

RED BALL COMPETITION FORMAT

INTRA SCHOOL

Full list of Red Ball games can be found [here](#)

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These options are designed for when there is slightly less time available, for example during a lunchtime, breakfast or after school club.

OPTION 1

Red Ball Games

Duration: approx. 35 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 2: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 3: Select a game Value: Choice of value
2 minutes:	Reflection / feedback to teacher

OPTION 2

Red Ball Games & Match Play

Duration: approx. 45 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
8 minutes:	Game 2: Select a game Value: Choice of value
2 minutes:	Team reflection time
8 minutes:	Match Play Doubles 1 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 2 Value: Choice of value
4 minutes:	Doubles reflection / feedback to teacher

OPTION 3

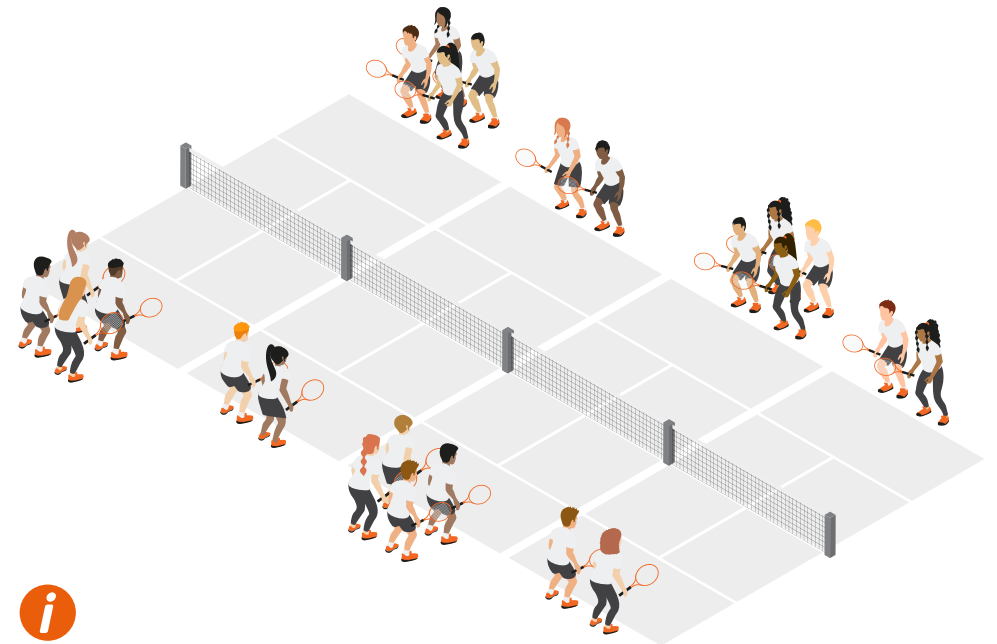
Warm Up Game & Match Play

Duration: approx. 45 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Match Play Doubles 1 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 2 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 3 Value: Choice of value
2 minutes:	Doubles reflection / feedback to teacher



SCAN OR
CLICK HERE
for full list of Red
Ball Tennis Games



Design your area to match the space you have available and the number of young people playing