

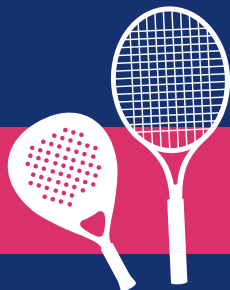
ACTIVATOR RESOURCE

ACTIVITY CARDS

WELCOME TO YOUR ACTIVATOR RESOURCE PACK

The activities in this book have been collated to support you in delivering fun, inclusive sessions!

All activities found within this resource pack can be used across both tennis and padel for any ages and abilities.



Each activity has an 'Activity Type' to help you identify which part of the session the activity could be used in:

- **Starter Activity** - used as part of a warm up or to start the session
- **General Play** - activities that can be used through the main theme of the session
- **Game** - a fun and competitive activity used towards the end of the session

Each activity has a 'Playing Standard' - to help you in identifying the right activity for the groups playing ability

Many more video activities, games and supporting resources can be found within your Activator Hub on the LTA website.



ACTIVATOR HUB

01

EQUIPMENT:

- Balls
- Rackets for harder activity

BOUNCE ABOUT

Activity Type: Starter Activity
Playing Standard: Any level



ORGANISATION:

- Define the playing area.
- Position players at the side of court and demonstrate.
- Highlight the need to watch each other to avoid collisions.

ACTIVITY:

- Players move around the area bouncing a ball in a basketball dribble style.
- Move by walking, jogging, sidestepping or walking backwards, keeping control of the ball.
- Change the action on the command of the Activator, e.g. ready, left hand, right hand, both hands, alternate hands, skipping, hopping, at the side.

EASIER:

- Use a bigger ball.
- Bounce and catch each time.
- Bounce with the favourite hand and move slowly.

HARDER:

- Change direction on command.
- Bounce the ball to different heights.
- Use a racket to bounce the ball.



SEE IT IN ACTION

02

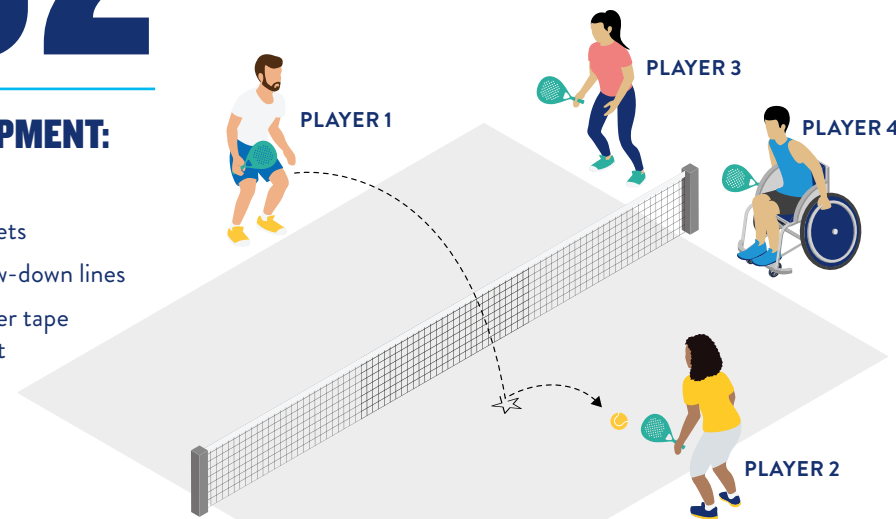
CHAMPIONS OF THE COURT

Activity Type: Game

Playing Standard: Intermediate Advanced

EQUIPMENT:

- Balls
- Rackets
- Throw-down lines
- Barrier tape or net



ORGANISATION:

- Mark out a court area with a net in the middle.
- Position players at the side of court and demonstrate.
- Players work in pairs / groups.
- All players have a racket.

ACTIVITY:

- Player 1 starts as the Champion of the court, on one side of the net.
- Player 2 is the challenger on the other side of the net.
- All other players stand behind a safety line to the side of the court.
- Player 2 feeds the ball over the net to player 1 and then play the point until it is won.
- If player 1 wins the point they stay as the Champion and play the next point against player 3.
- If player 2 wins the point they swap places with player 1 and become the Champion.
- Player 2 then plays player 3 or player 4.

EASIER:

- Use a bigger ball.
- Bounce and catch each time.
- Activator starts the point with a throw/feed.

HARDER:

- Challengers need to win 2 points to replace the Champion.
- Play Champions in teams (pair v pair).
- Start the point with a serve.

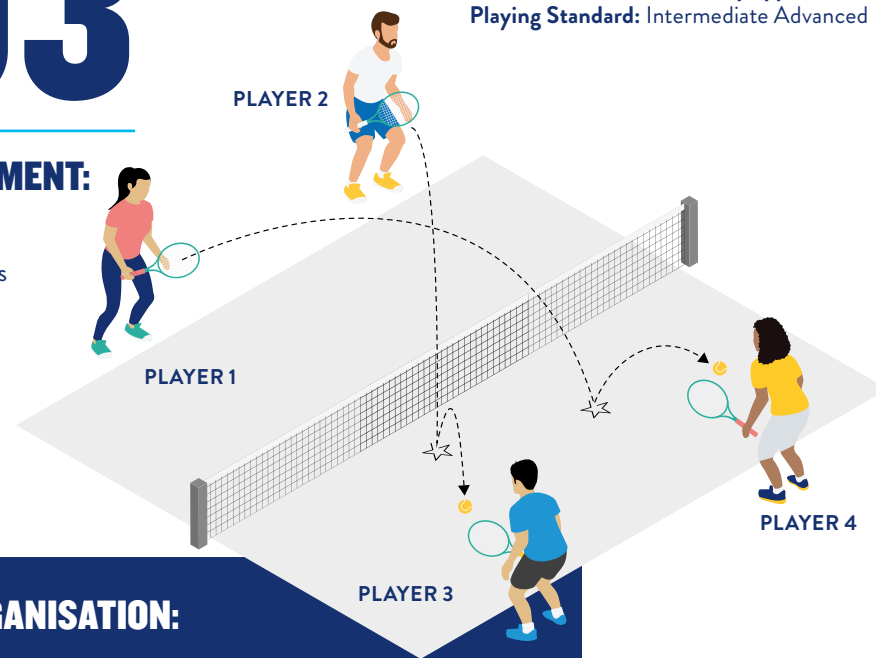


SEE IT IN ACTION

03

EQUIPMENT:

- Balls
- Rackets



DINGLES

Activity Type: Game

Playing Standard: Intermediate Advanced

ORGANISATION:

- Mark out a court area with a net in the middle.
- Position players at the side of court and demonstrate.
- Players work in pairs.
- All players have a racket.

ACTIVITY:

- Player 1 rallies cross court to player 4 – the aim is to out-rally your opponen.
- Player 2 rallies cross court to player 3 – both rallies must start at the same time.
- When 1 of the rallies breaks down both players shout “Dingles!” to let the other pair know that the point is now a team point with all 4 players involved.
- With more than 4 players per court do a rotation after each point.

EASIER:

- Start with a smaller court area and gradually make bigger.
- Use softer and slower balls.
- Allow players to do a ‘tap up’ on their racket, to give more time before hitting the ball over.’

HARDER:

- Challenge players to return to the middle of the court before their shot bounces.
- Use tramlines as the only court area (thinner space).
- Play using volleys (shots without a bounce) only and the ball cannot be hit downwards.



SEE IT IN ACTION

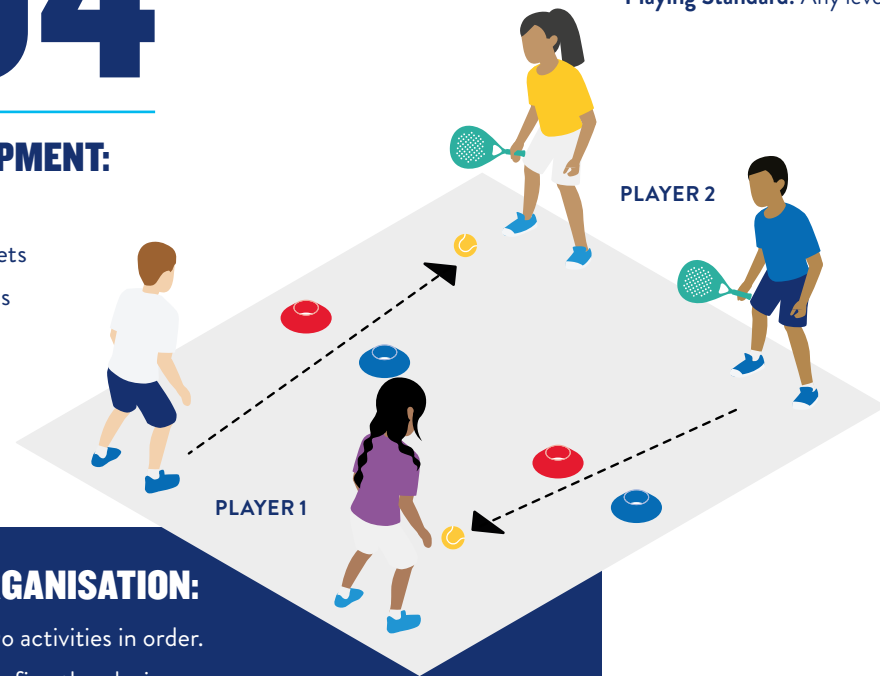
04

FLOOR TENNIS/PADEL

Activity Type: Starter activity
Playing Standard: Any level

EQUIPMENT:

- Balls
- Rackets
- Cones



ORGANISATION:

- Do activities in order.
- Define the playing area.
- Position players at the side of court and demonstrate.
- Organise players into pairs and to spaces.
- All players have a racket.

ACTIVITY:

- In pairs Player 1 rolls the ball along the floor between the cones to Player 2 who is in the ready position.
- Player 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back.
- Player 1 catches the ball and rolls it again. After 3 pushes players change roles.
- Encourage using 2 hands on the backhand side.
- As above but player 2 pushes the ball back without stopping it first.
- Floor Rally – both players with rackets push the ball along the floor to each other between 2 cones (2m apart).

EASIER:

- Use larger balls.
- Use hands to stop the ball then push it back.
- Roll the ball to each other.
- Set the cones further apart for a wider 'goal.'

HARDER:

- In a rally both players push alternate forehands and backhands.
- Stop the ball with a foot then push it with a racket.
- Set the cones narrower for accuracy.
- Set a target for a floor rally – 10 in a row through the goal.
- Step back rallies – move further away from the goal each time.



SEE IT IN ACTION

05

EQUIPMENT:

- Cones or throw-down lines



GR8

Activity Type: Starter activity
Playing Standard: Any level

ORGANISATION:

- Define the playing area.
- Position players at the side of court and demonstrate.
- Organise players into groups.

ACTIVITY:

- Start in the centre of the 2 cones or throw-down lines.
- Move around the 2 cones in a figure of 8, always facing forwards.
- Go 3 times round the 8 as fast as you can.
- Next time move in the opposite direction.
- For wheelchair users, increase the space between the 2 cones.
- For visually impaired players, use a sound ball and throw down spots instead of a cone.

EASIER:

- Walk the figure of 8 and gradually build up speed.
- Work around one cone rather than two to build confidence in the movement.

HARDER:

- A second player throws and catches a ball with the moving player.
- Move one cone forward so the figure of 8 is done diagonally.
- Do the activity by hopping to challenge balance.



SEE IT IN ACTION

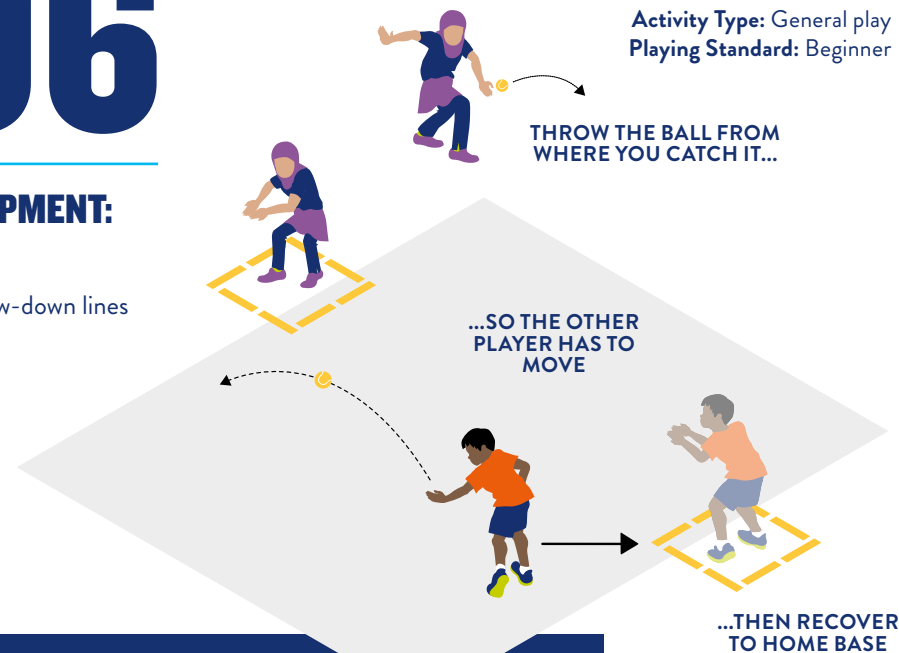
06

EQUIPMENT:

- Balls
- Throw-down lines

HOME BASE

Activity Type: General play
Playing Standard: Beginner



ORGANISATION:

- Define a court area suitable for the throwing ability of the players and mark a home base at each end using lines.
- Position players at the side of court and demonstrate.
- Organise players into pairs in each court area.

ACTIVITY:

- In pairs play Catch Rally.
- Players throw the ball to each other so that they must move away from their Home Base to catch it.
- Players throw the ball from the place they catch it and then recover to the home base creating a throwing rally.

EASIER:

- Decrease the size of the court.
- Stop after each catch to give the other player a chance to return to Home Base.
- Say 'home' to help players know when to throw.
- Use a bigger or slower ball.

HARDER:

- Increase the size of the court.
- Catch and throw with 2 hands on both sides.
- One player hits the ball.
- Both players hit the ball.
- Turn the rally into a competitive point.



SEE IT IN ACTION

07

EQUIPMENT:

- Balls
- Rackets

ACTIVATOR



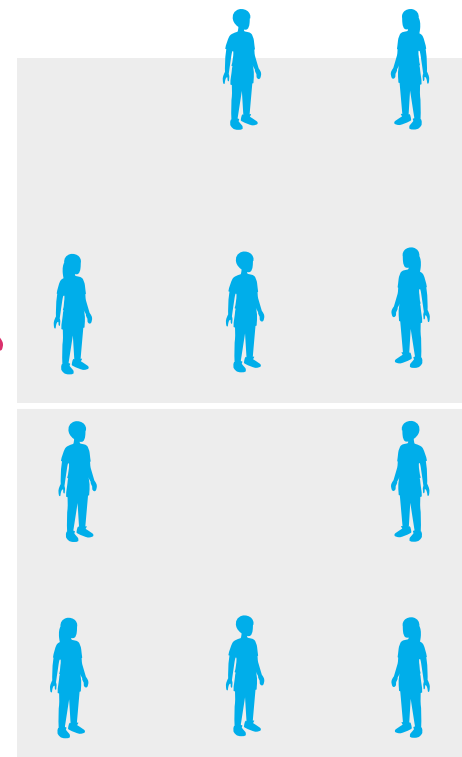
ORGANISATION:

- Explain the format and scoring to the players.
- Position players on the court and demonstrate.
- A team needs sets to win.
- At the end of each set players change ends.

IN AND OUT

Activity Type: Game

Playing Standard: Intermediate advanced



ACTIVITY:

- Using the whole court, players split into two teams.
- The team should spread out across the court using both the baseline and service box areas.
- Activator should feed the ball in from the side of the court.
- Whoever makes an error or is closest to the ball when the point is lost leaves the court - reducing their team number by one each time.
- If the opposing team loses a point, then one player can rejoin the team.
- The first team to win enough points to remove all the opposing teams players wins!

EASIER:

- Players don't have to leave the court on their first error/mistake - second chance.
- Use a slower/larger ball.

HARDER:

- Players can only play specific shots.
- Multiple players from one team must hit the ball before it crosses the net.



SEE IT IN ACTION

08

EQUIPMENT:

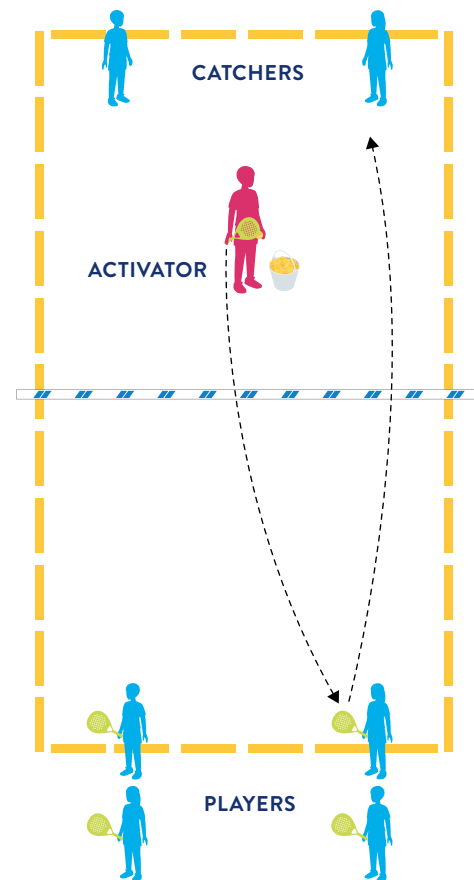
- Throw-down lines
- Barrier tape or net
- Rackets
- Balls

ORGANISATION:

- Mark out a court area with a net in the middle.
- Position players at the side of court and demonstrate.
- The Activator stands, with a bucket of balls, on one side of the net.
- All players have a racket and stand behind a safety line on the other side of the court.

JAIL

Activity Type: Game
Playing Standard: Beginner



ACTIVITY:

- Avoid having too many players not active - two players act as catchers and start on the same side of the net as the Activator.
- Player 1 starts on the baseline in the ready position. The Activator underarm throws (or hits with a racket depending on ability level of player) the ball over the net so the player can hit the ball over the net into the court space.
- If player 1 hits the ball in the net or out then they become a catcher on the side of the net with the Activator.
- Catchers are trying to catch the balls that come over - they can catch with both hands or one, before it bounces, or with 1 hand after 1 bounce - set the rules out in advance.
- If the ball is caught, player 1 swaps places with the catcher (player 1 becomes a catcher and the catcher becomes a hitter).
- The game continues until there is only 1 hitter left - once they hit the ball over and in without being caught - they win!

EASIER:

- **For players** – allow more than one chance to hit over and in.
- **For players** – increase the area they can hit into.
- **For catchers** – allow more than one bounce before catching.
- **For catchers** – have more players on the side of the net.

HARDER:

- Increase the difficulty of the feed (throw or hit the ball further away from the player).
- Start with more or less catchers.
- Make the catching area larger and more challenging for catchers.



SEE IT IN ACTION

09

LONGEST RALLY

Activity Type: General play
Playing Standard: Intermediate advanced

EQUIPMENT:

- Balls
- Rackets
- Throw-down spots
- Hoops



ORGANISATION:

- Split the group into two teams (red and blue).
- Position players at the side of court and demonstrate.
- Players are put into pairs and partnered with someone from the same team.

ACTIVITY:

- Players stand on yellow spot at back of marked 'court' area.
- Players start a rally by throwing a ball using their dominant hand, over arm to their partner.
- Players then begin to rally with rackets.
- Players have three minutes to get the highest rally. If the ball bounces outside the marked 'court' area, players call 'out' and the rally begins anew.
- After 3 minutes (or appropriate), highest rally puts a felt ball in their team hoop.

EASIER:

- Remove rackets and complete a throwing rally.
- Underarm throw to start the rally.
- Use a slower/larger ball.

HARDER:

- Players can only play a specific shot – e.g. backhands only.
- Players must play alternate shots each time – forehand, then backhand.



SEE IT IN ACTION

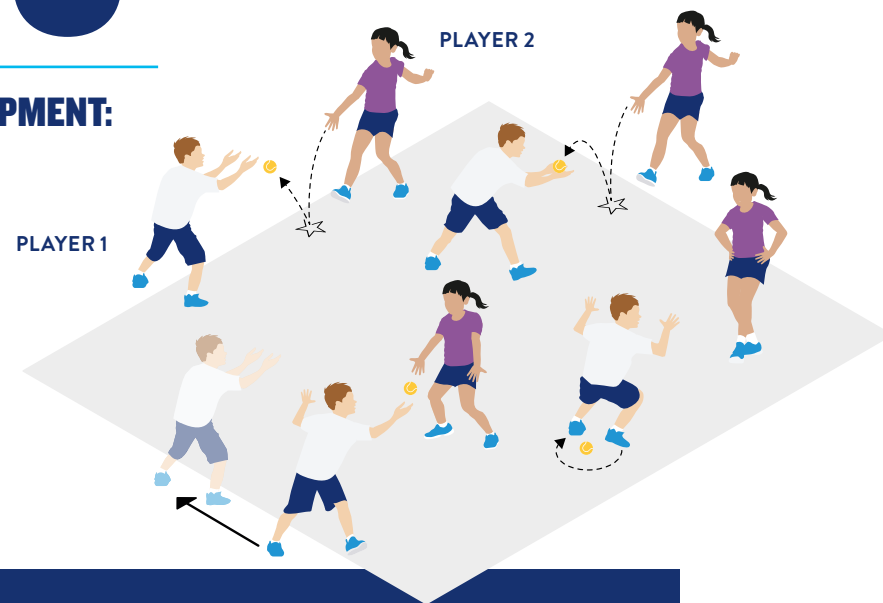
10

MOVE, CATCH, LAP

Activity Type: Starter activity
Playing Standard: Any level

EQUIPMENT:

- Balls



ORGANISATION:

- Define the playing area.
- Position players at the side of court and demonstrate.
- Organise players into pairs/groups.

ACTIVITY:

- Player 1 stands on the baseline ready to move.
- Player 2 stands 2-3 steps away with a ball in hand facing player 1.
- Player 2 throws the ball to a space so that player 1 moves to catch it after one bounce.
- Player 1 puts the ball on the ground, does a full loop of the ball with their feet (see diagram), picks the ball up and throws it to player 2 to repeat.
- For wheelchair users consider allowing two bounces if appropriate.

EASIER:

- Catch and throw without running round the ball.
- Use balloons instead of balls.

HARDER:

- Hop around the ball, each time on a different foot.
- Throw the ball wider to each other.
- Throw the ball and catch without a bounce.



SEE IT IN ACTION

11

EQUIPMENT:

- Balls
- Rackets
- Barrier tape or net

ONE HIT DOUBLES

Activity Type: General play
Playing Standard: Intermediate advanced



ORGANISATION:

- Divide players into two teams (red and blue) then assign pairs within each team.
- Position players at the side of court and demonstrate.
- Match up Team 1 pairs against Team 2 pairs on a court for each match.

ACTIVITY:

- All matches start play at the same time.
- In each pair the players hit the ball alternately – rotating on and off after each shot with their partner.
- Matches are played using tie break scoring to 7 points.
- The first match to finish shouts STOP and all matches must stop instantly – not finishing the point.
- The pairs who have won or are winning at the time of stopping record 2 points for their team. If a match is drawn they both record 1 point.
- After Round 1 the pairs of Team 1 move UP the courts, and Team 2 stay put – meaning new opponents each round.
- Play 2, 3 or 4 rounds depending on time.

EASIER:

- Make the court smaller or use a softer ball.
- Allow a tap up before hitting over to give players more time.
- Allow players to hit two shots before rotating with their partner.

HARDER:

- Start each point with an overarm serve.
- Allow 3 points for hitting a clean winner (a shot that cannot be touched).



SEE IT IN ACTION

12

EQUIPMENT:

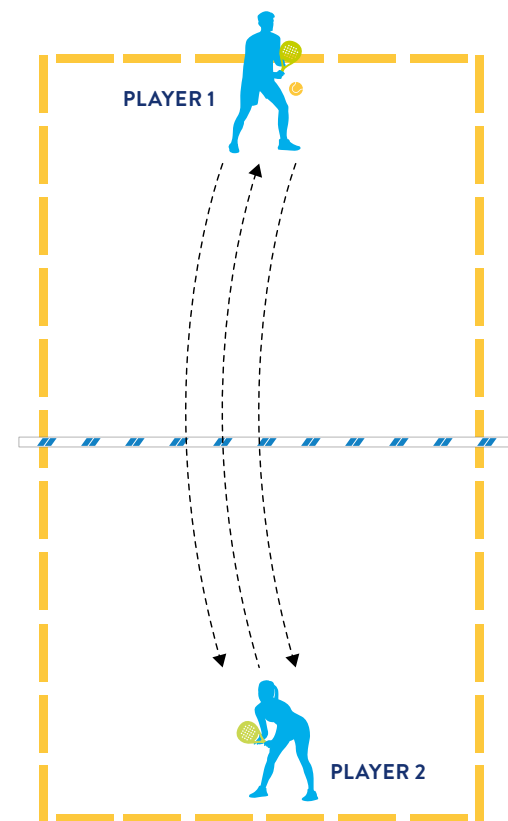
- Balls
- Rackets
- Throw-down lines
- Barrier tape or net

ORGANISATION:

- Players work in pairs.
- Position players at the side of court and demonstrate.
- Mark out a court area with a net in the middle. Both players have a racket.

RALLY 1, 2, 3

Activity Type: General play
Playing Standard: Beginner



ACTIVITY:

- This game starts cooperatively trying to get a rally of 3 and then switches to playing against each other.
- Player 1 stands behind the baseline and tap serves the ball overarm to player 2 who hits it back to player 1, player 1 hits the ball back to player 2 (rally of 3).
- After 3 shots players can start trying to win the point by hitting the ball into space (moving their opponent).
- Each point a different person starts the rally with the serve.
- If the rally breaks down before 3 shots have been hit, players start the point again with the same player serving.

EASIER:

- Start the rally with a throw rather than a serve.
- Remove the rackets and complete the activity by throwing over the net.
- Reduce the rally to two shots to start.

HARDER:

- Increase the court size.
- Increase the number of shots that need to be completed before players can try to win the point.
- Players can choose to use a racket or use their hands to throw and catch.



SEE IT IN ACTION

13

EQUIPMENT:

- Balls
- Rackets

READY STEADY

Activity Type: Starter activity
Playing Standard: Any level

JOG, THEN
GET READY



ORGANISATION:

- Define the playing area and boundaries. Position the players in the area and demonstrate.
- Highlight the need to stay in the area and watch other players to avoid collisions.

BALANCED
ON TIPTOES

BACKHAND

ON BOTTOM

ONE HAND
AND KNEE

FOREHAND

ONE HAND
AND FOOT



ACTIVITY:

- Players jog around the court in different directions.
- On the “ready” command of the Activator; they stop in a ready position then run to the nearest line and balance (steady) in a particular way indicated by the Activator.
- Use further varied commands both with and without rackets:
 - **Without rackets** – two feet, one foot, one foot and one hand, on tiptoes, one knee and one hand, etc - players balance using those body parts.
 - **With rackets** - Activator calls out forehand, backhand, serve, smash, etc - players shadow swing the shot.

EASIER:

- Run and stop on a line with both feet in a ready position.
- Stand or jog on the spot, on command of Ready, players change to ready position.

HARDER:

- Hold the balance positions for different lengths of time.
- Vary the types of movement players need to make - hopping, skipping, jumping.
- Give players a ball to use with their hands or a racket – tap ups or downs whilst moving.



SEE IT IN ACTION

14

EQUIPMENT:

- Balls
- Rackets

ORGANISATION:

- Players work in pairs.
- Position the players to the side of the court and demonstrate.
- Mark out a playing areas.

ROCK DROP

Activity Type: Starter activity
Playing Standard: Any level



ACTIVITY:

- Player 1 has a ball and underarm throws the ball above head height into a space within their court area, aiming to make Player 2 move.
- Player 2 moves and catches the ball after it bounces once, they then throw the ball underarm above head height and into a space, to make Player 1 move.
- Both players should be moving around the court area and throwing above head height from balanced positions.

EASIER:

- Use a larger/slower ball.
- Make the space smaller.
- Allow two or more bounces before catching.
- Work co-operatively rather than making players move around.
- Play in partners rather than individually but allow either of the pair to catch the ball.

HARDER:

- Make into a competition. Players score points if their opponent doesn't catch the ball, throws it out or lets it bounce more than once. Play tiebreak scoring, first to 7 points (sudden death at 6-6).
- Vary the ball, or use more than one.
- Make the space bigger.
- Players can play as partners against another pair; alternate who catches the ball i.e. Player 1 and Player 2 vs Player 3 and Player 4.



SEE IT IN ACTION

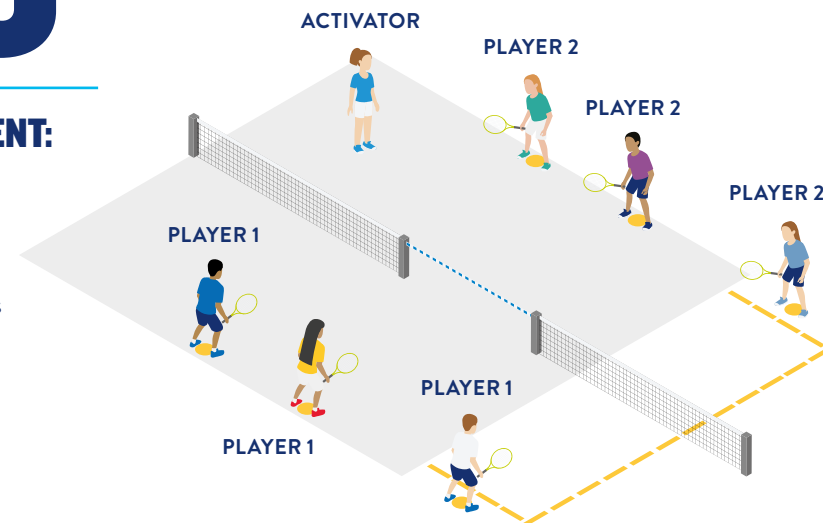
15

EQUIPMENT:

- Balls
- Rackets
- Throw-down spots
- Cones

START & PLAY UP

Activity Type: General play
Playing Standard: Beginner



ORGANISATION:

- Mark out a court area.
- Position the players to the side of the court and demonstrate.
- Players work in pairs.

ACTIVITY:

- Players stand with shoes either side of throw-down spots outside the 'court' area.
- Player 1 throws the ball, over arm to Player 2, who then hits the ball, using a racket to Player 1.
- They count 1 hit.
- Player 1 catches the ball using their hand and racket. Both players have scored 1 point and move to a rally of 2.
- Players call "out" if the ball bounce is outside of 'court', and start rally count again.
- Repeat this.
- Player 1 hits ball, with racket to Player 2.
- Player 2 catches ball using their hand and racket. Both Players have scored another point, and move to rally of 3.
- Player 2 now starts rally throwing ball over arm to Player 1.
- Repeat until Players reach a rally to 5.
- Activator initiates rotation so all Players have a different partner.

EASIER:

- Remove rackets and introduce cones to help with catching.
- Remove the net if necessary.

HARDER:

- Make the court space longer.
- Complete the same activity using volleys (shots with no bounce) rather than groundstrokes (shots with a bounce).
- Both players use rackets to get a rally of one, two, three etc.



SEE IT IN ACTION

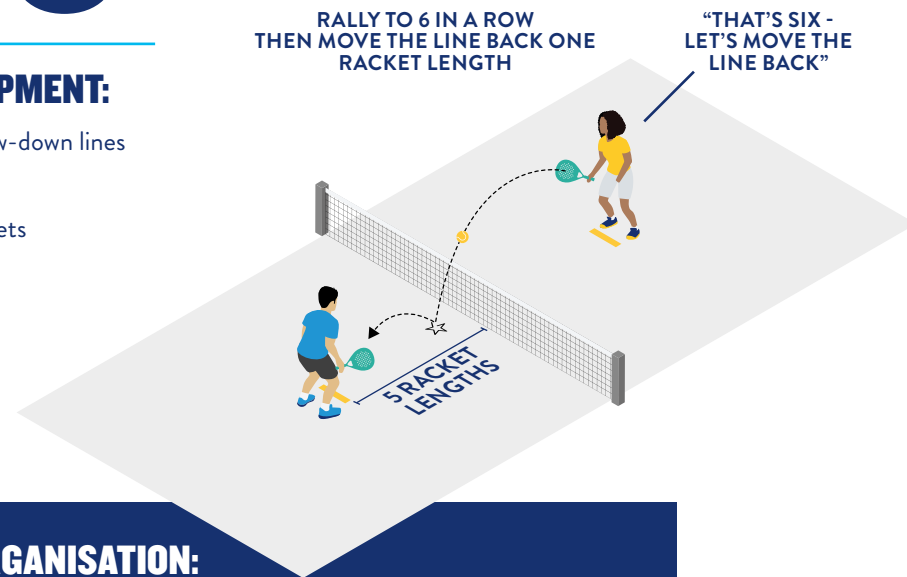
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STEP BACK RALLIES

Activity Type: General play
Playing Standard: Beginner

EQUIPMENT:

- Throw-down lines
- Balls
- Rackets



ORGANISATION:

- Define the court area.
- Position players at the side of the court and demonstrate.
- Highlight the need to stop a shot if another player is near.
- Organise players into 2s on courts.

ACTIVITY:

- Each player measures 5 racket lengths from the net at their end of the court and puts down a line to mark the centre of their baseline.
- Player's rally over the net and count the number of shots in a row within smaller court space, always recovering to their baseline.
- Each time they rally to 6 in a row they both move the line back 1 racket length – making the court longer.

EASIER:

- One player hits and the other throws and catches.
- Catch rally.
- Floor rally under the net/tape.

HARDER:

- Start each rally with an overarm serve.
- Players hit alternate forehands and backhands.
- Players are not allowed to step in front of the line to hit the ball.
- **Cooperative** - race other pairs to see who can get further back in a set time.
- **Competitive** - After every 3 points the player that is losing can say 'longer' or 'shorter' and the court must be made 1 racket longer or 1 racket shorter for the next 3 points.



SEE IT IN ACTION

17

EQUIPMENT:

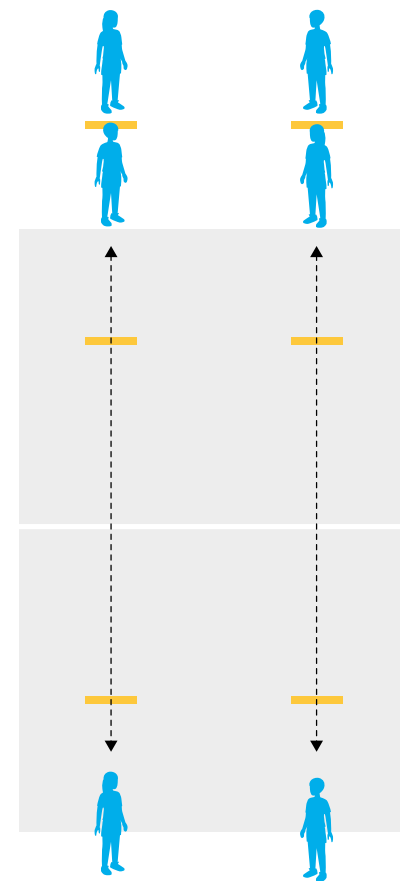
- Balls
- Throw down-spots

ORGANISATION:

- Mark out a court area.
- Position players at the side of the court and demonstrate.
- Players work in pairs.

BINGO

Activity Type: General play
Playing Standard: Intermediate advanced



ACTIVITY:

- Activator feeds out of the basket or players start their own rally.
- The aim is to play with consistency.
- Players start off by attempting to hit a rally of two. When this is done, they start a new rally aiming for a rally of 3, then 4, etc.
- Every time a pair reach the target number of rallies they shout “Bingo!” and everyone moves one place to the left.

EASIER:

- **Use balloons** - every time they keep it up for agreed number they all change partners and move up to next number.
- **Use bean bags** - flip to each other and catch for agreed number then call bingo.
- **Use bean bags** - 2 rackets and sandwich catch and throw with 2 rackets.

HARDER:

- Give a smaller space to aim into – marked with cones/lines.
- Must hit alternate shots.
- Players use non dominant hand.
- Players must touch a cone or line with their racket in between shots.



SEE IT IN ACTION

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EQUIPMENT:

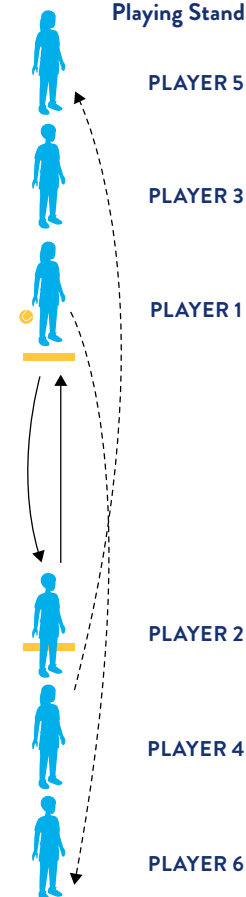
- Balls
- Throw-down lines

ORGANISATION:

- Two throw-down lines are placed 3m apart.
- Players work in teams
 - Players 1, 3 and 5 stand behind one throw down line.
 - Player 2, 4 and 6 stand behind the other line facing the other team.

THROW & GO

Activity Type: Starter activity
Playing Standard: Any level



ACTIVITY:

- Player 1 jogs across the gap, high fives Player 2 and moves to the back of the opposite queue. Player 2 then jogs across the gap, high fives Player 3, and moves to the back of the opposite queue and so on until back to starting positions.
- Player 1 now has a ball. They roll the ball to Player 2, and jog after the ball to move to the back of the queue as previously. Repeat until back at starting positions.
- Player 1 now underarm throws the ball, aiming that the ball bounces in front of Player 2 who catches it after one bounce. Player 1 follows the ball and joins the back of the queue as previously.

EASIER:

- Move in different ways from one side to the other.
- Use bean bags or a slower moving ball.

HARDER:

- Increase distance between teams.
- Introduce a hoop to hit/throw a ball through between teams.
- Single hand only throw and catches.



SEE IT IN ACTION

19

EQUIPMENT:

- Balls
- Rackets
- Net or barrier tape

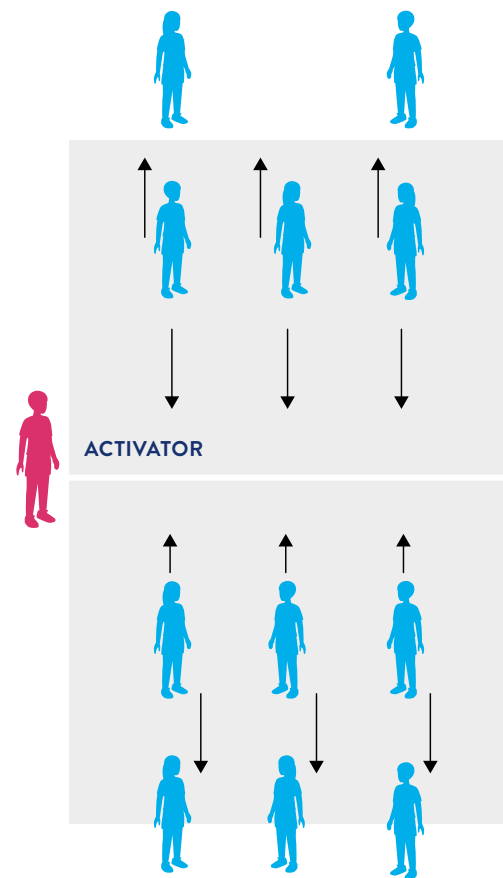
ORGANISATION:

- Explain the format and scoring to the players.
- Position players at the side of the court and demonstrate.
- Decide on a winning score, i.e. first team to win 10 points wins the game.
- Call out 'rotate' for the first few points to help them with the organisation.
- Look to feed the ball in each time so that the rally starts fairly.

TRIPLES

Activity Type: Game

Playing Standard: Intermediate advanced



ACTIVITY:

- Using the whole court, divide the players into 2 teams, half at each end.
- Three members of the team adopt 'on-court' positions; one at the net and two at the baseline. The other players stand 'off-court' at the back but remain active by bouncing on the spot.
- The point is played with the six players on court.
- Once the point ends, each team rotate clockwise one position, then play another point.
- Activator feeds the ball in and the players play out the point
- The team that wins the point moves up the court, if they are at the net they stay there, the other team move back, if they are on the baseline they stay there.

EASIER:

- Play with a slower moving ball.
- Tap up before hitting the ball over to give more time.
- More than one person from the team can hit the ball before it has to go over the net.

HARDER:

- Minimum rally required before the point is live.
- Reduce the number of rackets per team to encourage communication.



SEE IT IN ACTION

MANY MORE

VIDEO ACTIVITIES, GAMES AND SUPPORTING RESOURCES

can be found within your Activator Hub
on the LTA website.

