

RED BALL TENNIS

GAMES AND COMPETITION
Activity Cards



INTRODUCTION

This resource contains a range of games and competitions designed to be played on a Red tennis court.

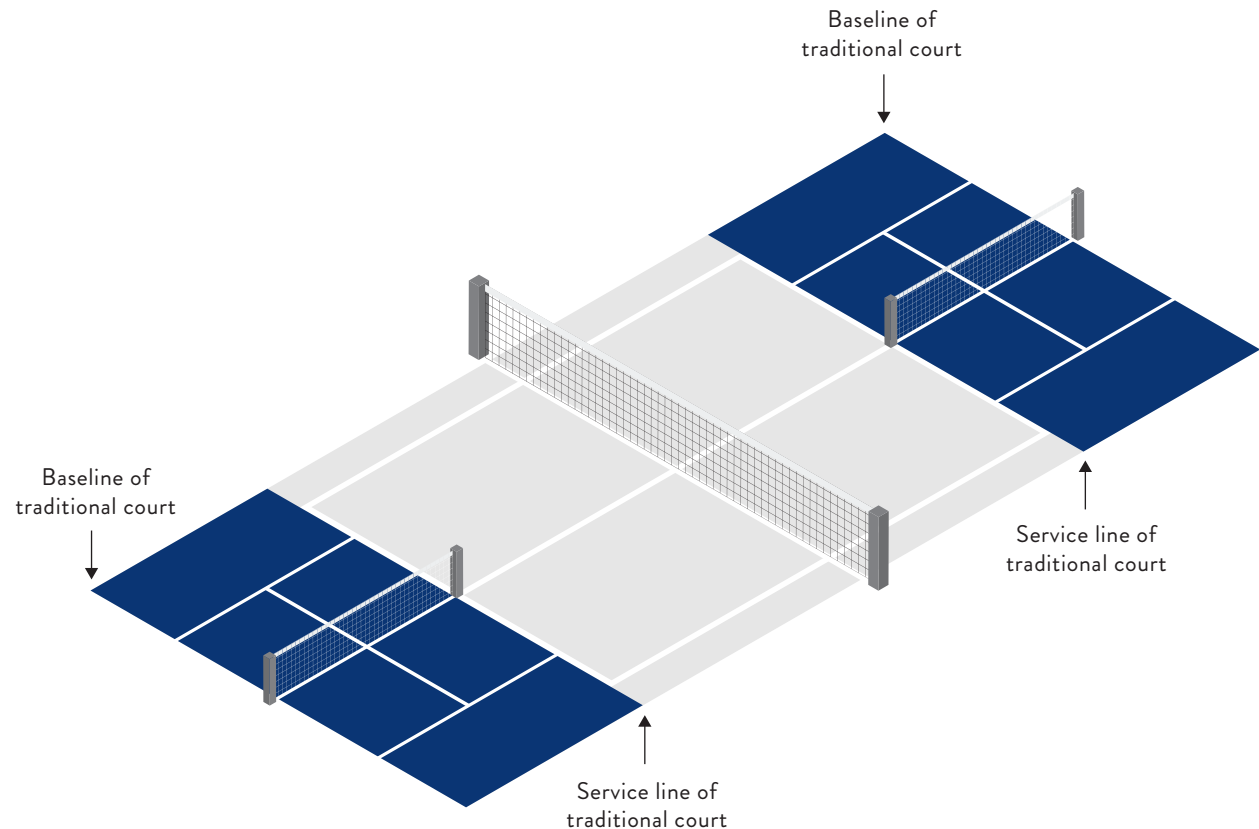
Playing on a smaller court and using red felt or sponge balls makes the games accessible to all abilities, with the emphasis on having fun! These activities could be used in enrichment sessions, intra college or even inter college competitions, giving more students the opportunity to play competitively. The activities can be selected that best suit the number of students, the time and space available.

The activity cards include the set up, equipment required and step by step instructions of how to play each activity. There is a variety of individual, singles, doubles and larger team activities. The activity cards can be used by Tennis Leaders to deliver supervised sessions or run competitions. Whilst this resource is specifically for Red Ball tennis, many of the games can be delivered on a full sized court as well.

A red court can be set up on full size tennis courts (as shown), inside using a badminton court or anywhere there is enough space to pop up a net!

Safety first

Many of these games are played with more than 4 students on a court, which make them great for large classes or groups. When students aren't hitting ensure they are a safe distance away from the court. Encourage good communication on court between teams, with students calling if they are going to hit the ball.



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GAMES




GAME

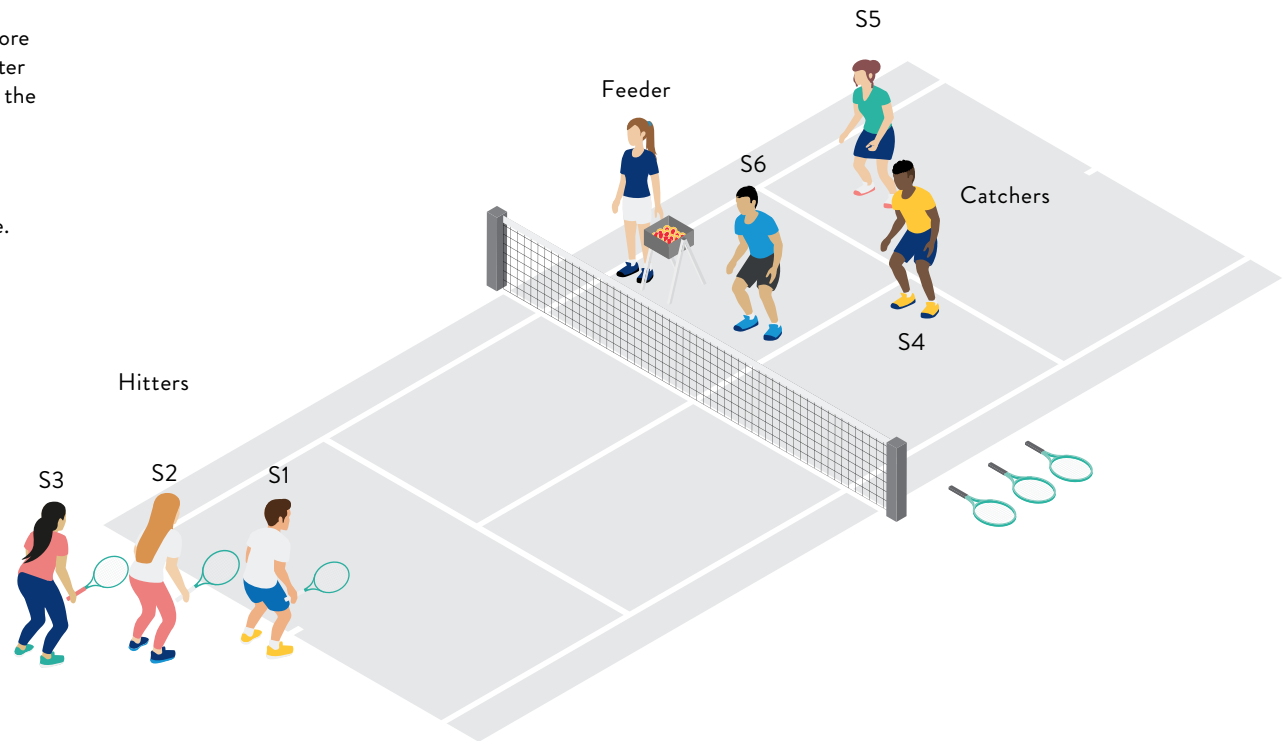
Jailer

How to Play:

- Students play individually, with up to 8 students per court.
- A feeder (student or teacher) stands close to the net on 1 side of the court.
- Students start on the opposite side with 1 student on court to hit.
- The feeder throws the ball underarm for the first student to hit on either their forehand or backhand side.
- If the ball lands in, the hitter moves off court and the next student comes on to the court to hit.
- If a hitter misses the ball, it lands out or in the net, they become a catcher on the other side of the court.
- Catchers can catch the ball before it bounces, or can use 1 hand after 1 bounce. If they catch the ball, the catcher and hitter swap places.
- The last hitter must hit the ball into the court without being caught in order to win the game.
- If the last hitter misses the ball, the ball lands out or in the net, all catchers become hitters and the game starts again.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets







GAME

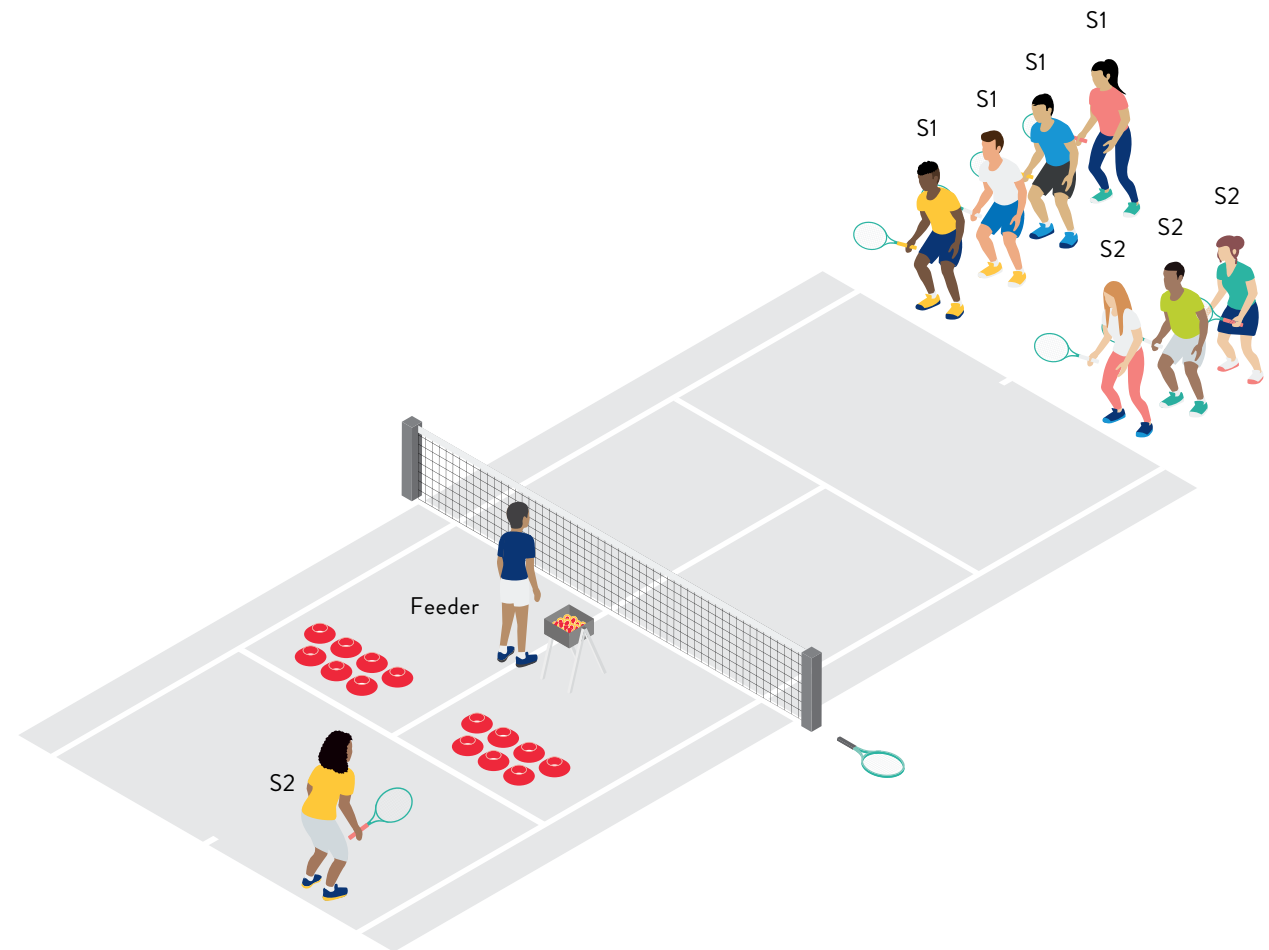
Home

How to Play:

- Students play in 2 teams.
- Each team plays in a half court area.
- Teams start on the same baseline, 1 team on the right and 1 team on the left, with players stood at a safe distance behind each other.
- A feeder (student or teacher) is on the opposite side of the court by the net.
- Cones are placed in clusters, 1 cluster on the right and 1 cluster on the left, on the same side as the feeder.
- The feeder feeds 1 team and then the other team.
- Students aim to hit the ball to land on their team cones (the cluster straight ahead on the same half court as they are).
- If a team hit a cone, they send one of the opposite team to “Home.” Home is on the opposite side of the net, behind the cones of their team.
- Students at Home try to catch the ball, either 2 hands before it bounces or 1 hand after 1 bounce. If they catch the ball they return as a hitter for their team on the other side of the court.
- The team who sends all the opposing team to Home are the winners.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets
-  Cones






GAME

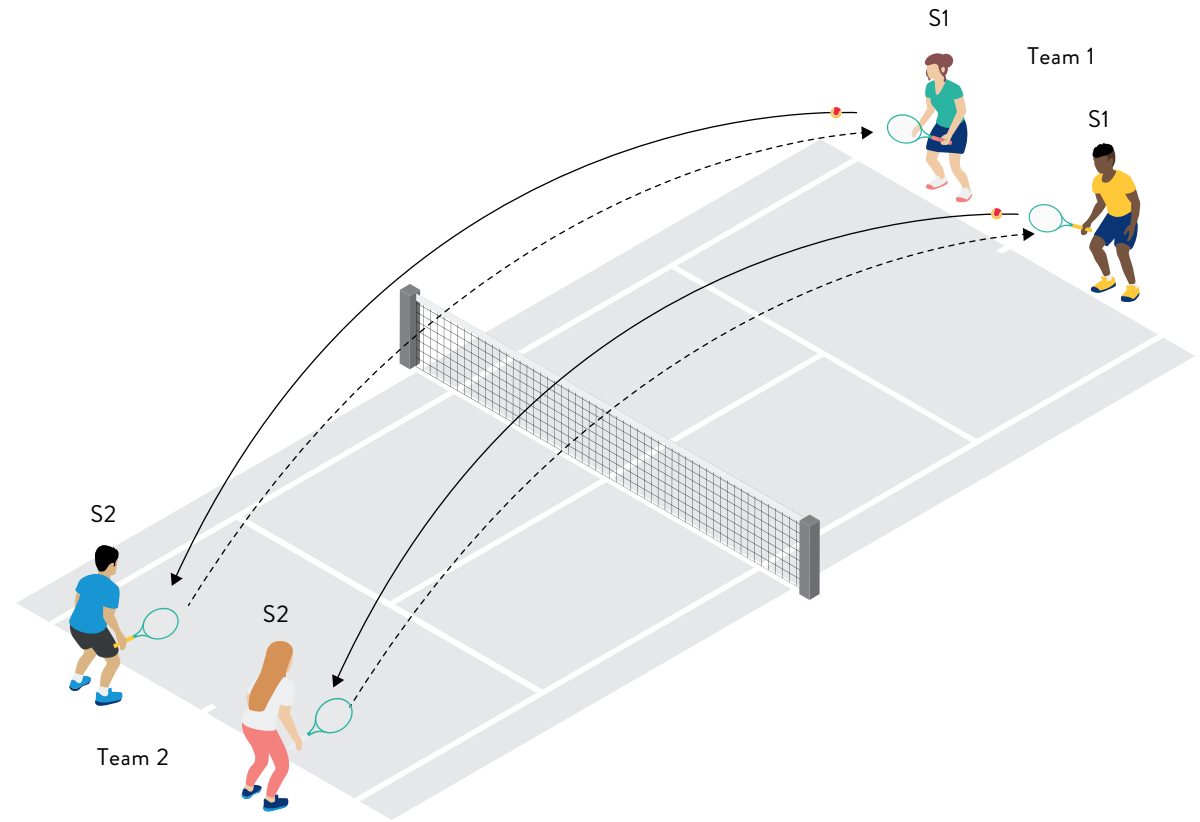
Dingles

How to Play:

- Students work in pairs, with 4 students per court.
- Students start by rallying in pairs i.e. half court singles.
- As soon as 1 of the rallies breaks down students call “DINGLES.” This changes the game to doubles and the point is played out with the live ball.
- The next point starts with the pairs rallying in half court singles again, until “DINGLES” is called.
- Play first team to 7 points, or the team that has the most points after a set time.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

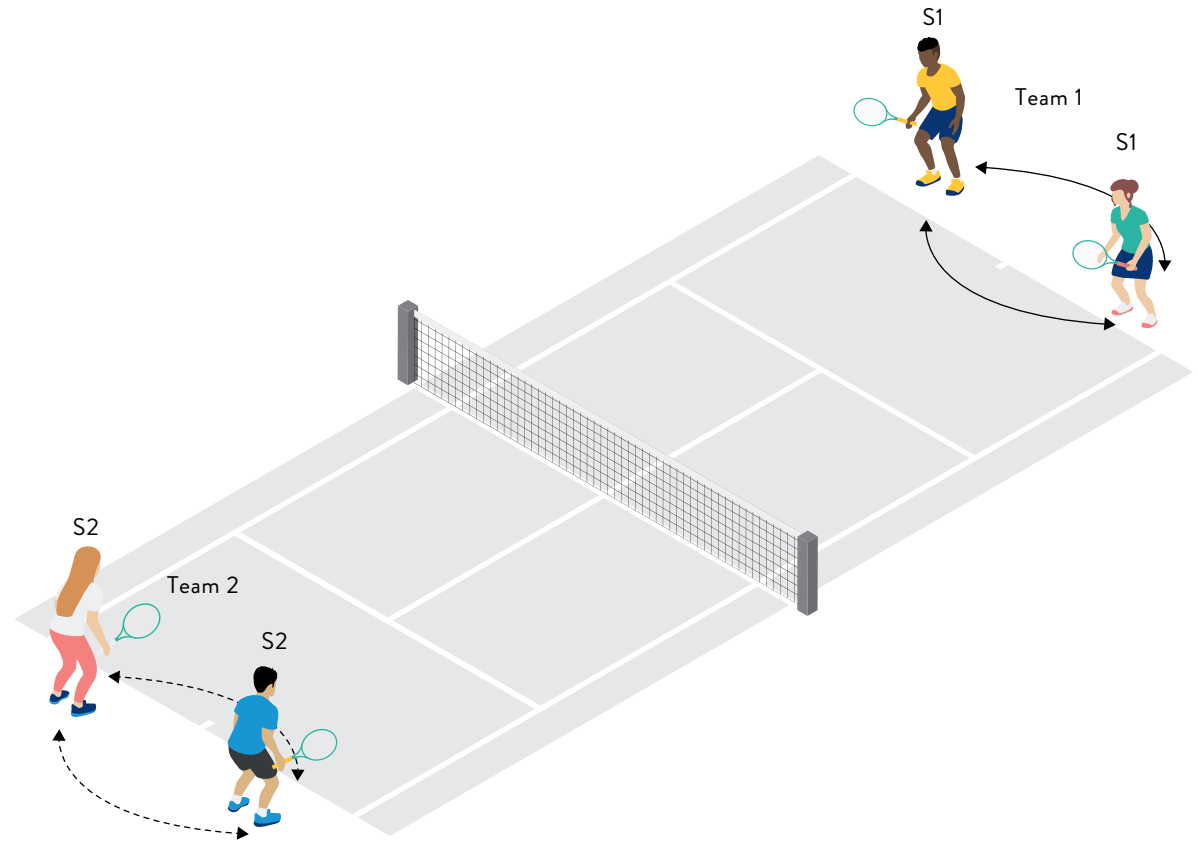
Switch

How to Play:

- Students play in doubles pairs with 2 pairs per court.
- The ball is fed into play from the baseline and the point is played out.
- During the point if “SWITCH” is called, students must swap places with their partner, and continue the point.
- Students take it in turns to be able call “SWITCH.”
- Pairs take it in turns to feed the ball into play.
- Play first to 7 points or the pair with the most points after a set time.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

39ers




How to Play:

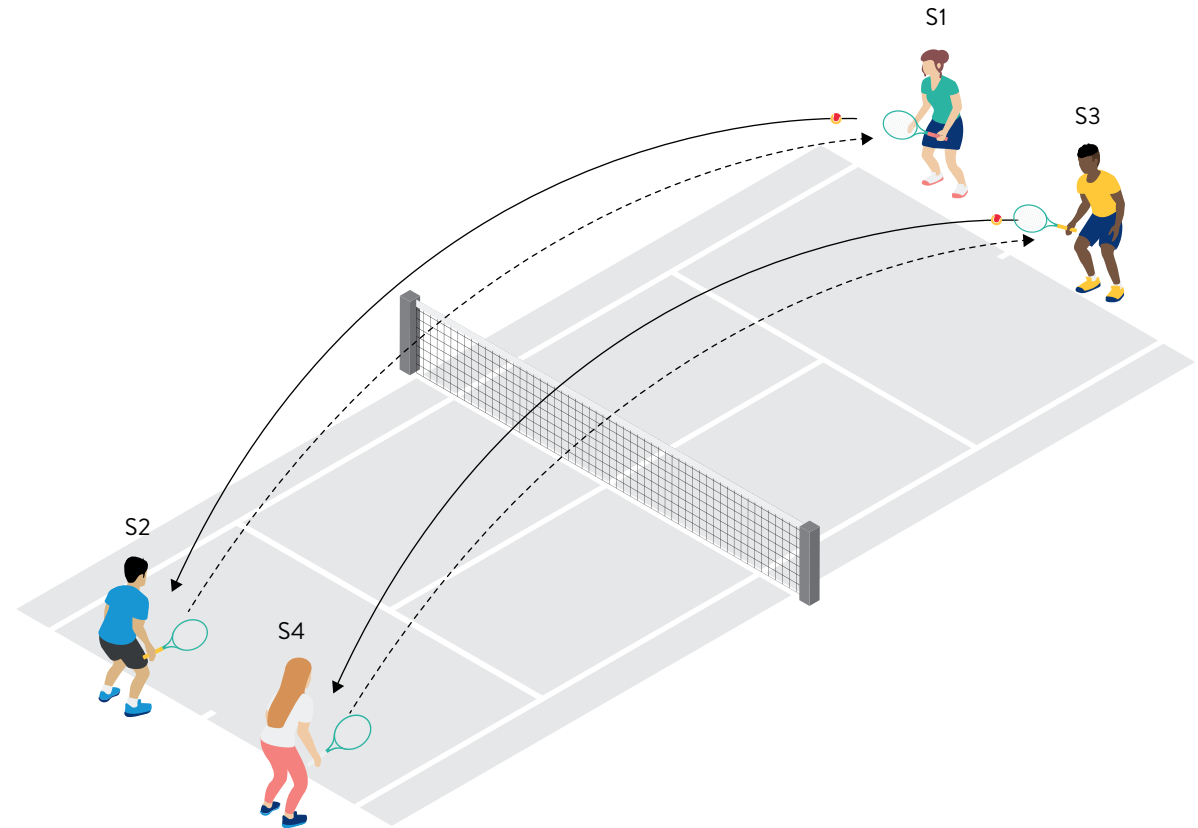
- Students play in pairs in a half court.
- 1 student feeds the ball in underarm and the point is played out.
- Students count the number of shots that are hit in the point. Whoever wins the point, wins the number of shots hit in points.
- Students take it in turns to feed the ball into play.
- For example, 4 shots are hit in the first point, which is won by student 1. The score after the first point is: student 1 4 – 0 student 2. The second point is won by student 2 and 3 shots were hit. The score after the second point is: student 1 4 – 3 student 2.
- Play first to 39 points.
- Students should consider what tactics to use to reach 39 first.

Adaptations:

- Play on a full court.
- Increase / decrease the total number of points required to win.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

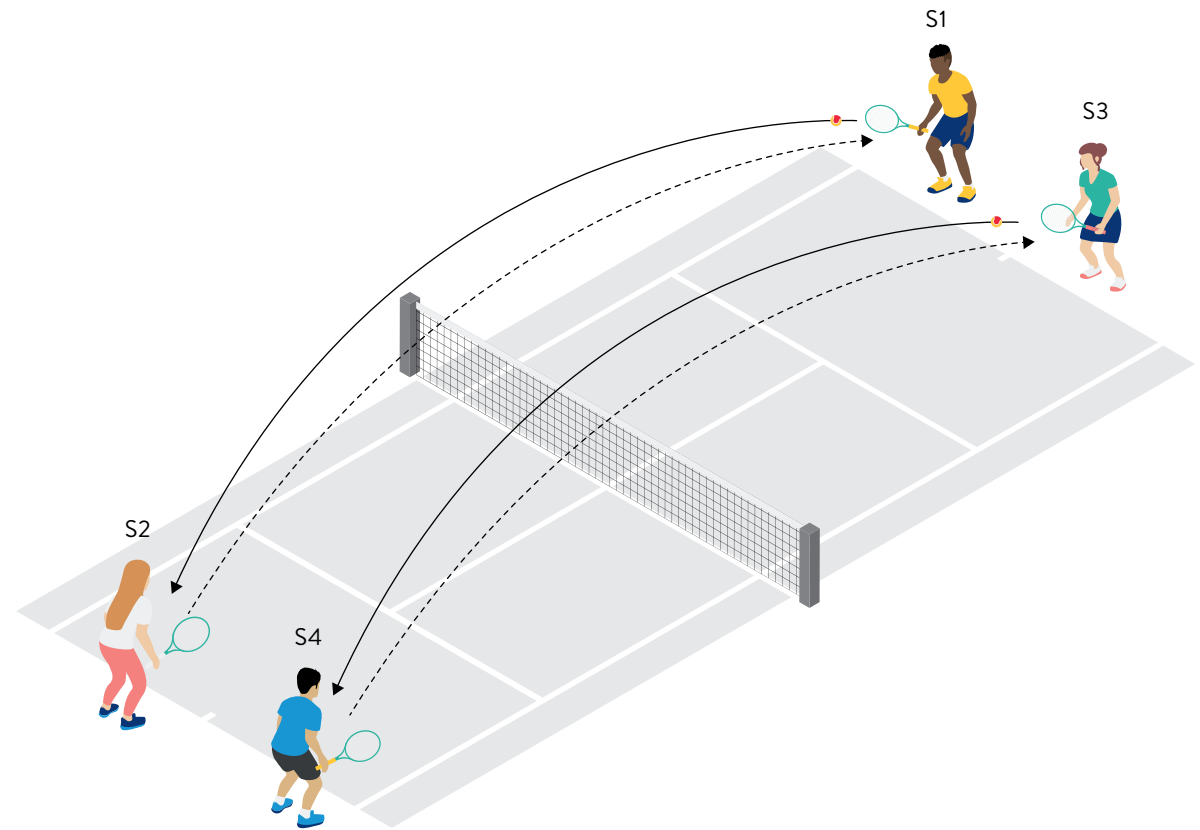
Tug of War

How to Play:

- Students play in pairs in a half court.
- Both students start with 3 points.
- The ball is fed into play and the point is played out.
- When a student wins the point, they take a point away from their opponent and add it to their score. E.g. 3-3 / 4-2 / 5-1.
- First student to 6 points wins.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

8s




How to Play:

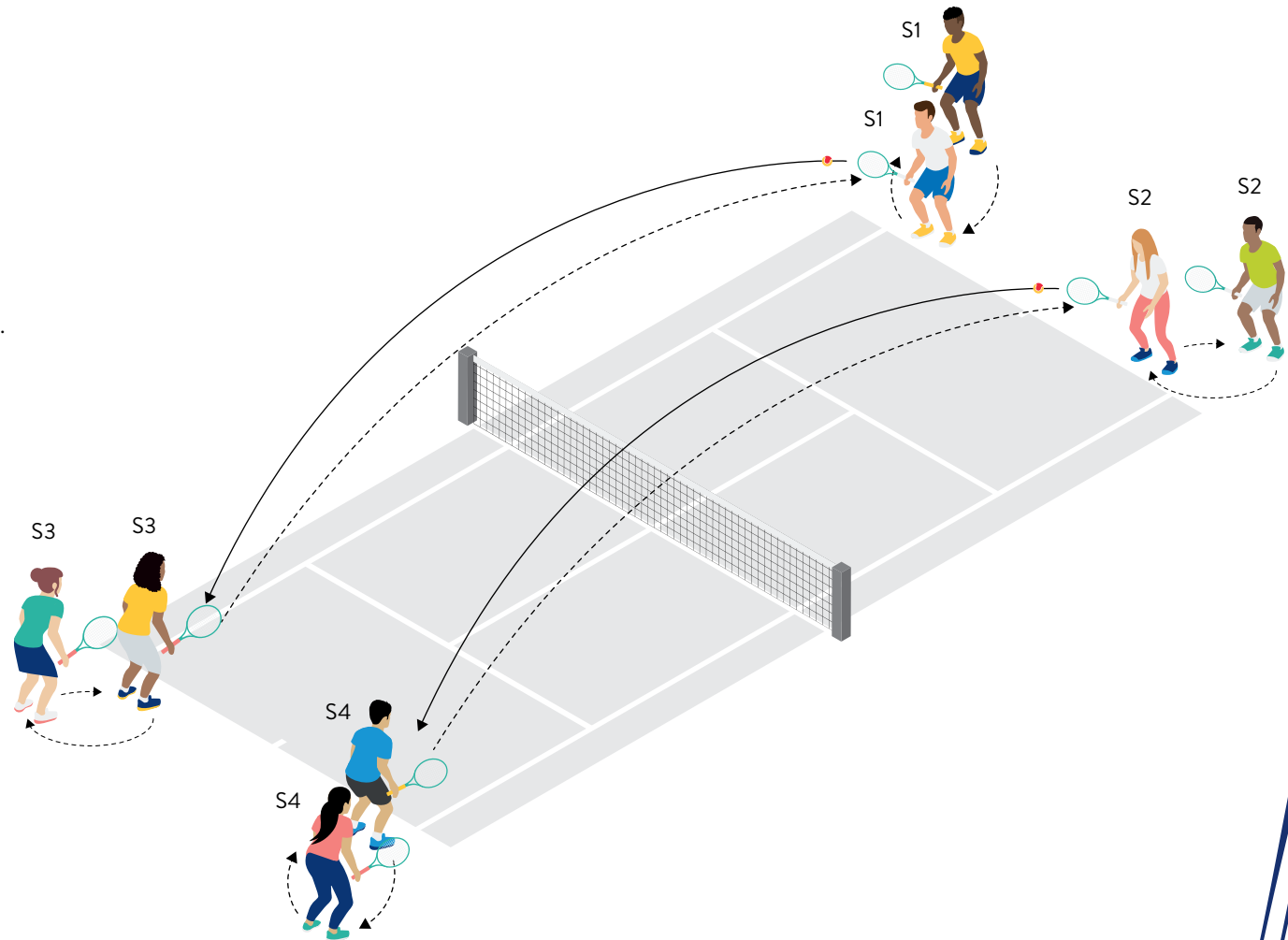
- Students play as doubles pairs.
- Students start in their pairs on the baseline in the 4 corners of the court.
- Pairs play in the half court against the pair straight opposite them.
- The ball is fed into play and the point is played out.
- Students take it in turns to hit the ball, swapping places with their partner after each shot.
- Play first pair to 7 points, or the pair that has the most points after a set time.

Adaptations:

- Play diagonally.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

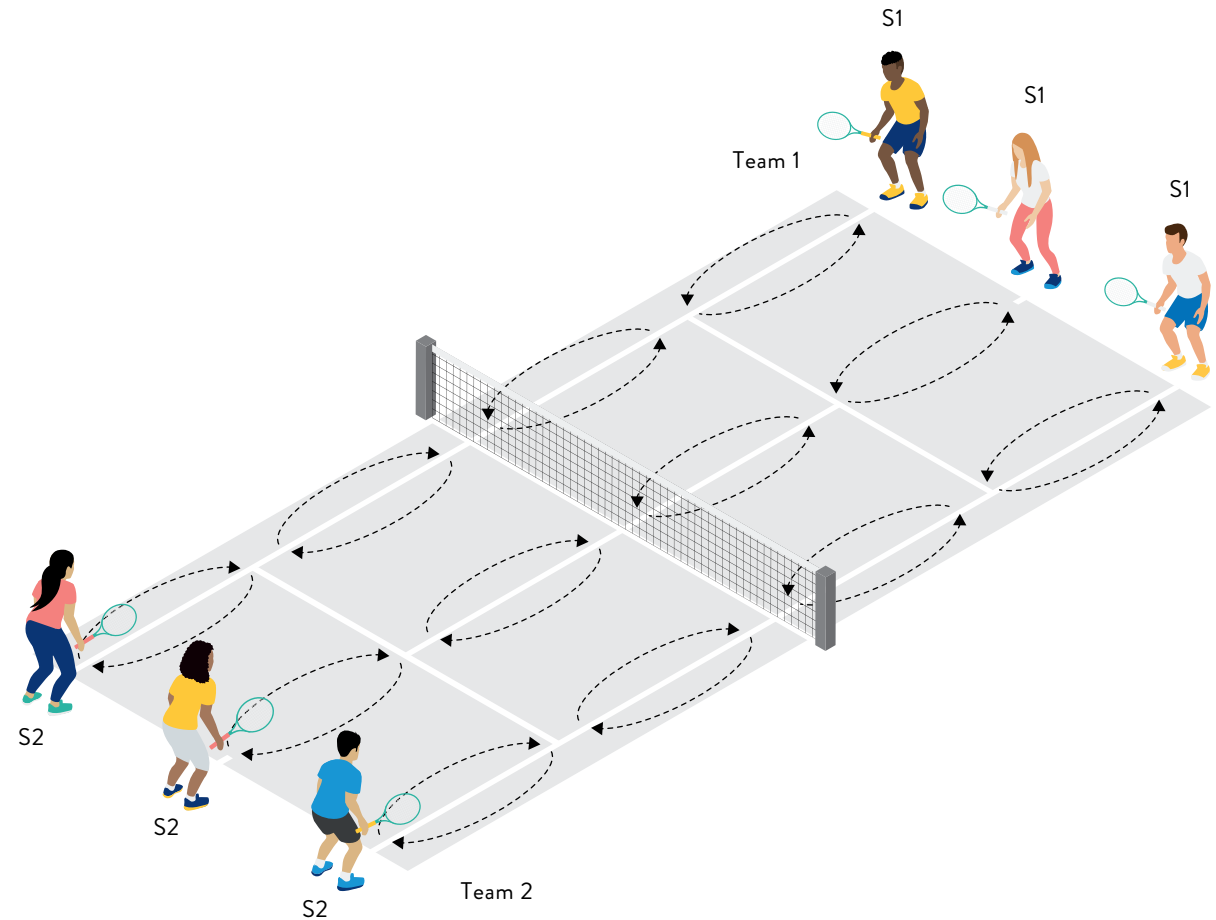
Waves

How to Play:

- Students play in teams of 3 with 2 teams per court.
- Students spread out on the baseline: 1 in the left tramline, 1 in middle and 1 in the right tramline.
- The ball is fed in underarm to start the point.
- The team who wins the point starts the next point from the middle of the court.
- If that team then wins the next point, they start the third point from the net.
- If they win at the net, they score a point for their team. The game then resets and both teams start again at the baseline.
- If a team loses a point, they move back a place (except from the baseline). E.g. if they started a point at the net and lost, they start the next point in the middle of the court.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

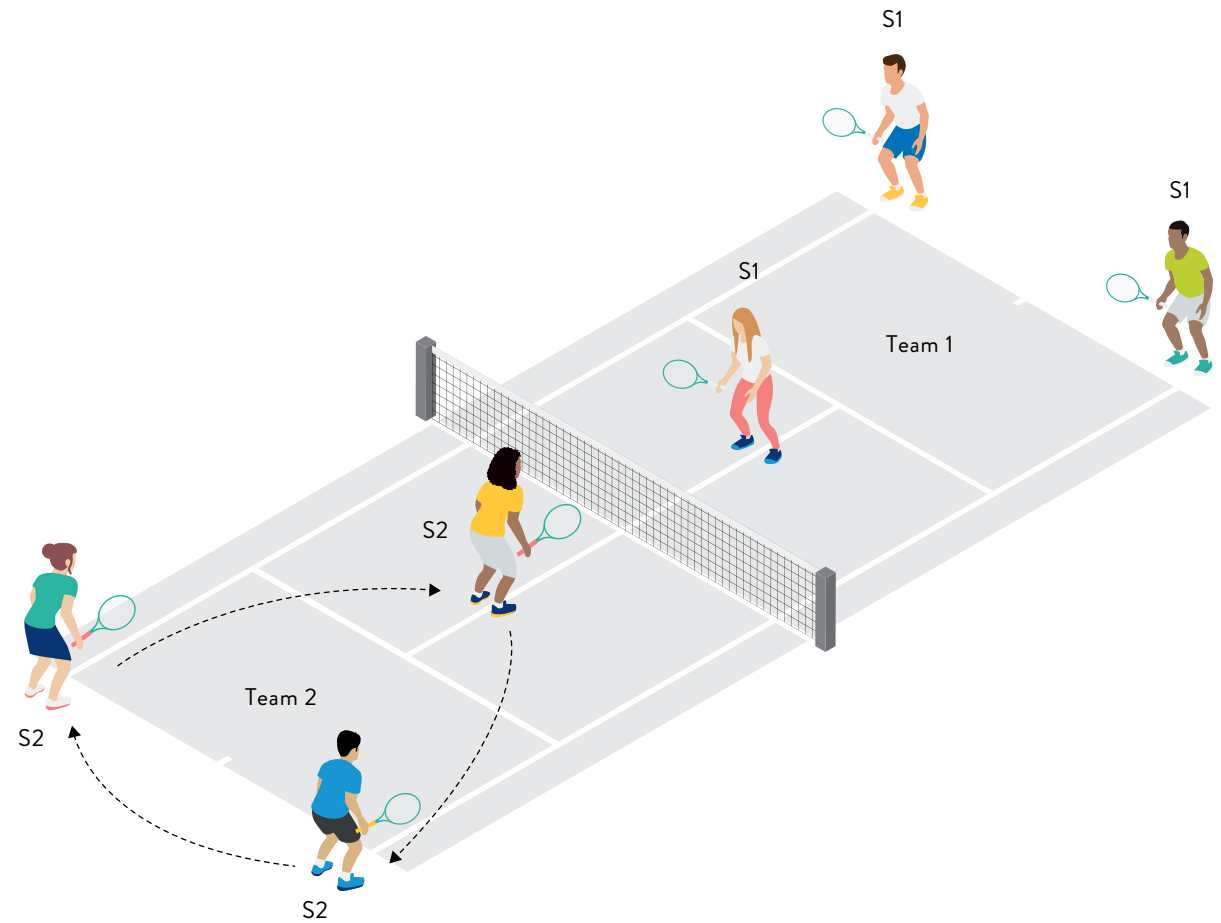
Triples

How to Play:

- Students play in teams of 3 with 2 teams per court.
- 2 students start at the baseline and 1 student starts at the net in a volleying position.
- The student at the back right position feeds the ball in underarm to start the point and the point is played out.
- The team that wins the point rotates 1 position clockwise.
- The student from the winning team who has moved into the back right position feeds the ball underarm to start the next point.
- Play first team to 7 points, or the team that has the most points after a set time.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets







GAME

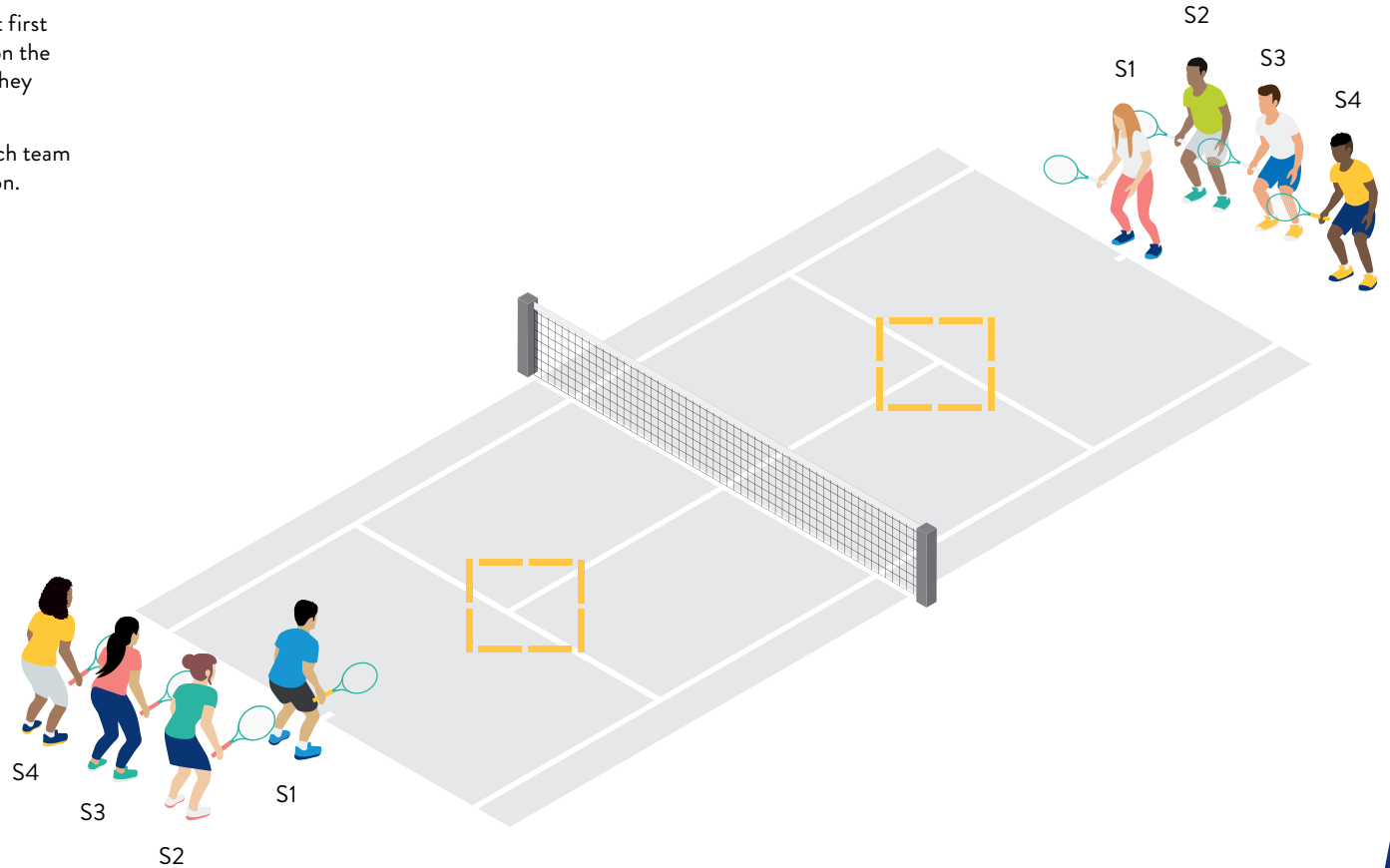
Black Hole - Teams

How to Play:

- Students play in 2 teams, with 1 player from each team starting on the baseline.
- 2 “Black Holes” are marked in the centre of the court using throw down lines or spots.
- The ball is fed into play and the first students from each team play the point out.
- If a player hits the ball and it first bounces in the Black Hole on the other side of the net, then they automatically lose the point
- The second players from each team play the next point, and so on.
- Play first team to 5 points or the team with the most points after a set time.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets
-  Throw Down Lines







GAME

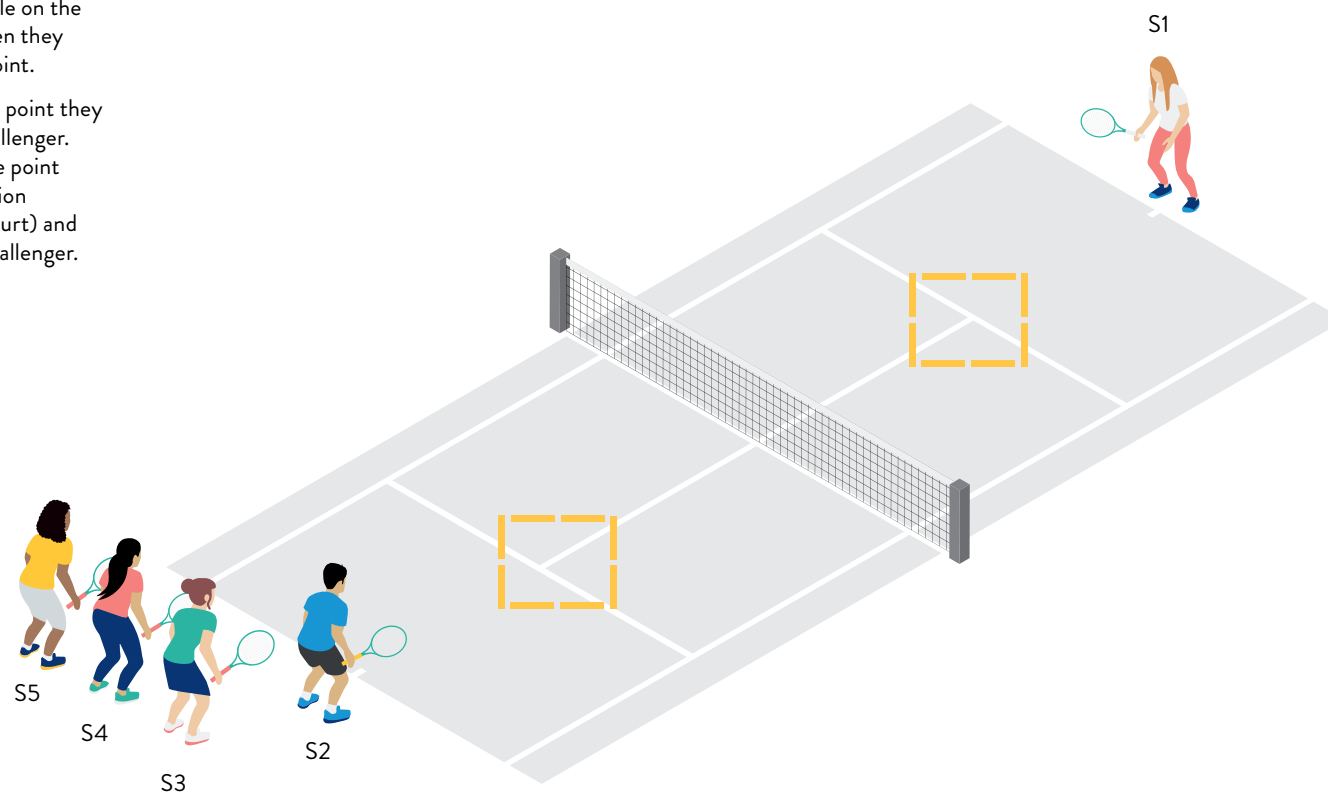
Black Hole - Champion

How to Play:

- Students play singles, with approximately 6 students per court.
- 2 “Black Holes” are marked in the centre of the court using throw down lines or spots.
- 1 student starts as champion and all other students are challengers.
- The first challenger feeds in the ball and the point is played out.
- If a player hits the ball and it first bounces in the Black Hole on the other side of the net, then they automatically lose the point.
- If the champion wins the point they play against the next challenger. If the challenger wins the point they become the champion (swapping ends of the court) and plays against the next challenger.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets
-  Throw Down Lines






GAME

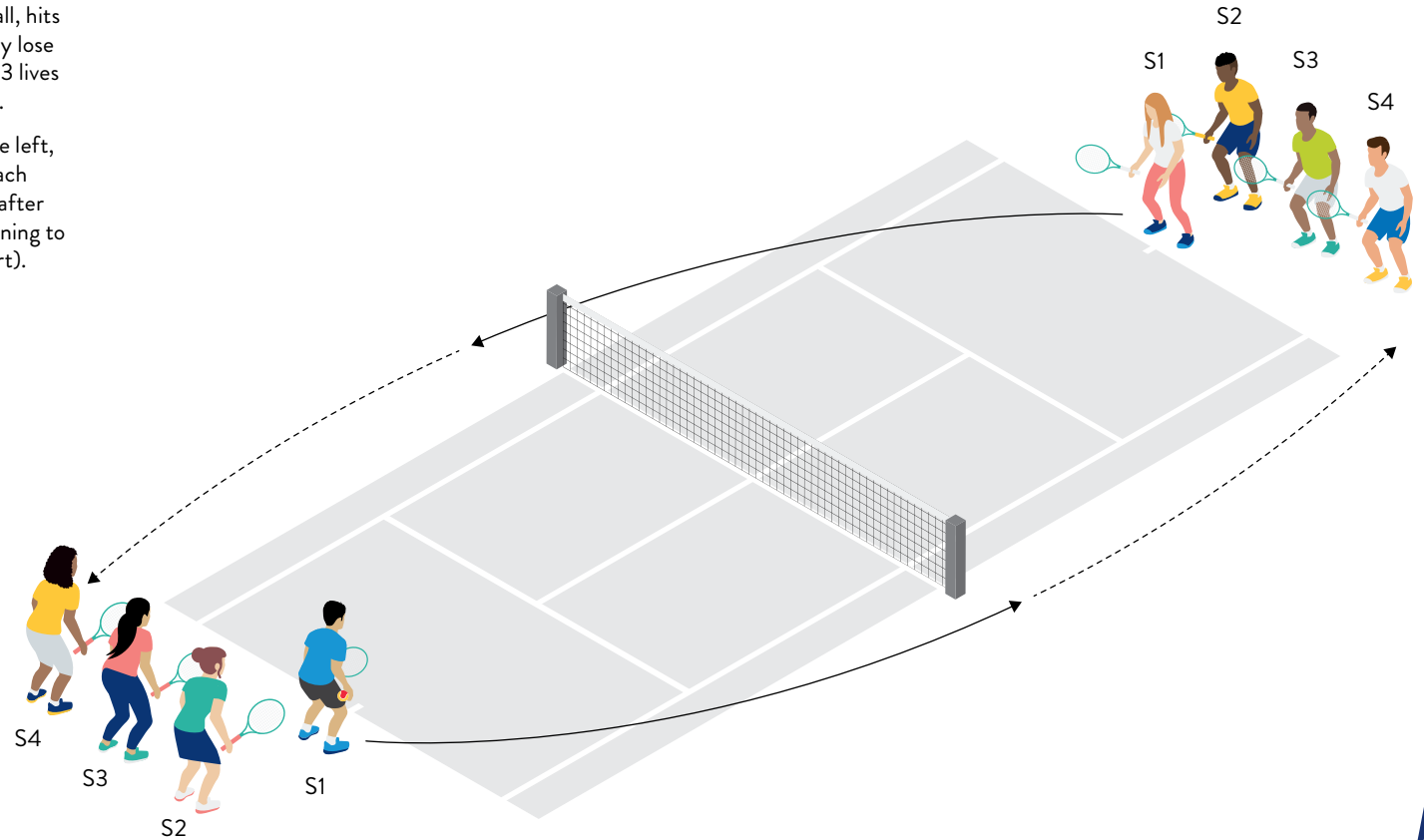
Round the World

How to Play:

- Students play as individuals.
- Students start in 2 lines on opposite baselines.
- Each student has 3 lives.
- A student feeds the ball in underarm and runs down the side of the court to join the back of the opposite line.
- Students take it in turns to hit the ball, running to the opposite side after each hit.
- If a student misses the ball, hits it out or into the net, they lose a life. When they lose all 3 lives they are out of the game.
- When only 4 students are left, play with 2 students at each end and rotate positions after each shot (instead of running to the other end of the court).
- The game is played until there is 1 winner.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

Up & Down the Ladder

How to Play:

Down the Ladder




- Students play in 2 teams with up to 5 students per team.
- Teams start with players stood at a safe distance behind each other on the baseline.
- The ball is fed in underarm by 1 team and the point is played out.
- Students take it in turns to hit the ball, rotating to the back of their team after each shot.
- The team that lose the point place 1 racket down. The team now have to share the remaining rackets to ensure the player on court has a racket to hit with.

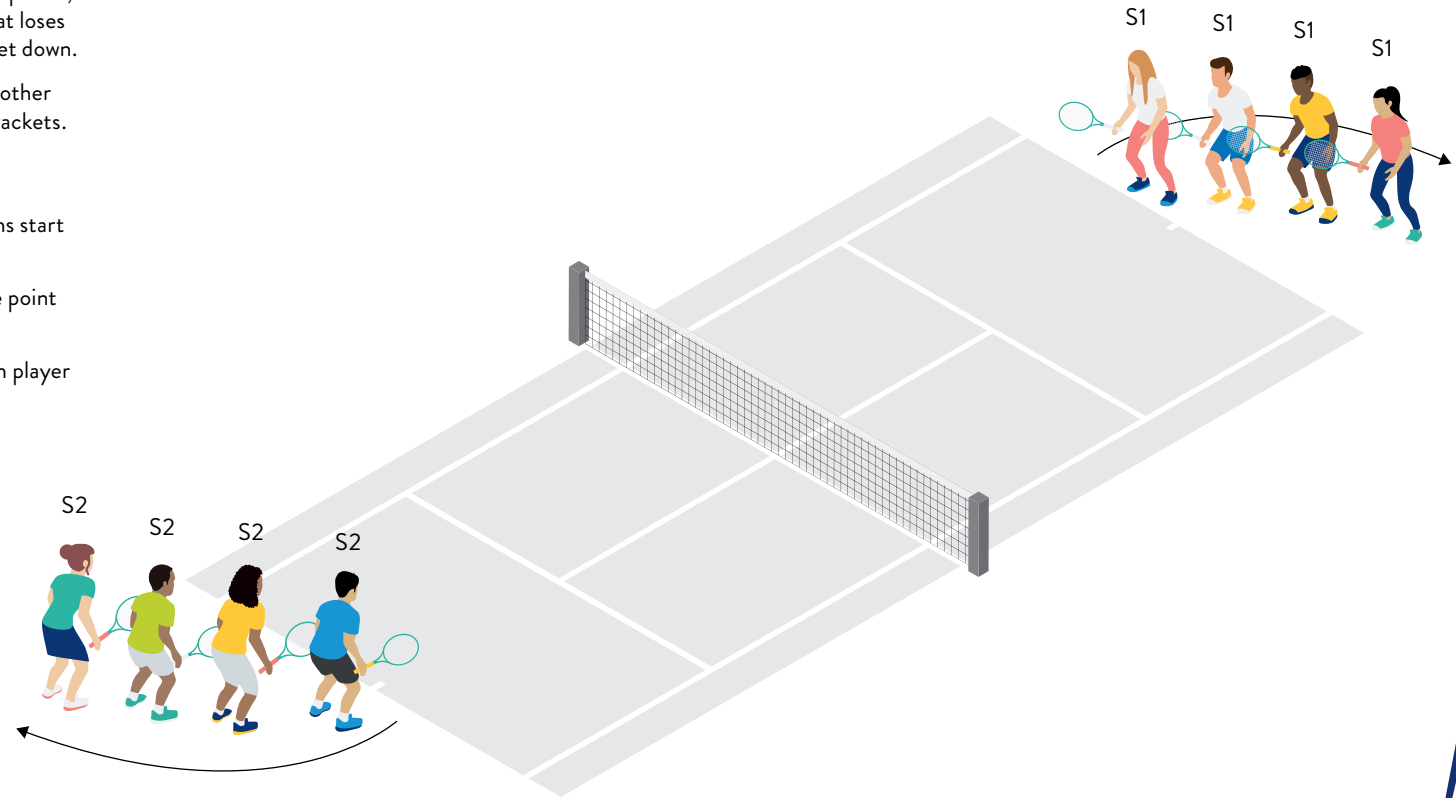
- Teams continue to play points; each time the team that loses the point places a racket down.
- A team wins when the other team has lost all their rackets.

Up the Ladder

- As above, but the teams start with 1 racket per team.
- The team that wins the point gains another racket.
- A team wins when each player has their own racket.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

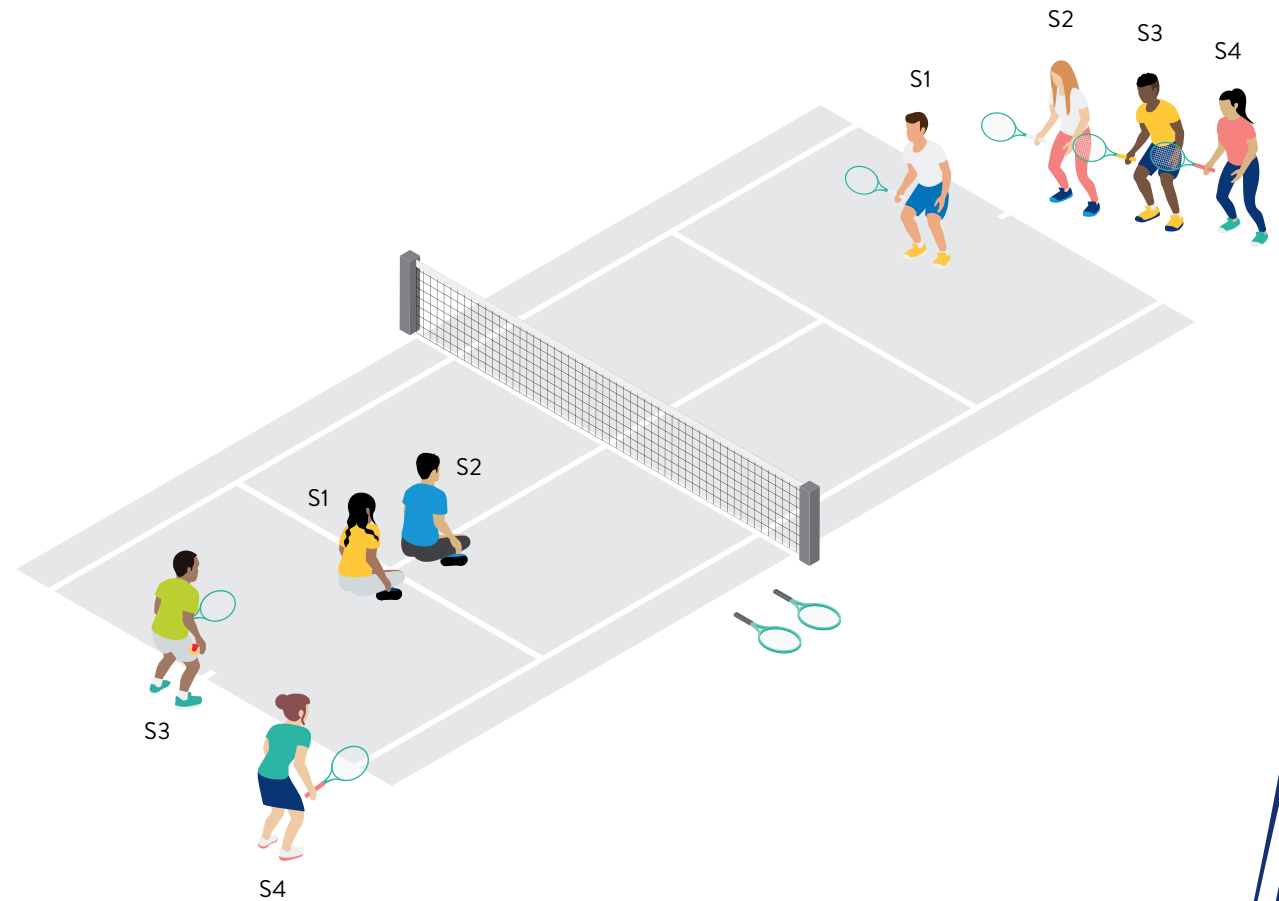
Bobsled

How to Play:

- Students play in 2 teams with up to 4 students per team.
- Teams start with players stood at a safe distance behind each other on the baseline.
- The ball is fed in underarm by 1 team and the point is played out.
- Students take it in turns to hit the ball, rotating to the back of their team after each shot.
- When a team loses a point, the student who lost the point sits in the middle of the court – this is the start of the bobsled.
- Teams continue to play points, each time the losing team has a player join the bobsled sitting behind the other students.
- The players in the bobsled try to catch the ball before it bounces. If they catch the ball a member of the bobsled can return as a hitter for their team.
- If a member of the bobsled is hit by the ball or misses the catch then the team loses the point.
- The game is won when all players from the opposing team are sat in the bobsled.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

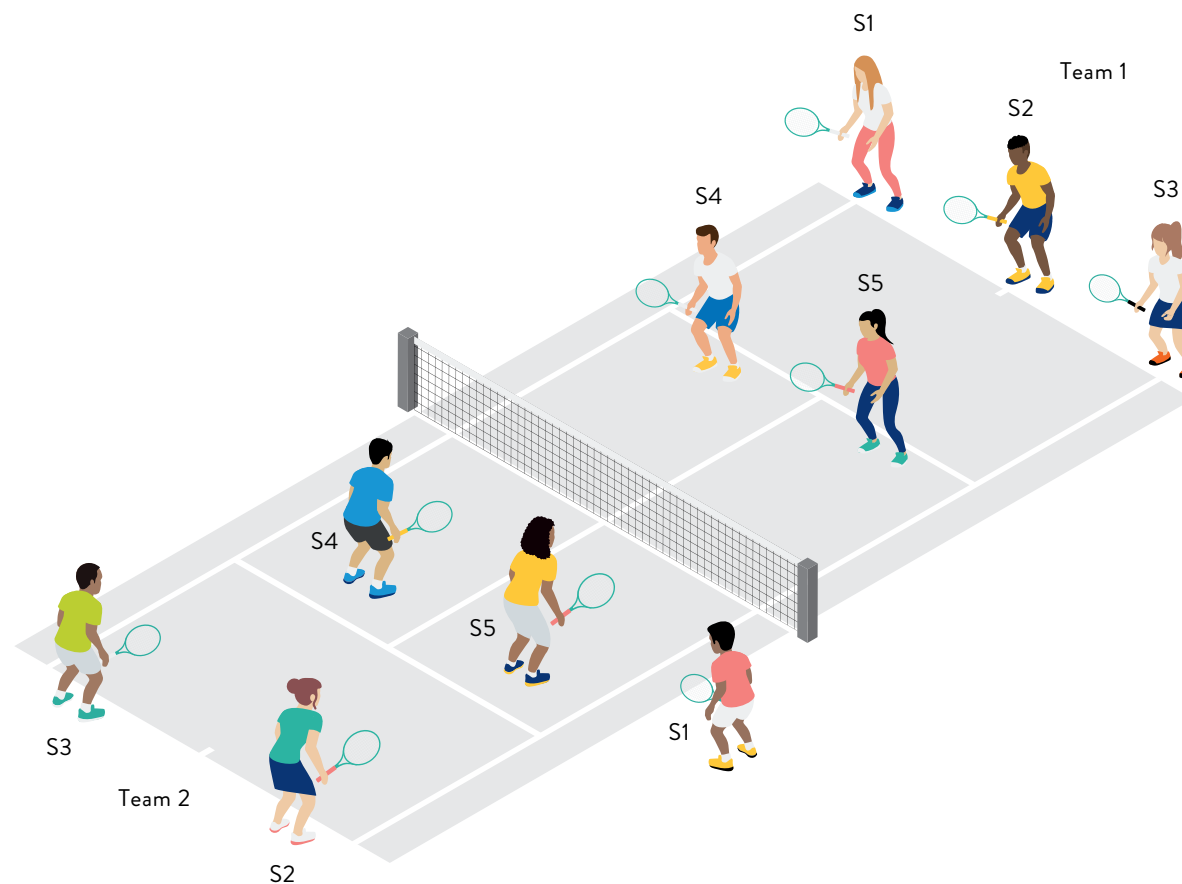
Wipeout

How to Play:

- Students play in 2 teams of up to 5 students.
- Teams start on opposite sides of the net, with students spaced safely around the court.
- The ball is fed in underarm from a baseline position and the point is played out.
- When the point is won / lost whoever made the mistake comes off the court and the team loses a player (e.g. Team 2 is reduced to 4 players).
- The next point is played and whoever makes the mistake moves off the court. If it was a student from Team 2, then the team is now reduced to 3 players. However if the mistake was made by Team 1, then a student from Team 1 comes off and the student from Team 2 returns to the court.
- If a winner is hit, rather than a mistake made, the student who hit the winner can select a member of the opposition to go off court.
- The aim is to “wipeout” the opposite team by removing all their players from the court.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

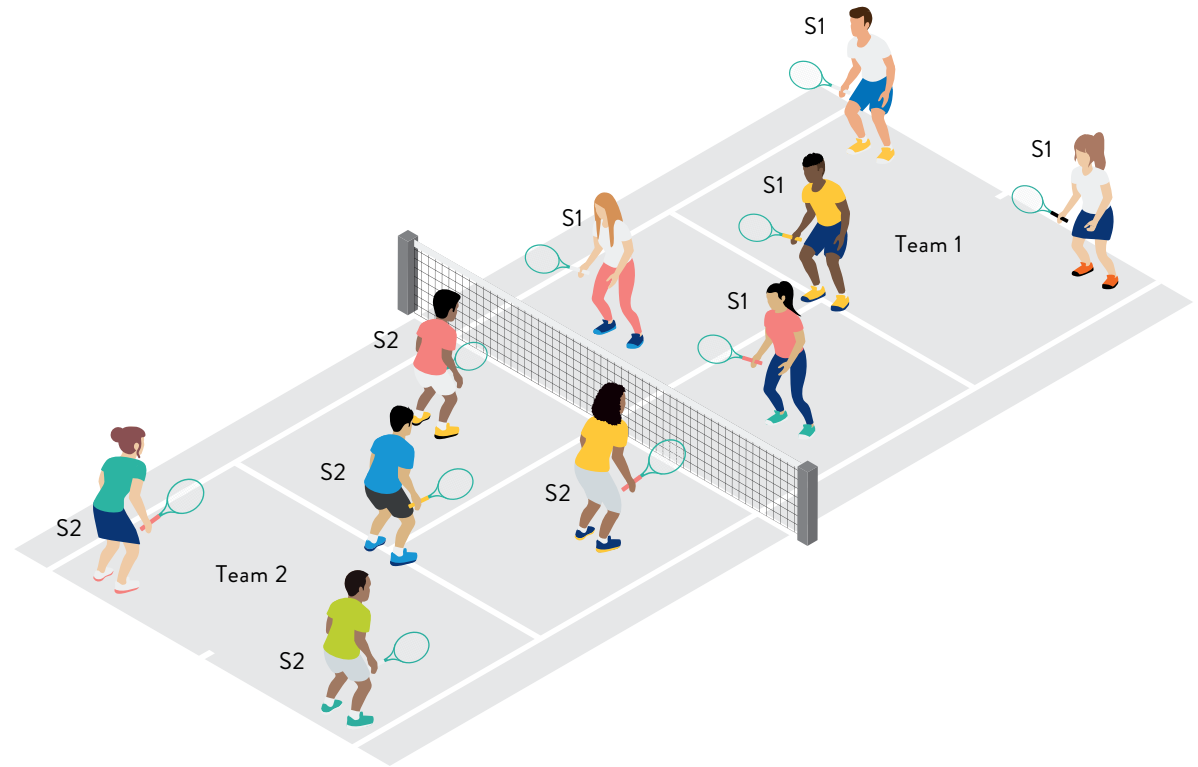
Volleyball

How to Play:

- Students play in 2 teams with up to 5 students per team.
- Students spread out across the court.
- The ball is fed underarm from a player at the baseline and the point is played out.
- The ball can only bounce once on a team's side of the court.
- Students can tap the ball to another team member.
- Teams are allowed 3 touches then it must be hit over the net.
- Students can not hit the ball twice in a row.
- The first team to 15 points wins.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

Coffee Pot

How to Play:

- Students play in 2 teams with up to 6 per team.
- The game is played using the court and the surrounding area.
- The ball is fed in underarm and becomes live.
- The ball is allowed to bounce multiple times and can be tapped between the team before going over the net.
- The ball must first bounce in when it goes over the net.
- The aim of the game is to keep the ball live. If the ball rolls on the floor it is no longer live and the point is won / lost.

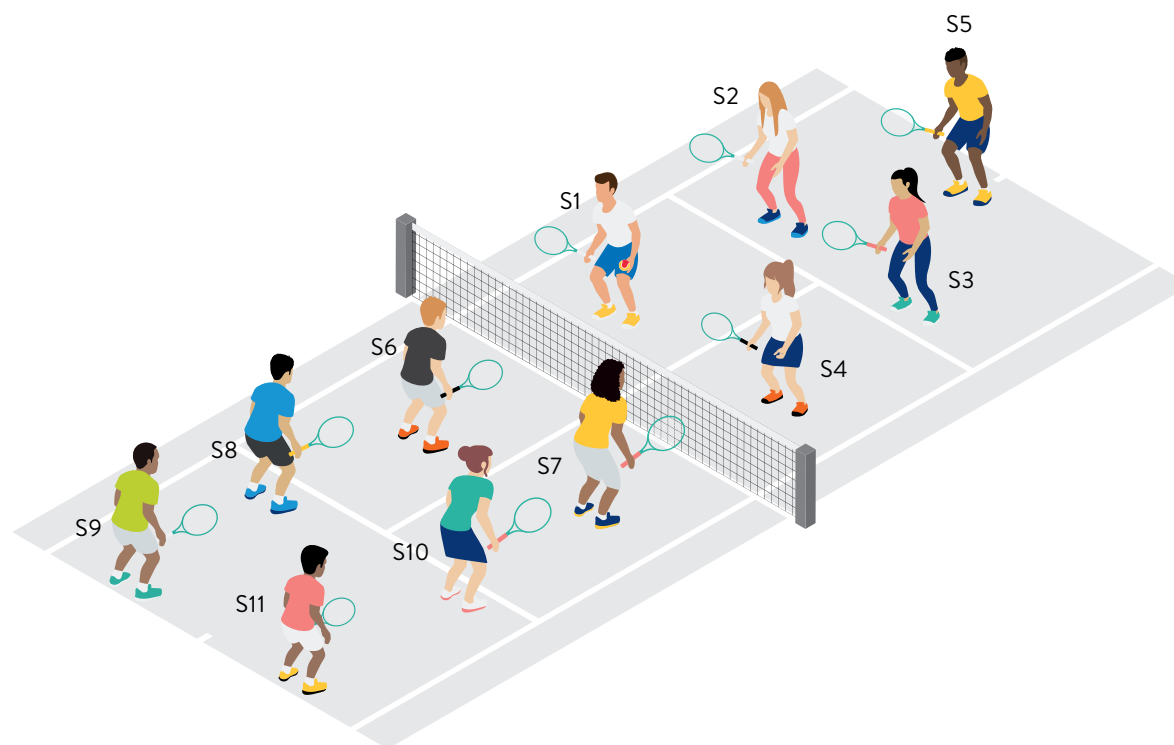
- Play first team to 5 points, or the team that has the most points after a set time.

Adaptation:

- Play with more live balls at the same time. E.g. start by feeding in 3 live balls. Teams try to keep all balls live on their side of the net. If a ball rolls it is no longer used, and the point continues with the live balls. A team could score up to 3 points in an individual point.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

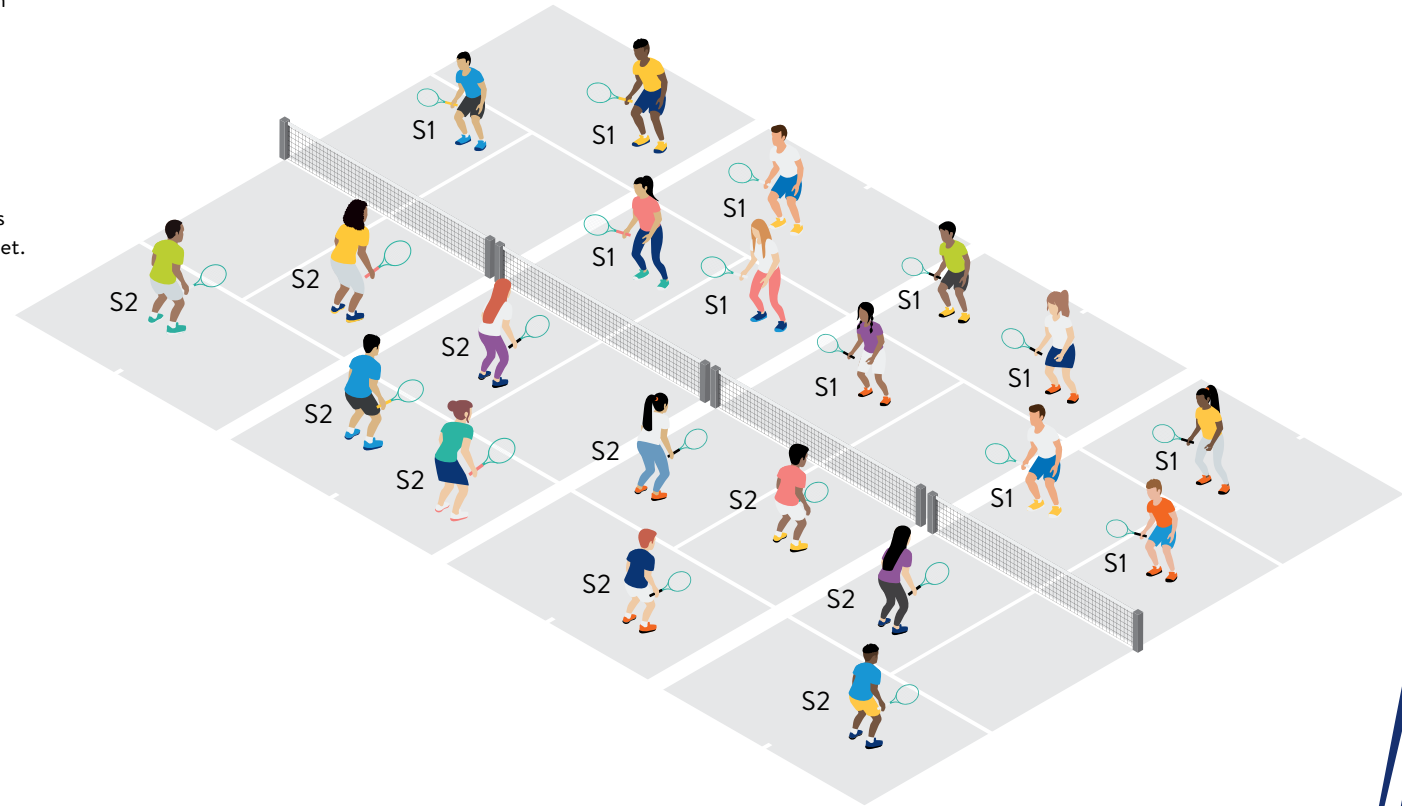
Texas 4 Court

How to Play:

- Students play in 2 teams and spread out on their side of the nets across the space available.
- This game works best in a 4 court sports hall.
- Barrier tape or additional nets can be used to create a net across the entire space.
- Every student starts with a ball.
- On “Go” all the students hit their ball over the net, and the balls are all now live.
- The aim of the game is to keep the ball live. If the ball rolls on the floor it is no longer live.
- As soon as the ball rolls, it must not be touched.
- The game is stopped when the final ball rolls.
- Each team counts all the balls that are on their side of the net.
- The team with the fewest number of balls wins.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets






GAME

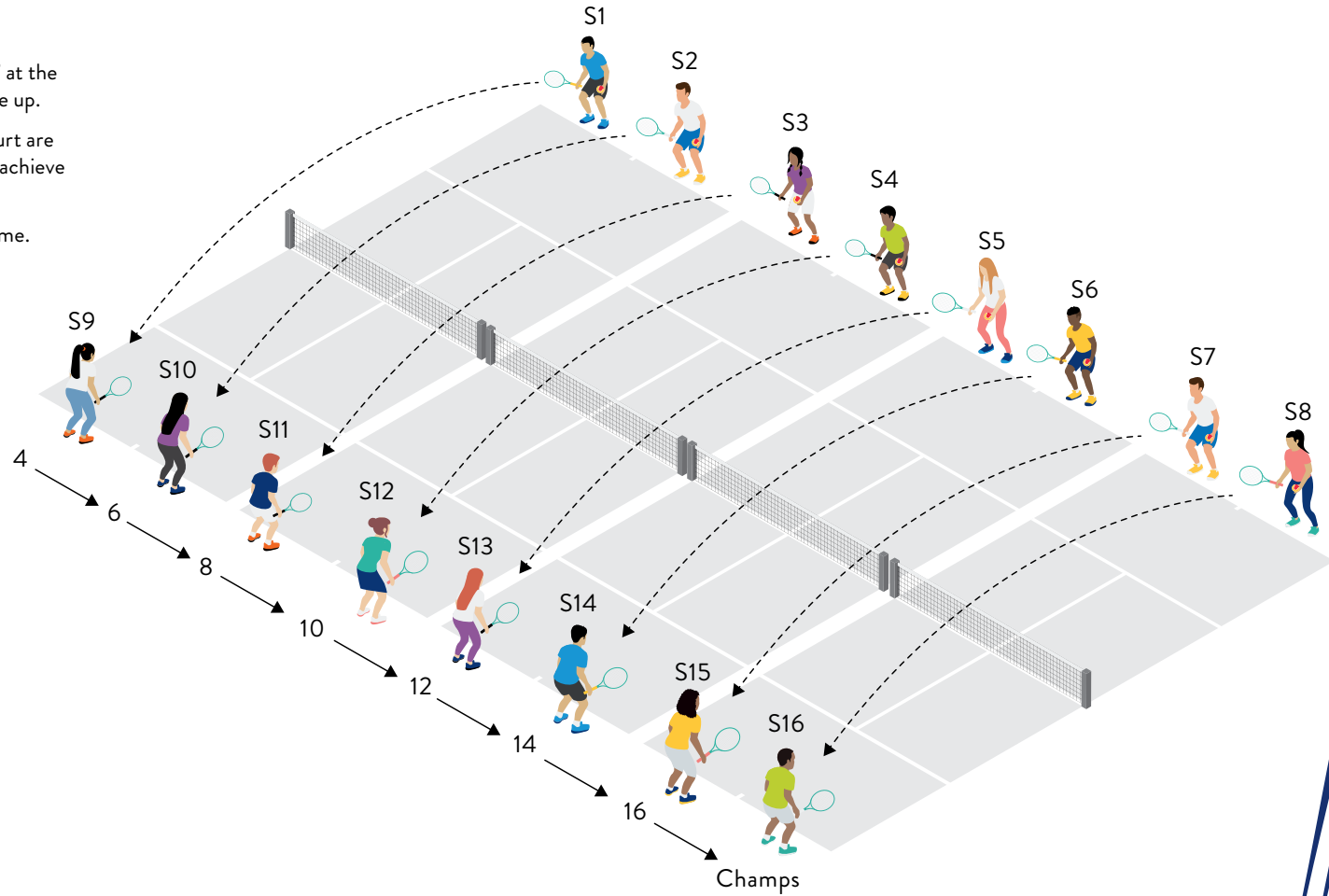
Bump

How to Play:

- Students play in pairs in a half court.
- Identify a target number for each half court increasing up the courts E.g. 4, 6, 8, 10.
- The target number is the number of shots that pairs will try to achieve in a rally.
- When a pair reaches the target number, they call out “Bump.” They then move up, swapping places with the pair on the half court next to them, who move down.
- If 2 teams call out “Bump” at the same time, they both move up.
- The pair at the top half court are the champions and aim to achieve the highest rally they can.
- Play for a set amount of time.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

Snakes & Ladders



How to Play:

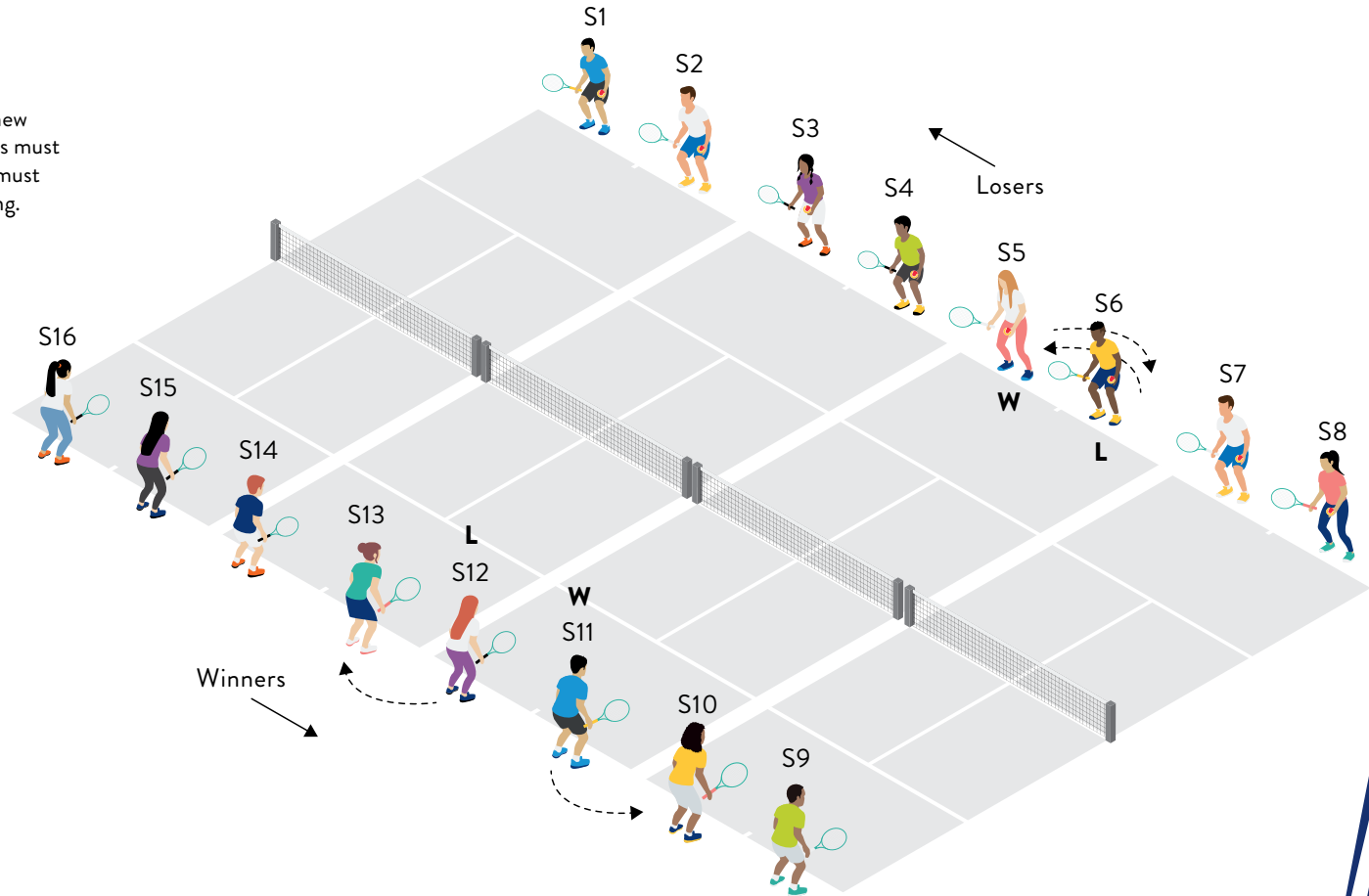
- Students play half court singles.
- Identify the top and bottom courts of the ladder.
- Play timed matches.
- At the end of the set time all students who won their match move up to the next half court. The student who won at the top of the ladder remains on that court.
- All students who lost their match slips down to the next half court. The student who lost at the bottom of the ladder remains on that court.
- If it is a draw at the end of the set time then play a final deciding point.

Adaptation:

- At the start of each round a new rule can be added. E.g. players must serve overarm, or the server must come into the net after serving.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

Champion of the Court - Singles


How to Play:

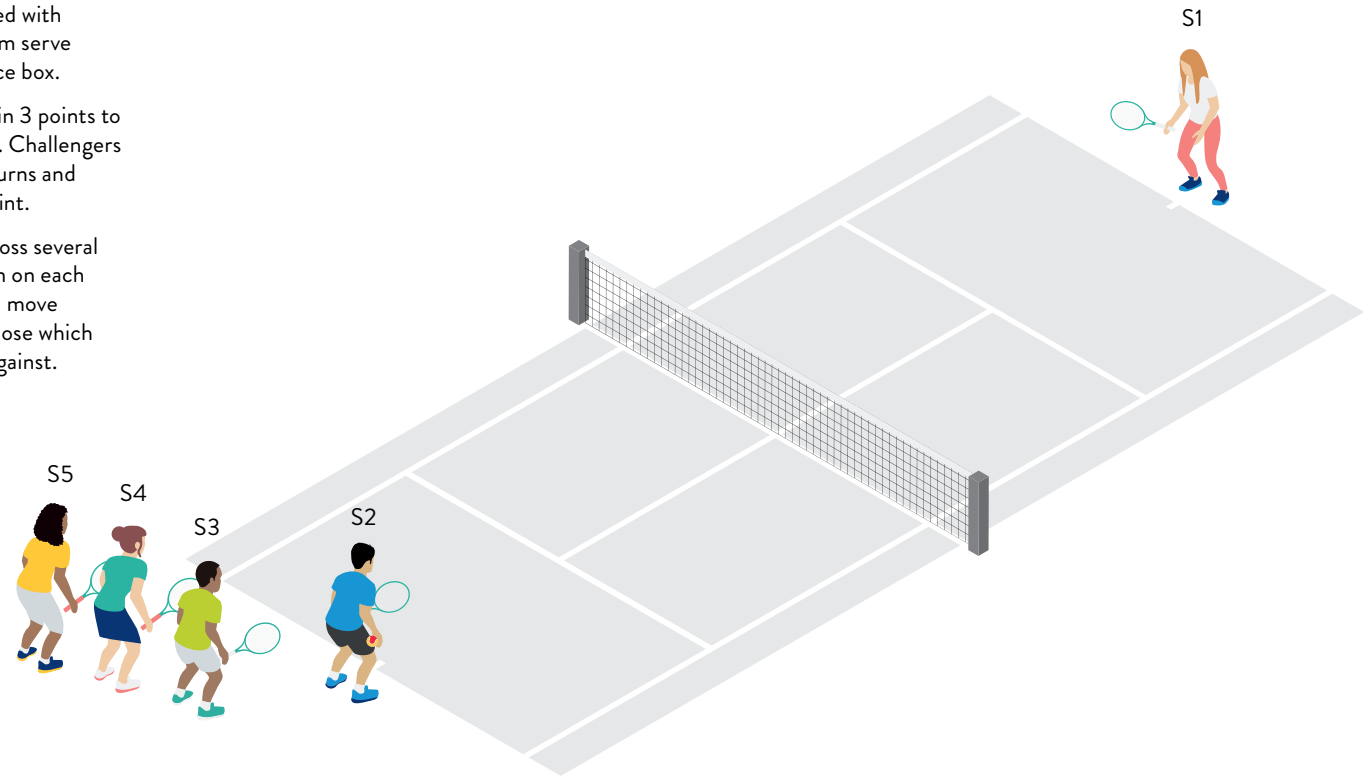
- Students play singles with up to 6 students per court.
- 1 student starts as champion.
- All other students are challengers on the other side of the court and take it in turns to play against the champion.
- The challenger feeds the ball underarm to start the point and the point is played out.
- If the challenger wins the point they become the champion.
- If the champion wins the point they play against the next challenger.

Adaptations:

- The point can be started with an overarm or underarm serve into the diagonal service box.
- Challengers need to win 3 points to become the champion. Challengers continue to take it in turns and swap after playing 1 point.
- The game is played across several courts with a champion on each court. Challengers can move between courts and choose which champions they play against.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets



GAME

Champion of the Court - Doubles




How to Play:

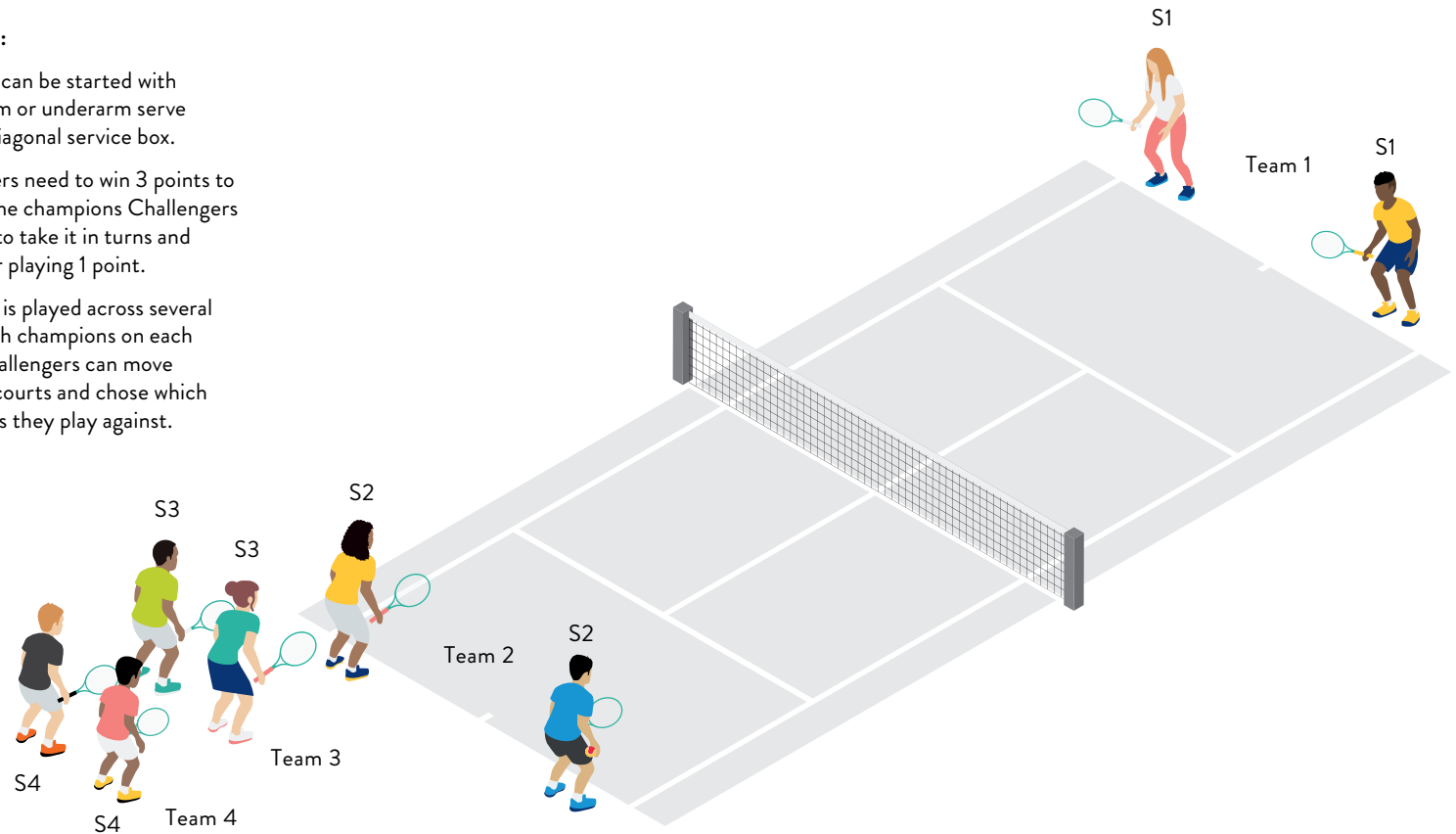
- Students play in doubles pairs with up to 4 pairs per court.
- 1 pair start as champions.
- All other students are challengers on the other side of the court and pairs take it in turns to play against the champions.
- A challenger feeds the ball underarm to start the point and the point is played out.
- If the challengers win the point they become the champions.
- If the champions win the point they play against the next challengers.


Adaptations:

- The point can be started with an overarm or underarm serve into the diagonal service box.
- Challengers need to win 3 points to become the champions. Challengers continue to take it in turns and swap after playing 1 point.
- The game is played across several courts with champions on each court. Challengers can move between courts and choose which champions they play against.

Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets





**MATCHES
& COMPETITIONS**

RED BALL TENNIS
Activity Cards

MATCHES & COMPETITIONS

Red Matches




How to Play:

- Students play full court singles.
- Students start the point with a diagonal serve (underarm or overarm) and the point is played out.
- A point is won / lost when a player hits the ball out or doesn't hit it over the net.
- Student 1 serves from the right hand side.
- Student 2 then serves from the left hand side. Student 2 then serves from the right hand side.
- Student 1 then serves for 2 points; the first point from the left and second point from the right.
- The pattern of serving continues.
- Play first to 7 points (tie-break). Students must win by 2 clear points so continue to play if they reach 6-6.

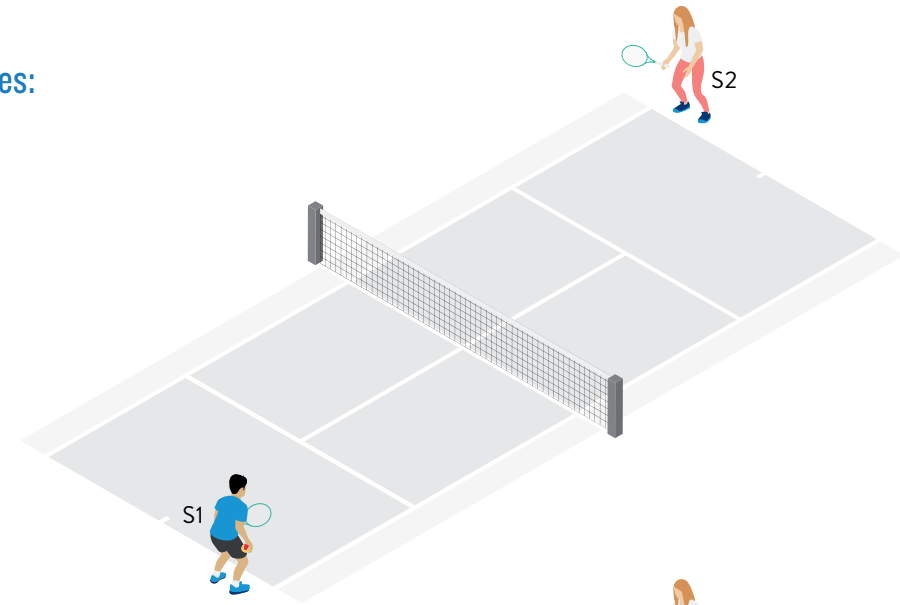
Adaptation:

- Play doubles matches. Student 1 and 3 vs student 2 and 4. Student 1 serves from the right hand side. Student 2 then serves from the left, then from the right. Student 3 then serves from the left, then from the right. Student 4 then serves from the left, then from the right.

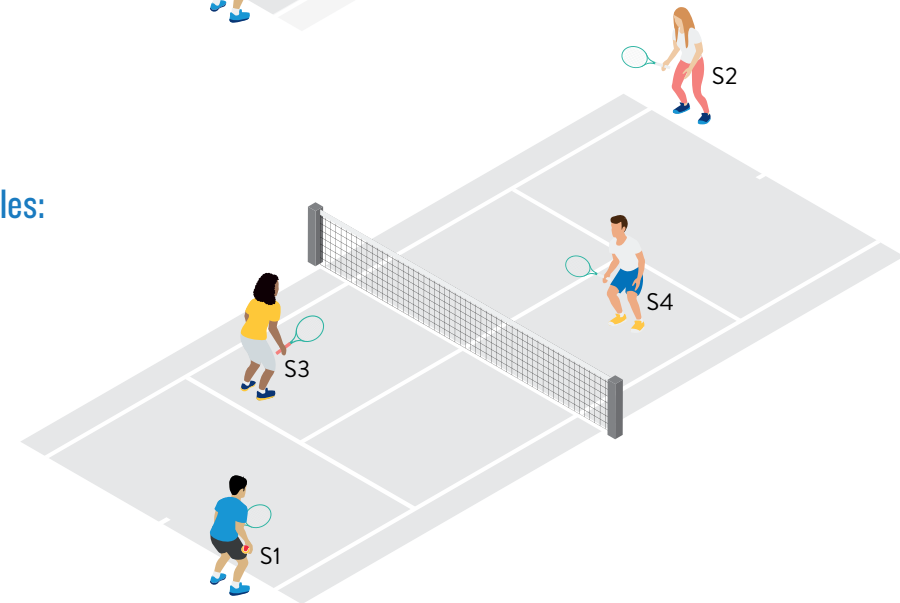
Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets

Singles:



Doubles:



MATCHES & COMPETITIONS

Team Challenge





How to Play:

- Students are in 2 teams.
- Students play full court singles against a member of the other team.
- Play timed matches.
- The student who wins the match gains a point for their team. This could be represented by cones, where if a student wins they add a cone to their team pile.
- Students then play against another member of the opposing team.
- At the end of the session the team with the highest number of points / cones wins.

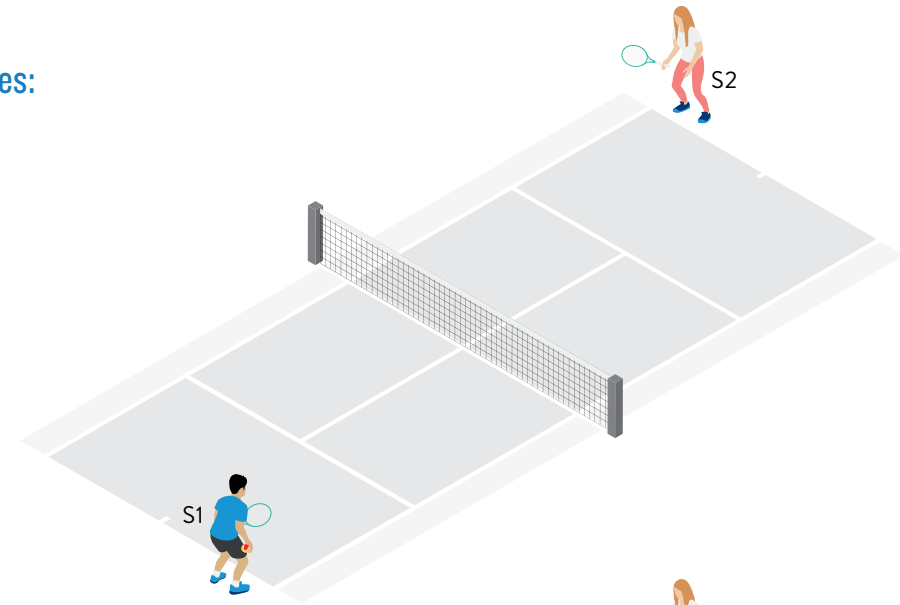
Adaptation:

- Play as doubles.

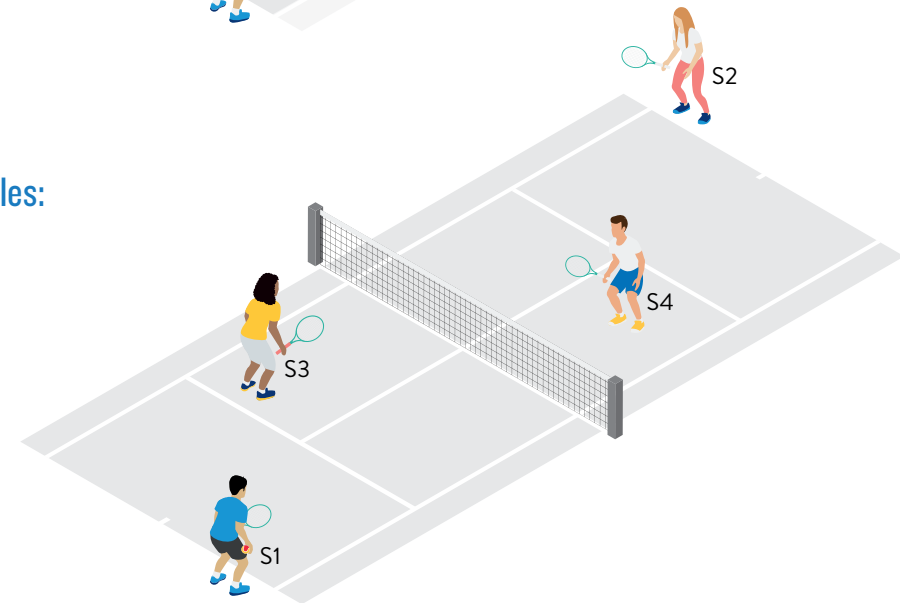
Equipment:

-  Tennis Balls
-  Tennis Rackets
-  Tennis Nets
-  Cones

Singles:



Doubles:



MATCHES & COMPETITIONS

Knockout Draw

How to Play:

- Students are placed into a knockout draw.
- Play first to 7 points or 10 points (championship tiebreak).
- Students who win their match, move forward and continue within the competition playing the next opponent.
When students lose a match they are out of the competition.
- Matches can be played within an organised session or students can arrange their matches and compete in their own time.
Set a deadline for each round of matches to be completed by.

Adaptation:

- Play as doubles.
- Move all students who lose in the first round into a round robin draw.
- The draw sheet can be expanded based on the number of players.

Equipment:



Tennis Balls



Tennis Nets

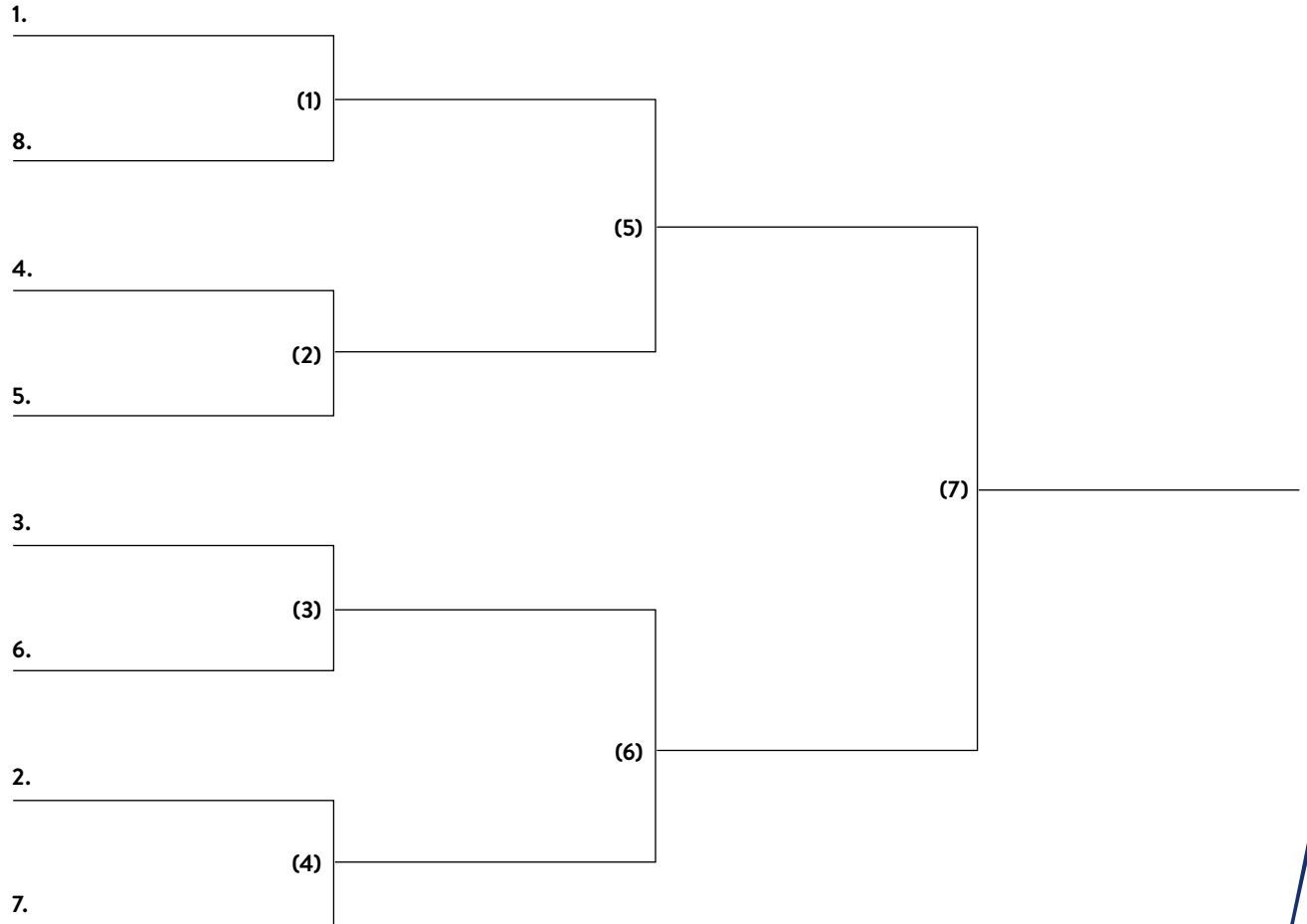


Tennis Rackets



Draw Sheets

Knockout Draw:



MATCHES & COMPETITIONS

Compass Draw

How to Play:

- Students are placed into a compass draw.
- Play first to 7 points or 10 points (championship tiebreak).
- Winners from the first round all progress to the east side of the draw and play the other winners.
- Losers from the first round all progress to the west side of the draw and play the other losers.
- Students who win in the second round on each side progress to play each other.
- Students who lose in the second round on each side progress to play each other.
- Matches can be played within an organised session or students can arrange their matches and compete in their own time. Set a deadline for each round of matches to be completed by.

Adaptation:

- Play as doubles.
- The draw sheet can be expanded based on the number of players.

Equipment:



Tennis Balls



Tennis Nets

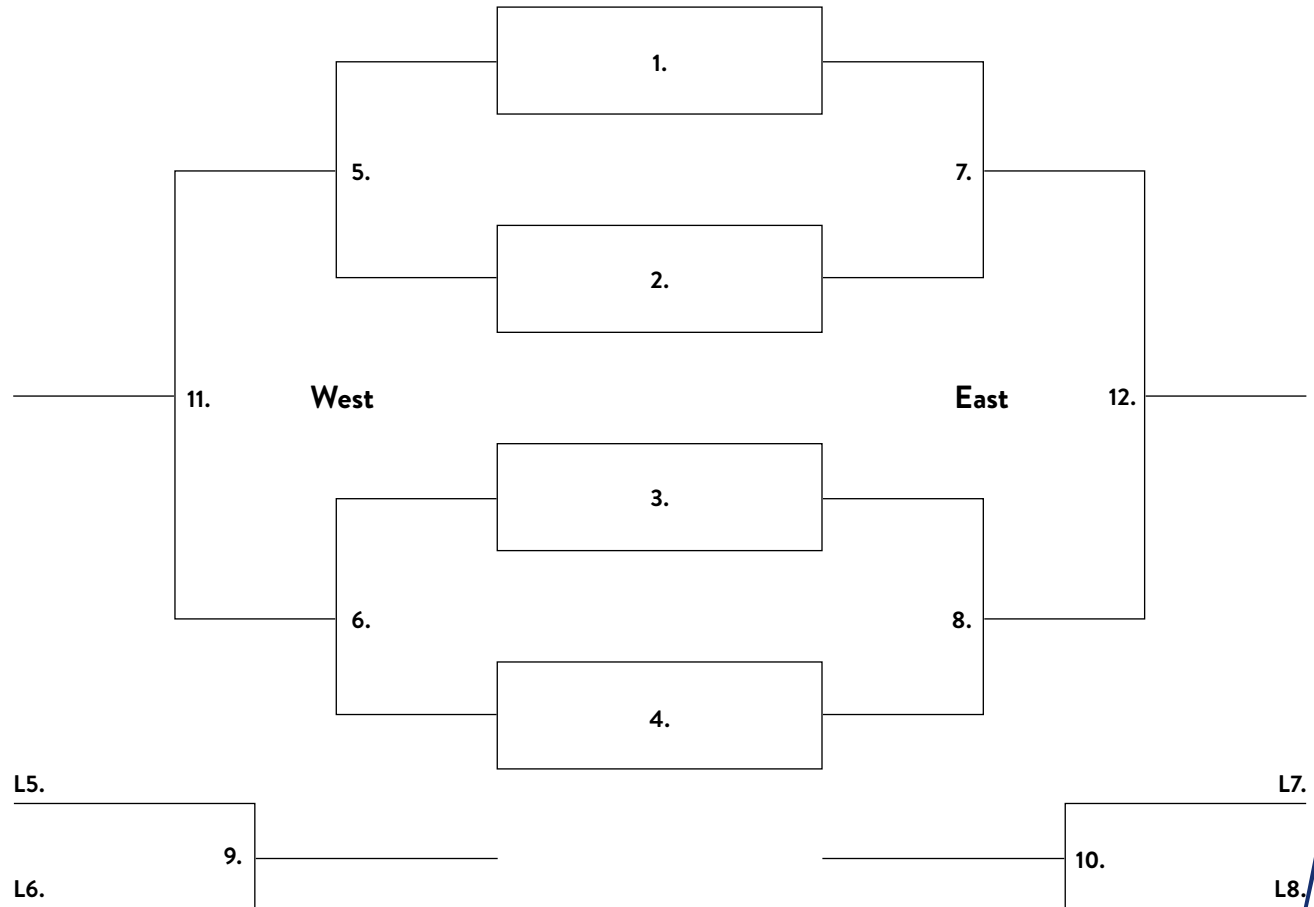


Tennis Rackets



Draw Sheets

8 Team Compass Draw Tournament:





LTA

The National Tennis Centre
100 Priory Lane, Roehampton
London SW15 5JQ