



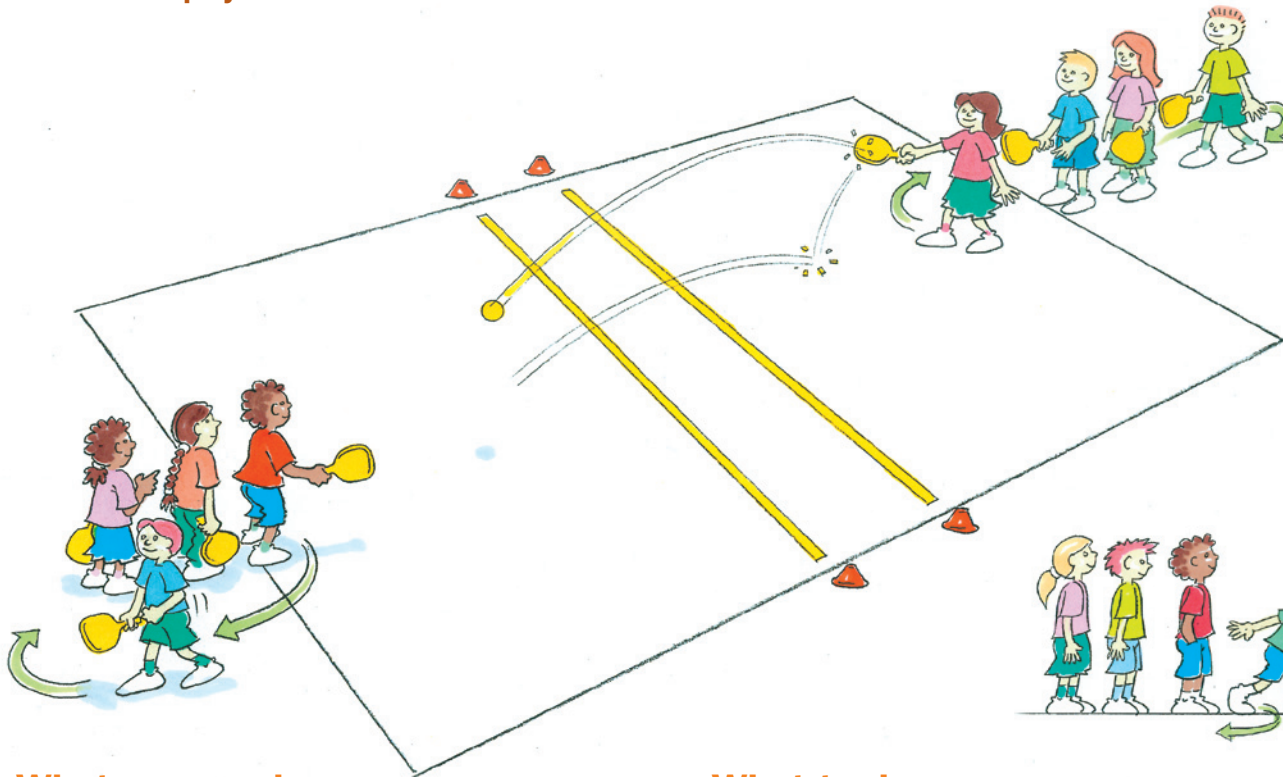
Australian Government  
Australian Sports Commission

EASY MED HARD



# Continuous tennis

Players in small groups hit a ball over an obstacle and run to the back of the line making way for the next player to receive a ball and hit it. Loads of fun in the water!



## What you need

- > Playing area with net or alternative, such as a marked 'no-go' area or a bench
- > One paddle bat per player
- > Tennis ball or similar for each group
- > Markers or tape
- > For the pool option, water should be waist-deep

## What to do

**This activity assumes some proficiency in hitting a ball with a bat.**

- > Start with underarm hits.
- > After the first ball is hit, the player moves to the right and then to the back of the line.

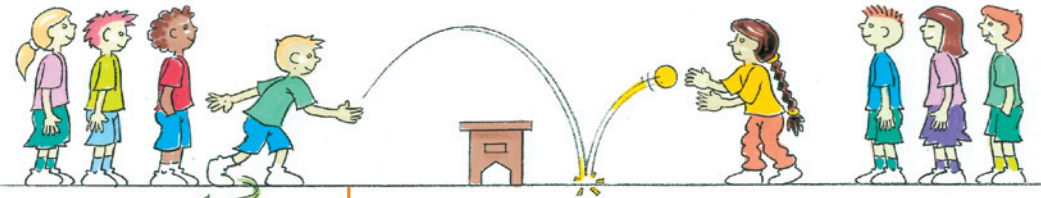
## Scoring

**Team challenge – more skilled players**

- > Total points scored after 2 rounds.

**Individual challenge – less skilled players**

- > The first person to 4 points calls 'FOUR!' Only count successful returns.



SESSION PLANS

Combo > Start out CP 02a + Get into it NC 07 + Get into it NC 08  
Mixed combo > Start out CP 02a + Get into it SF 07 + Get into it NC 08

## LESSON LINK

*Continuous tennis* can be modified to a non-racket/non-striking option (e.g. kicking or rolling), which is similar to other *Playing for Life* activities.

# Continuous tennis

Skills > Cooperative play · Individual & team challenges · Rallying – serve/return

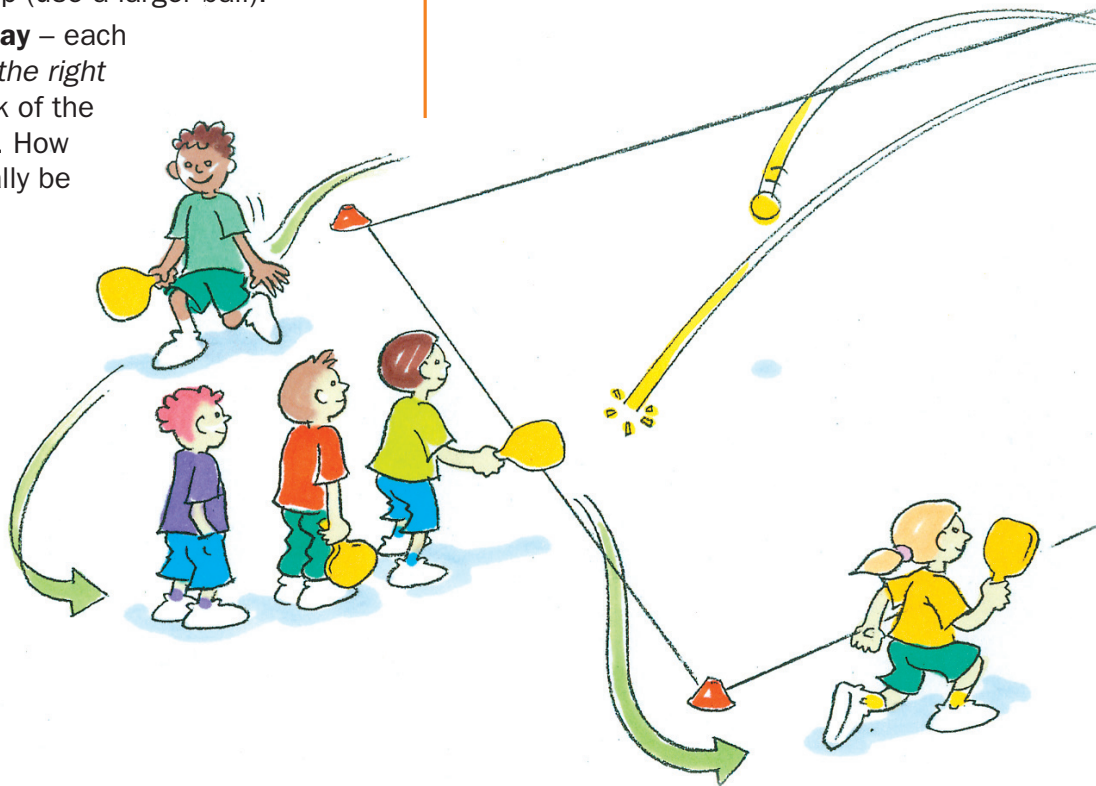
## change it...

### Coaching

- > The racket/bat option assumes some proficiency with hitting a ball with a racket/bat.

### Game rules

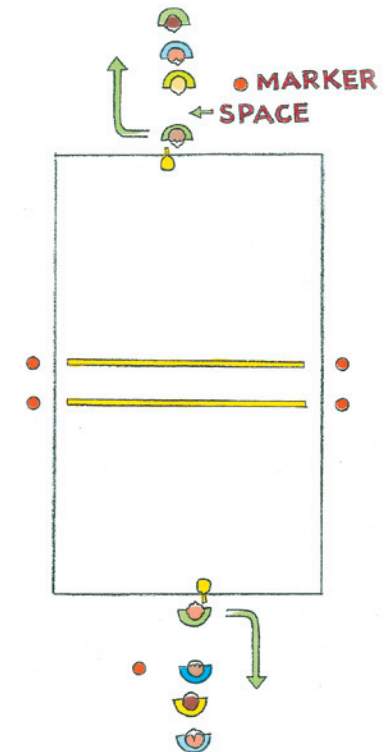
- > **Throwing, rolling or kicking** – provide an alternative for less skilled players or as a warm-up (use a larger ball).
- > **Cooperative play** – each player runs *to the right* to join the back of the opposite team. How long can the rally be maintained?



- > **2 bounces allowed** – for less experienced players.
- > **Include all** – vary the racket size, use a slower ball, don't use a net, decrease the size of the playing area.

### Safety

- > Provide sufficient space between groups.
- > A clear strategy to control player/space movements is important. Hitting players peel off to the right and team-mates stand behind a marker, e.g. tape on the ground.



- > The next player waits until the hitter has moved to the right before stepping up.
- > Balls are retrieved from another group's court only after play there has stopped.