

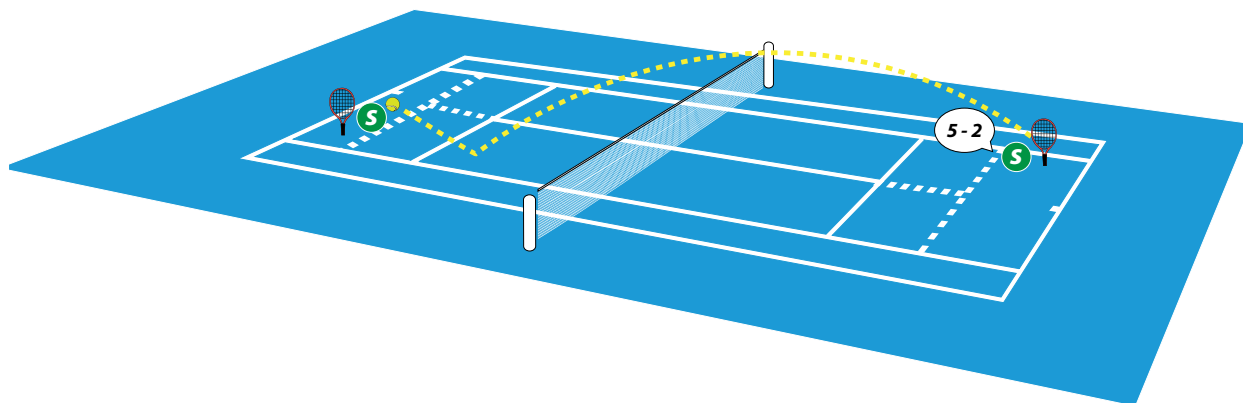
# Orange coloured ball challenge I



## Playing tennis

## Learning Objectives

- play in a mini competition where they understand the rules and scoring system.
- demonstrate what they have learnt in previous lessons and apply in a game situation.



1. In pairs, children have two minutes to warm up.
2. Provide children a further two minutes to get their longest rally of forehands and backhands. This will allow you to see improvement in consistency. Record the results to track improvement.
3. Explain the following rules of the Orange Coloured Ball Challenge.
  - Stand behind the baseline of the orange courts to serve.
  - Children need to attempt an overhead serve, but can perform their second serve underarm if necessary.
  - Children have two serves each and alternate serving sides.

### Scoring option one

Children play a match tie-breaker which is first to 10 points with a margin of two points eg. 10-8 or 11-9.

The player whose turn it is to serve the first point of the match tie-break from the deuce court. The following two points shall be served by the opponent beginning from the Ad court. After this each player shall serve (beginning from the Ad court) alternating for two consecutive points until the end of the match tie-break.

### Scoring option two

Time the games for five minutes each. This is often easier to control the amount of matches in a lesson. Children come in after five minutes and tell you their score at the time of the stop signal.

Children should shake hands at the end of each game, leave the balls on the court and provide the deliverer with their result.

Using the round robin format, send the first matches to the courts. Continue through the round robin until all the games are finished.

While children are playing, note down one thing from each player that impressed you. i.e. calling out 'in' and 'out' with a clear voice for the opponent. At the end of the session highlight these to all children.

Use this time to give useful feedback to improve future performances.

## Debrief/questions to ask

Call children in and congratulate them on their play.

Run through all the positive notes you wrote down.

Provide children and parents with details of upcoming Aviva Tennis Hot Shots events.

### Key

 Coach/Deliverer  
 Student

 Tennis Ball  
 Cones

 Tennis Racquet  
 Hoops

 Drop Down Lines  
 Ball Trajectory Lines

# Round Robin Draw

| Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Total |
|------|---|---|---|---|---|---|---|---|-------|
| 1    |   |   |   |   |   |   |   |   |       |
| 2    |   |   |   |   |   |   |   |   |       |
| 3    |   |   |   |   |   |   |   |   |       |
| 4    |   |   |   |   |   |   |   |   |       |
| 5    |   |   |   |   |   |   |   |   |       |
| 6    |   |   |   |   |   |   |   |   |       |
| 7    |   |   |   |   |   |   |   |   |       |
| 8    |   |   |   |   |   |   |   |   |       |

For total number of players indicated, the sets should be played in the following order:

| 5 Players | 6 Players | 7 Players | 8 Players |
|-----------|-----------|-----------|-----------|
| 1 v 2     | 1 v 2     | 1 v 2     | 1 v 2     |
| 3 v 4     | 3 v 4     | 3 v 4     | 3 v 4     |
| 5 v 1     | 5 v 6     | 5 v 6     | 5 v 6     |
| 2 v 3     | 1 v 3     | 1 v 3     | 7 v 8     |
| 4 v 5     | 5 v 2     | 2 v 4     | 1 v 3     |
| 1 v 3     | 6 v 4     | 5 v 7     | 5 v 2     |
| 5 v 2     | 1 v 5     | 1 v 4     | 7 v 4     |
| 4 v 1     | 6 v 3     | 2 v 3     | 8 v 6     |
| 3 v 5     | 4 v 2     | 6 v 7     | 1 v 5     |
| 2 v 4     | 1 v 6     | 1 v 5     | 7 v 3     |
|           | 4 v 5     | 2 v 6     | 8 v 2     |
|           | 2 v 3     | 3 v 7     | 6 v 4     |
|           | 1 v 4     | 1 v 6     | 1 v 7     |
|           | 2 v 6     | 2 v 5     | 8 v 5     |
|           | 3 v 5     | 4 v 7     | 6 v 3     |
|           |           | 1 v 7     | 4 v 2     |
|           |           | 3 v 6     | 1 v 8     |
|           |           | 5 v 4     | 6 v 7     |
|           |           | 2 v 7     | 4 v 5     |
|           |           | 3 v 5     | 2 v 3     |
|           |           | 4 v 6     | 1 v 6     |
|           |           |           | 4 v 8     |
|           |           |           | 2 v 7     |
|           |           |           | 3 v 5     |
|           |           |           | 1 v 4     |
|           |           |           | 2 v 6     |
|           |           |           | 3 v 8     |
|           |           |           | 7 v 5     |