



GAME, SET, EMPOWER TOOLKIT BITESIZE



In partnership with
The Change Foundation

ABOUT LTA SERVES - GAME, SET, EMPOWER TOOLKIT

Welcome to LTA SERVES - Game, Set, Empower!
Our engaging and empowering toolkit that harnesses the power of tennis to make a positive impact on individuals - by focusing on specific themes of Self-Confidence, Health and Well-being, and Communities Together, this toolkit will support individual development for groups and communities.

In underserved communities, individuals often face challenges such as higher levels of crime, poorer health and well-being, lower educational attainment, limited access to skills and training, and higher levels

of unemployment. Our Game, Set, Empower Toolkit aims to address these issues by integrating tennis and principles of youth work. By supporting individuals, we help them explore their ideas and thoughts, engage in reflective practice, and acquire practical or technical skills and competencies to unlock their full potential both on and off the tennis court.

Join us in exploring these engaging themes that resonate with individuals and communities alike.

Please note that this content is suitable for all ages.

GAME, SET, EMPOWER – TOOLKIT THEMES:

THEME	WHAT THIS THEME IS ABOUT
SELF-CONFIDENCE	<p>Unleash Your Inner Strength:</p> <p>The self-confidence theme is all about empowering individuals to identify and evaluate their personal strengths. By setting personal goals and challenges, participants can achieve more while developing the necessary skills to build their self-confidence. This theme is designed to inspire and motivate individuals to believe in themselves and reach their full potential.</p>
HEALTH & WELL-BEING	<p>Thrive in Body and Mind:</p> <p>In the Health & Well-being theme, we encourage participants to develop a positive attitude towards regular exercise, a balanced healthy diet, and a growth mindset. Individuals will gain the knowledge and understanding needed to actively manage and live a healthier lifestyle. This theme aims to inspire individuals to prioritise their well-being and embrace a holistic approach to health.</p>
COMMUNITIES TOGETHER	<p>Embrace Diversity, Foster Unity:</p> <p>The Communities Together theme focuses on creating awareness and understanding of diversity and issues within communities. It encourages individuals to embrace and celebrate differences, recognising that diversity is a positive aspect of our society. Through games exploring faith, ethnicity, generational differences, gender, discrimination, inclusion, stereotypes, and giving back to the community, this theme promotes connection and unity.</p>

CONTENTS

About LTA SERVES - Game, Set, Empower Toolkit	3
What Game, Set, Empower Toolkit will support you with, and how to use your Game Cards	4
5 Simple Steps to Delivering Game, Set, Empower Toolkit Themes	6
Self-Confidence: Unleash Your Inner Strength	8
Health and Well-Being: Thrive In Body and Mind	12
Communities Together: Embrace Diversity, Foster Unity	16
On-Court Tools	20

WHAT GAME, SET, EMPOWER TOOLKIT WILL SUPPORT YOU WITH

Game, Set, Empower provides you with the opportunity to develop a range of skills, games, and knowledge to support participants attending your LTA SERVES tennis sessions. You will be guided and equipped with the confidence to deliver games within each of the three themes.

YOU WILL:

- Learn how to deliver fun, creative and engaging tennis sessions using 'Game cards' related to the themes of **Self-Confidence**, **Health and Well-Being** and **Communities Together**.
- Deliver key messages, ask questions and encourage discussions to support individual development.
- To deliver and embed **On-Court Tools** at your sessions to understand and measure the impact and see change over time, and encourage further self-reflection and discussion.



GAME

We use the game of tennis to engage with individuals

HOW TO USE YOUR GAME, SET, EMPOWER TOOLKIT

EMPOWER

Leaders empower individuals to demonstrate match winning changes in themselves and their peers

SET

We set Leaders the challenge to support individuals to discover and develop new skills and perspectives

5 SIMPLE STEPS TO DELIVERING GAME, SET, EMPOWER TOOLKIT THEMES



STEP

1

Refer to LTA SERVES, Game, Set, Empower toolkit (Themes: Self-Confidence, Health and Well-Being, Communities Together). Look at the learning outcomes related to each game to support your session planning.

STEP

2

Deliver one or more games from your chosen theme at your tennis session. Don't forget to be creative to progress the games, you can also make them easier if needed.

STEP

3

Use the key messages and discussion points provided. These will allow your group to reflect on their feelings and thoughts related to the learning outcomes of the game.

STEP

4

Utilise our 'On-Court Tools' to measure the impact of your session. Remember to record or note down the data for future reference.

STEP

5

For additional support and to add variety to your regular tennis sessions, feel free to log back into your online Tennis Activator account to access your session resources - these offer a mixture of fun games that you can deliver in addition to those outlined in Game, Set, Empower Toolkit.

SELF-CONFIDENCE: UNLEASH YOUR INNER STRENGTH

The Self-Confidence theme is all about empowering individuals to identify and evaluate their personal strengths.

By setting personal goals and challenges, participants can achieve more while developing the necessary skills to build their self-confidence. This theme is designed to inspire and motivate individuals to believe in themselves and reach their full potential.



SELF-CONFIDENCE: TARGETS

Learning Outcome:

To improve participants' ability to focus on their goals.

Key Words:

Goal Setting & Focus.

Equipment:



Cones



Balls



Flat Hoops /
Rubber Spots



Buckets



Rackets



Tennis Nets

Game:

Layout targets (easy and difficult) on one side of the tennis court. On the other side, participants work in pairs and with a set number of tennis balls they aim for the targets by hitting the ball over the net. There are different points for each target. Ask participants to play a few times to encourage them to beat their scores.

Key Questions & Discussions:

Ask the group informal questions:

- How many attempts did it take to hit the difficult targets?
- How did you approach hitting the targets?
- How did you feel when you hit the targets?

Link these informal questions to a discussion about how first setting realistic goals can lead to bigger life goals through focus and perseverance.



TOP TIP!

Add the Tennis Bucket Challenge; divide the group into two teams (different colour tennis balls for each team), the team with the most balls in the bucket wins!

SELF-CONFIDENCE: COMPETITIVE COMEBACK

Learning Outcome:

To improve participants' mental resilience.

Key Words:

Resilience & Adversity.

Equipment:



Rackets



Balls



Tennis Nets

Game:

Set up courts for a doubles tournament and intentionally start each match with one disadvantage for each pair (for example using your non dominant hand or a score disadvantage).

Key Questions & Discussions:

Ask the group informal questions:

- How did the disadvantage make you feel?
- How did you overcome the challenge?
- What helped you stay focussed during the tournament?

Link these informal questions to a discussion about how mental resilience helps when we face adversity in life.



TOP TIP!

Encourage participants to express gratitude to their opponent about positive points of play before or after the match. This helps shift focus from disadvantage to enjoyment.

SELF-CONFIDENCE: RANKING UP

Learning Outcome:

To increase participants' understanding of the benefits of developing a strong work ethic.

Key Words:

Hard work & Determination.

Equipment:



Cones



Balls
(2 colours)



Rackets



Tennis Nets

Game:

Participants work in pairs and must clear two serves into target zones. They start with larger target zones, then move up levels to harder target zones. This continues for the allotted time or until everyone reaches the highest level.

Key Questions & Discussions:

Ask the group informal questions:

- How many shots did it take to get to the hardest target zone?
- How did moving through the levels make you feel?
- How did your approach change?

Link these informal questions to a discussion about doing the basics well and developing a strong foundation for better success in the future.



TOP TIP!

Introduce the 'ace off'. In teams, participants have 60 seconds to score as many aces as possible in a target zone. The team that scores the most wins.

HEALTH AND WELL-BEING: THRIVE IN BODY AND MIND

In the Health & Well-being theme, we encourage individuals to develop a positive attitude towards regular exercise, a balanced healthy diet, and a growth mindset.

Participants will gain the knowledge and understanding needed to actively manage and live a healthier lifestyle. This theme aims to inspire individuals to prioritise their well-being and embrace a holistic approach to health.



HEALTH AND WELL-BEING: TARGETS

Learning Outcome:

To develop participants' ability to practice mindfulness.

Key Words:

Being present & Concentration.

Equipment:



Cones



Balls



Rackets



Tennis Nets

Game:

Loosely place cones in the holes of a tennis net and ask the group to line up in teams at an appropriate baseline. One by one team members hit a tennis ball into the net, aiming for the cones, with any tennis shot trying to smash them out of the net. The first team smash them out wins.

Key Questions & Discussions:

Ask the group informal questions:

- How did the game make you feel?
- Did you change your approach at any time?
- Did you change your approach at any time?

Link these informal questions to a discussion about mindfulness, how paying more attention to the present moment and your thoughts and feelings can improve your mental wellbeing.



TOP TIP!

Invite the group members to develop their own 'tennis grunt' to improve concentration.

HEALTH AND WELL-BEING: CENTRE COURT

Learning Outcome:

To develop participants' understanding of poor mental health.

Key Words:

Anxiety & Fear.

Equipment:

None.



Game:

Ask the group to form a circle and for one person to volunteer to step outside away from the group. Assign a number to person in the group and to shuffle around the circle. Invite the person outside the circle to rejoin the group and stand in the centre of the circle. They pick two numbers and the two people with those numbers must swap places with one another without being caught by the person in the centre. The person in the centre must try and jump in one of their places before they do. Other people around the circle may distract the person in the centre to prevent them from taking a place around the circle.

Key Questions & Discussions:

Ask the group informal questions:

- Comment on who was distracting and how?
- Ask about how hard it was to swap?
- How did the person in the centre feel?

Link these informal questions to a discussion about different mental health conditions, signs that may suggest someone is not themselves and what to do when you identify this.



TOP TIP!

Play the game a few times, encourage different behaviours and distractions, this will help weave in messages of different mental health conditions.

HEALTH AND WELL-BEING: WALK THE PLANK

Learning Outcome:

To increase participants' knowledge of core strength.

Key Words:

Balance & Stability.

Equipment:



Cones



Balls



Rackets

Game:

Ask the group to get into pairs. One person must bounce the ball through the cones using a tennis racket. If they drop the ball, they must start again. The other person must hold a plank position until their partner comes back. Then switch over.

Key Questions & Discussions:

Ask the group informal questions:

- Who do you think would win in a plank competition (name two sporting celebrities)?
- Where does our strength come from?
- Why is balance and stability important?

Link these informal questions to a discussion about core strength. Explain that all your power is generated from the core (everything that isn't your arms and legs) to carry out any movement. Describe the core as a foundation to build stability and balance.



TOP TIP!

Introduce the 'plank off' and see who can hold a plank for the longest. This will also help the Leader assess levels of core strength in the group to then help them develop it.

COMMUNITIES TOGETHER: EMBRACE DIVERSITY, FOSTER UNITY

The Communities Together theme, focuses on creating awareness and understanding of diversity and issues within communities.

It encourages individuals to embrace and celebrate differences, recognising that diversity is a positive aspect of our society. Through games exploring faith, ethnicity, generational differences, gender, discrimination, inclusion, stereotypes, and giving back to the community, this theme promotes connection and unity.

COMMUNITIES TOGETHER: TASK TENNIS

Learning Outcome:

To improve participants' ability to collaborate.

Key Words:

Collaboration & Teamwork.

Equipment:



Rackets



Balls



Tennis Nets

Game:

Set up doubles matches for the group. Each pair receives a list of challenges to complete before the end of the match. Both must execute a backhand or you must say your name before each shot or play a shot then spin around. Be as creative as you can. The first pair to complete their tasks wins.

Key Questions & Discussions:

Ask the group informal questions:

- How did you find the tasks?
- What other tasks can you include?

Link this to a discussion about collaboration and why is it important to work together. Discuss examples of collaborations.



TOP TIP!

Invite the group to complete a group task list that they must complete in a set time to emphasise collaboration.

COMMUNITIES TOGETHER: COMMUNITY RALLY

Learning Outcome:

To improve participants' ability to discuss social issues in their communities.

Key Words:

Politics & Inclusion.

Equipment:



Rackets



Balls



Tennis Nets

Game:

Set up as many mini tennis courts as the space allows and ask the group to stand opposite an opponent. The Leader poses a statement about community cohesion, one side of the court must argue in favour of the statement and the other side against while playing a rally. They can only hit the ball if they have something to say. Whoever wins the rally, wins the debate.

Key Questions & Discussions:

Ask the group to discuss how they felt about debating while trying to win a rally.

Ask the group informal questions:

- Did you feel strongly about any particular social issues and why?
- Do you know your local MP and the political party they represent?
- Why is it important to debate issues in a fair way?



TOP TIP!

At the end ask group to select a representative to enter the 'debate off' and have a final rally with the 'for' and 'against' teams providing encouragement.

COMMUNITIES TOGETHER: SYNCHRONISED SERVING

Learning Outcome:

To encourage partnerships among participants.

Key Words:

Verbal and non-verbal communication.

Equipment:



Rackets



Balls



Tennis Nets



Cones

Game:

Pair up participants and ask them to serve at the same time, trying to hit specific targets on the court. Encourage coordinated technique using verbal and non-verbal cues.

Key Questions & Discussions:

Ask the group informal questions:

- What communication techniques did you use?
- When else do you need to work in partnerships in tennis?

Link this to a discussion about working in partnership and why they are important in the community.



TOP TIP!

Before participants start synchronised serving ask the pairs to do a mirror warm up drill where one person leads and the other mirrors their movements to encourage them to work together.

ON-COURT TOOLS

We use the tools outlined here to measure and evaluate the impact of the games delivered, to support individual development in a clear and impactful way.

CONE QUESTIONS

You will need 3 sets of different colour cones; each colour will represent a different answer. For example:

GREEN = YES

RED = NO

YELLOW = DON'T KNOW

Ask your group a series of questions, they should run to the cone that reflects their answer. This can be used as a fun game or cool down and you can use different activities to get to the cones; skip, walk, jog, run, side-step, hop, fast tennis feet.

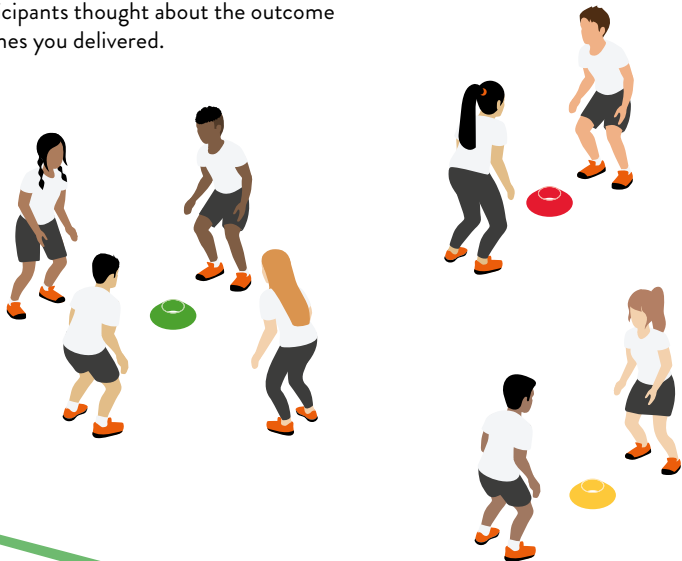
Cone questions can help you to understand what participants thought about the outcome of the games you delivered.



TOP TIP!

Cone Questions is a fun tool to utilise for the Health and Well-Being Games!

You can take notes, or record with permission how participants answered the questions. You can then track with previous sessions, if you ask the same or similar questions in future for a game.





LTA

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

www.lta.org.uk



In partnership with
The Change Foundation