

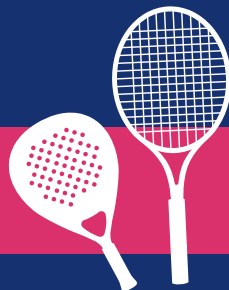
ACTIVATOR RESOURCE

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