

Rallies and relays



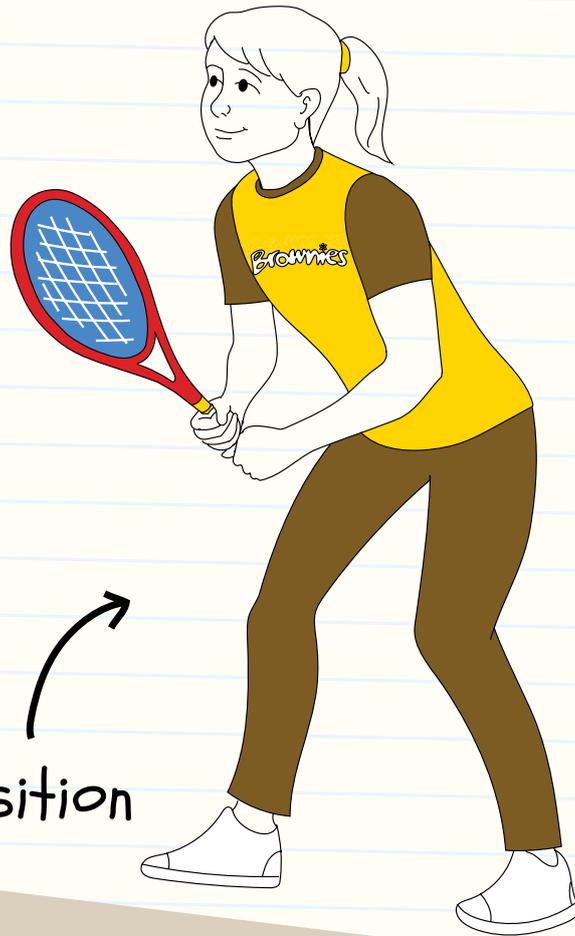
Grand slam



60 mins



Challenge yourself



Ready position

Aim of activity

Could you be the next tennis superstar? Take on these racket-free challenges to test out your skills and find out!

What you'll get out of it

- Explore the sport of tennis.
- Practise some tennis skills.

What you'll need

- A large, clear space
- Balls, 1 per girl
- Cones (or similar), 1 per 4 girls
- Chalk or masking tape – enough for the length of your meeting space three times



Stay safe



When throwing balls take care not to hit anybody. If you're collecting a ball, look around to check you're not walking in front of anyone throwing.

3 Once everyone's mastered the ready position, it's time to try out some tennis challenges. Always wait in the ready position when you don't have the ball. This is what tennis players do to keep their focus and balance.

Before you start

On one side of your space, mark a line across the entire width using chalk or masking tape. Make sure there's enough space for everyone to stand behind it.

Then take two big steps away from this line to mark out your second line. Finally, take ten normal steps away from this line to mark out your third. For the Relay rally challenge, place the cones along this third line, evenly spaced out.

Badgers and rabbits

Tennis players need quick reactions to hit the ball when it comes towards them. How quickly can you react? Pick one side of your space to be a badger's sett and the other to be a rabbit's burrow – these are your safe spots. Get into pairs and stand in the middle of your space back-to-back, facing either the sett or burrow. If you're facing the burrow, you're on team rabbit. If you're facing the sett, you're on team badger.

Everyone take two big steps away from your partner. The goal is to make it back to your safe spot before your partner can catch up. Your leader will call out either 'Rabbits' or 'Badgers'. If you hear your team name, you need to get to your safe spot before your partner can catch you. You can only be caught by your partner.

Keep playing – who has the fastest reactions?

What to do

1 What do tennis players do before a big game? They stretch to make sure they're all warmed up. Together show each other your favourite stretch. As you're stretching, share anything you know about tennis with each other.

2 Before you transform into terrific tennis players, you'll need to discover how to stand like one. When a tennis player's ready to start playing, they stand in the **ready position**. Try it out and don't forget to put your game face on.

Ready position

Stand with your feet shoulder width apart and your knees slightly bent. Hold your hands out in front of you as if you're holding a tennis racket, like the picture on the front of the card.

Switch catch

It's important to know how to control the ball in a game of tennis. In your pairs, each grab a ball and find a space. Stand back-to-back with your partner. Then each take a big step forward.

Still facing away from each other, hold up your ball to about the height of your shoulder. When your leader says, 'Go!', let go of your ball. Try to catch it after the first bounce. When you've caught it, quickly spin around and point at your partner. Who reacted quickest? Don't worry if it takes you a while to catch it, it's tricky! Keep going until everyone's caught the ball a few times.



Try it this way

This time, face your partner and try to catch their ball after it's bounced once. You could move towards the ball to make it easier to catch.

Hand ball rally

Put your right hand in the air and shake it all about! Now touch the floor with your left hand. You're going to need to try and remember which one's which in this challenge.

In your pairs, grab a ball between you. Passing the ball between you is called a **rally** in tennis. Let's give it a go. Roll the ball along the floor towards your partner shouting out 'Right' or 'Left'. When the ball's rolled to you, stop it and push it back using the hand your partner called out. Keep pushing the ball back and forth a few times. Don't forget to call out what hand you want the catcher to use. How long can you keep a rally going without losing the ball?

Relay rally

Get into teams of four and choose a cone per team. Stand together in a line, one behind the other along the first line across your space. Your challenge is to build throwing into your tennis skillset and be the first team back to the start position.

Take turns in your team to move to the cone on the other side of your space, coming back and tagging the next person to go. Decide as a unit how you'll move for the relay – perhaps you'll jump like a kangaroo or shuffle on the floor like a creepy crawly. Ready? Go!

Your leader's marked out a line roughly two steps away from the start line of each team. For this round, each team grab a ball. Holding the ball, the first Brownie in each team needs to move towards and around the cone, and on the way back stop at the second line and face your team. Pass the ball to the next Brownie to catch, making it bounce once before she catches it. Once she's caught it, move to the back of your team so she can go. Got it? See which team can get all Brownies around and back the fastest!

- 4** Come back and chat together. What skills did you use in the challenges? Did you use your feet in a different way to other sports, or developed your throwing skills? You might not have been playing tennis, but you've all used your body and mind in ways sports players do. You're one step closer to becoming tennis superstars!

Take it further

Enjoyed this activity, LTA Youth is helping girls like you get into tennis – your leader can check out a [free training course](#) to help build your tennis skills.