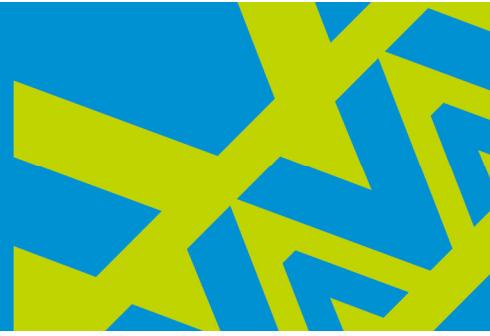




Australian Open Ballkids

Training Activities

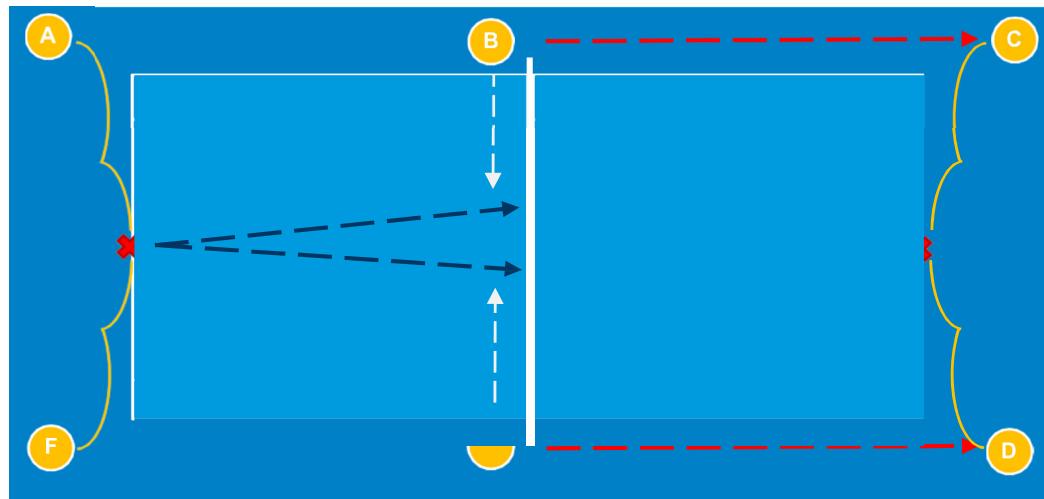


Change of Serve

Core target area(s): Court movement, rolling and servicing

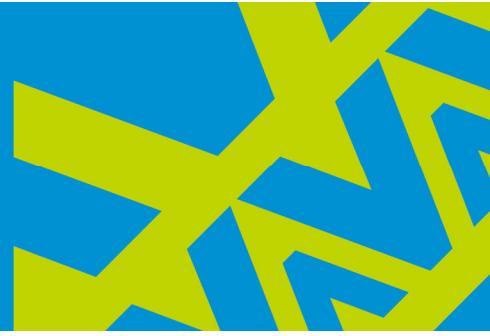
Equipment required: Tennis balls

No of Ballkids per group: Six (6) or eight (8) per court with two (2) Ballkids as players



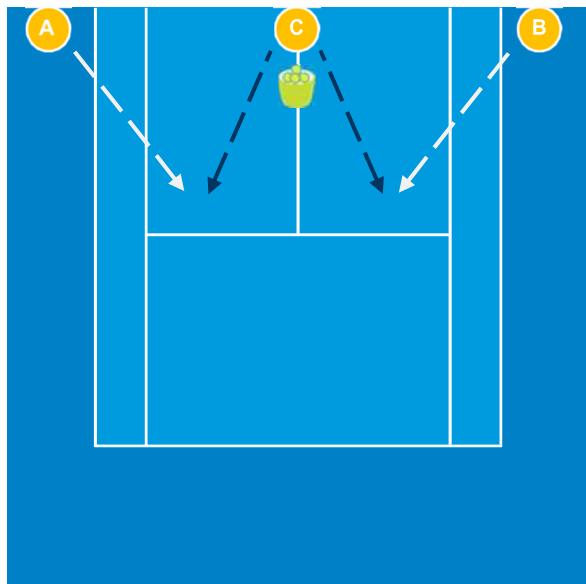
Activity breakdown

- Ballkids spread out on the court as per the diagram above; two Ballkids will pretend to be players
- Ballkid A services one ball to the player; Ballkid F services one ball to the server
- Server throws the ball into the net (1 x left, 1 x right); Ballkid B collect the ball on the left, Ballkid E collects the ball on the right
- Ballkids B and E then roll the ball to Ballkids C and D respectively
- Ballkids C and D service one ball to the server at their end
- Server throws the ball into the net (1 x left, 1 x right); Ballkid C collect the ball on the left, Ballkid E collects the ball on the right
- Ballkids C and E then roll the ball to Ballkids A and F respectively
- Repeat the activity five times and then rotate in pairs to the right of the court (e.g. Ballkid A and F to the next positions occupied by Ballkid B and E).



Collect and Run

Core target area(s): Court movement
 Equipment required: Bucket and tennis balls
 No of Ballkids per group: Three (3) per ½ court

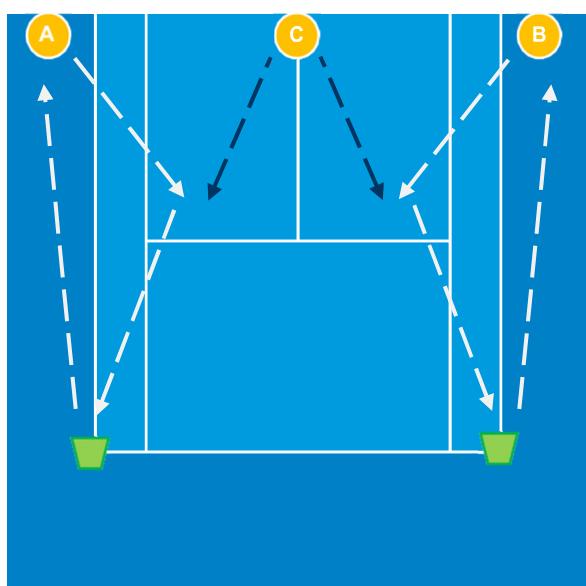


Activity breakdown

- Ballkids break into groups of three and position themselves at the net as per the diagram; Ballkids A and B start in the kneeling position
- Ballkid C throws a ball into the service box closest to Ballkid A
- Ballkid A sprints out, collects the ball and then returns to starting position
- Ballkid C then repeats this process for Ballkid B
- Repeat process 10 times and then rotate to the right.

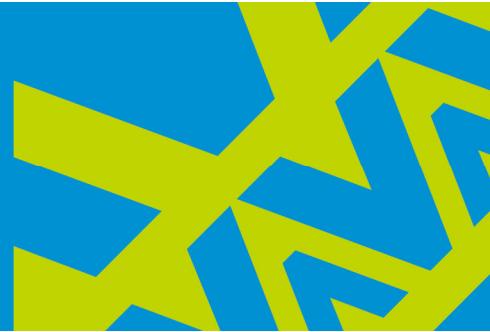
Collect and Run Plus

Core target area(s): Court movement
 Equipment required: Buckets and tennis balls
 No of Ballkids per group: Three (3) per ½ court



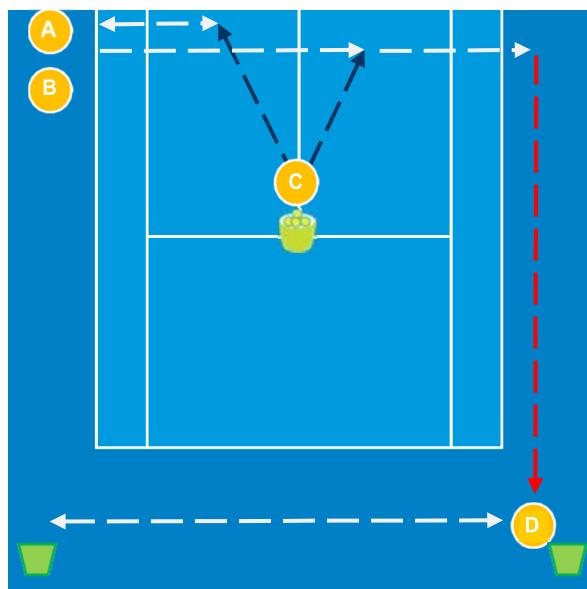
Activity breakdown

- Ballkids break into groups of three and position themselves at the net as per the diagram; Ballkids A and B start in the kneeling position
- Ballkid C throws a ball into the service box closest to Ballkid A
- Ballkid A sprints out, collects the ball and continues through to the baseline
- Ballkid A places the ball in the bucket at the baseline and then sprints back to the starting position
- Ballkid C then repeats this process for Ballkid B
- Repeat process 10 times and then rotate to the right.



Retrieve and Roll

Core target area(s): Court movement and rolling
 Equipment required: Bucket and tennis balls
 No of Ballkids per group: Four (4) per ½ court

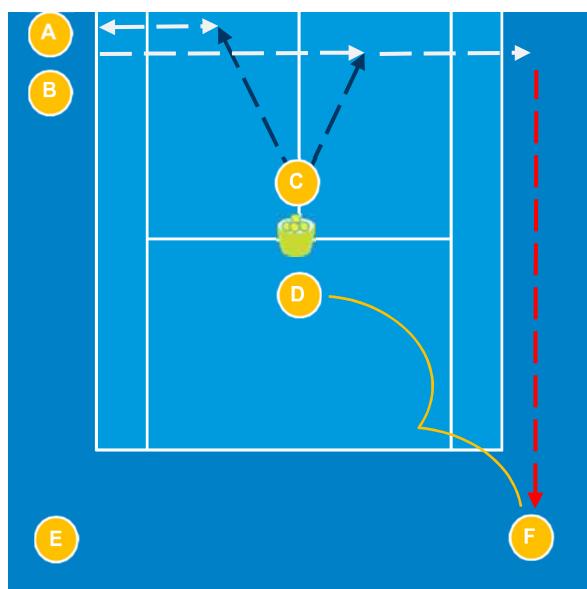


Activity breakdown

- Ballkid C throws one ball into the net; Ballkid A runs across the net, collects the ball, turns and returns to starting position
- Ballkid C throws a second ball at the net
- Ballkid A runs across the net, collects the ball and continues to the opposite side of the court
- Ballkid A rolls both balls to Ballkid D who places the balls in the bucket
- Process is repeated with Ballkid B
- Once Ballkids A and B are on the same side of the court, process is repeated in reverse; Ballkid D will run across the baseline to the opposite side of the court from left to right
- Once second rotation is complete, Ballkids rotate in pairs to the right.

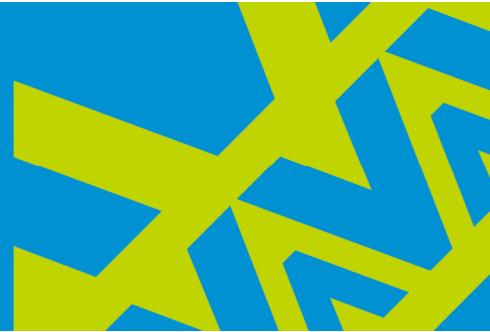
Retrieve, Roll and Service

Core target area(s): Court movement, rolling and servicing
 Equipment required: Bucket and tennis balls
 No of Ballkids per group: Up to six (6) per ½ court



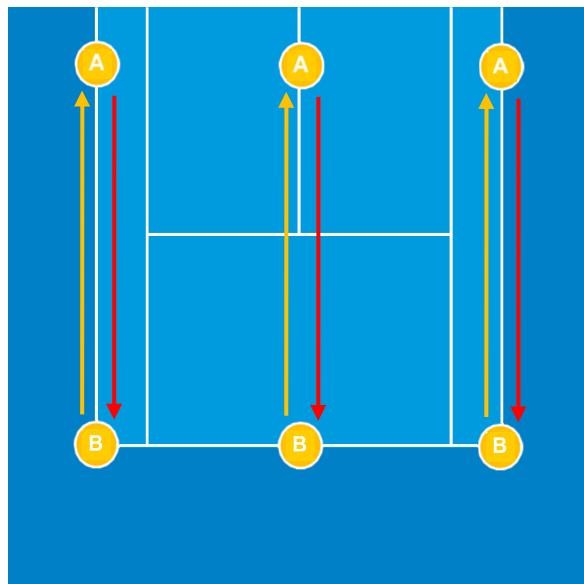
Activity breakdown

- Ballkid C throws one ball into the net; Ballkid A runs across the net, collects the ball, turns and returns to starting position
- Ballkid C throws a second ball at the net
- Ballkid A runs across the net, collects the ball and continues to the opposite side of the court
- Ballkid A then rolls both balls down to Ballkid F
- Ballkid F services both balls back to Ballkid D, who places the balls in the bucket
- Process is repeated with Ballkid B
- When Ballkids A and B are on the same side of the court, repeat the action in the opposite direction
- Once second rotation is complete, Ballkids rotate in pairs to the right.



Receiving and Servicing

Core target area(s): Rolling and servicing
 Equipment required: Tennis balls
 No of Ballkids per group: Up to six (6) per ½ court

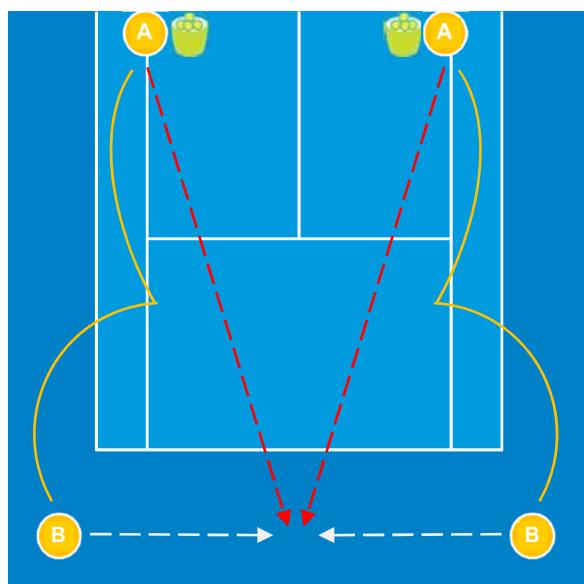


Activity breakdown

- Ballkids pair up in teams of two
- Ballkid A is positioned at the net, Ballkid B behind the baseline
- Ballkid A rolls three balls to Ballkid B in quick succession
- Once Ballkid B has all 3 balls, they service the balls back to Ballkid A
- Repeat the activity five times before switching places.

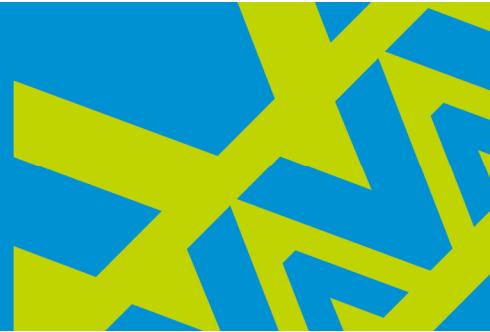
Receiving and Servicing Plus

Core target area(s): Court movement, rolling and servicing
 Equipment required: Bucket and tennis balls
 No of Ballkids per group: Four (4) per ½ court



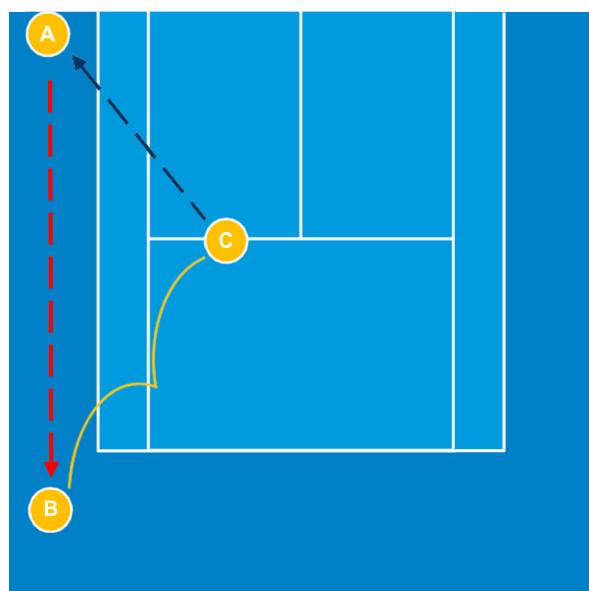
Activity breakdown

- Ballkids pair up in teams of two
- Ballkid A is positioned on the singles sideline at the net, Ballkid B behind the doubles sideline
- Ballkid A rolls a tennis ball towards the centre of the back fence; Ballkid B sprints out from the starting position to retrieve the tennis ball
- Once the ball has been retrieved, Ballkid B returns to the starting position and services the ball back to Ballkid A
- Repeat the activity five times before switching places
- Challenge add in a hoop when servicing ball back to the net, ball must bounce in the hoop.



Roll, Service and Throw

Core target area(s): Court movement, servicing and team work
Equipment required: Tennis balls
No of Ballkids per group: Three (3) per ½ court

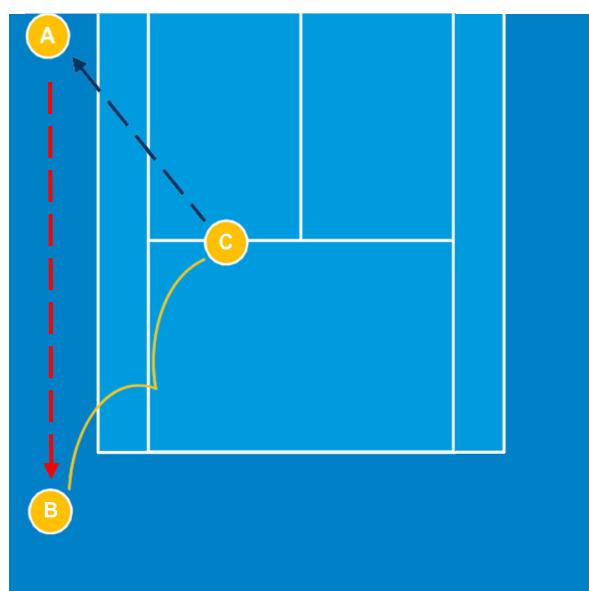


Activity breakdown

- Ballkids pair up in teams of three
- Ballkid A rolls two balls from their position at the net to Ballkid B
- Ballkid B services two balls from the baseline to Ballkid C
- Ballkid C then throws two balls back to Ballkid A
- Repeat action five times then rotate to the left.

Roll, Service and Throw Plus

Core target area(s): Court movement, servicing and team work
Equipment required: Tennis balls
No of Ballkids per group: Three (3) per ½ court



Activity breakdown

- Ballkids pair up in teams of three
- Ballkid A rolls two balls from their position at the net to Ballkid B
- Ballkid B services two balls from the baseline to Ballkid C
- Ballkid C then throws two balls back to Ballkid A
- All Ballkids then run at full pace to the position to their right, repeat the process and continue to rotate.