoulder to shoulder in a straight line, with their racquets held out in front with the strings facing up. The last player in the line has a beanbag or Koosh ball.

## Koosh Ball Pass



Use one Koosh ball or beanbag for each pair. Have the players begin by standing close together with their racquets, passing the Koosh ball back and forth from one racquet to the other. Add a challenge by tossing the Koosh ball low, high and even adding a creative catch, such as standing on one leg, between the legs, just above the ground, on one knee, etc. Let the kids be creative with their catch

## Alligator River



The players line up across from each other on either side of the doubles alley, with their racquets and one ball for each pair. The coach or one of the players is the “alligator” and is going to walk down the “river” (i.e., the alley). As the coach walks down the alley, the players roll the ball to their partner, trying to hit the alligator.

## Throw Ball



Players are on either side of the net on a 36-foot court. Players throw a foam ball underhanded over the net. The opposite player must catch it and throw it back after the ball bounces one time on the court. To make this game easier, player can use a larger ball (such as a playground ball) and they are allowed multiple bounces before catching. Also, they can move closer to the net, marked by a poly spot or donut, before throwing the ball back over the net. Play can be a continuous rally, or let the players play points to see if they can toss the ball in the court and away from the opponent. (This simulates real match conditions and strategy.)

## Tennis Hockey



Players form two teams and stand across from each other on the doubles sidelines and place two cones as goals about 3 feet beyond the end of the line. Keeping the ball close to their racquets, the children tap the ball along the line (have them name the line) trying to keep the ball on the line. When they get to the end, they must try to score a goal for their team by hitting the ball between the two cones.

## Rally Me



Within the service box, the player tosses the ball, lets it bounce off the court and bumps it up with the racquet, lets it bounce and taps it up again. This can be done while moving around the service box.

## Splat



Two players each with a racquet and a ball pyramid made of four balls (three for the base and one on top). One player drops and taps the ball up at about head-level height, trying to hit the ball pyramid to make it "splat." When the balls are hit, the player scores a point.

## Self Rally



Player taps the ball up about head-level height let the ball bounce and continue to tap the ball up to head-height.