

Secondary Challenge Card

Tennis Rally Trick Shot

Important information

1. Watch the challenge videos that have been posted carefully so that you know what the challenge is.
2. Try the challenge as many times as you would like and then submit your best score to us.
3. Video the different attempts as we might need to

Equipment needed

- A camera or phone to be able to video the attempts of the challenge.
- A tennis ball
- A tennis Racket
- A Bin

Technique tips:

- When gripping the racket, open your hand flat with your palm facing up, then place the racket down and then wrap your fingers round.
- When hitting the ball for the trick shot, swing your arm back and once you've hit the ball continue the motion of your arm moving forward.
- Start with bent knees and feet shoulder width apart.
- Aim to hit the ball with the centre of the tennis racket
- With the tap ups for the rally, aim to make smaller taps to remain in control of the ball.
- Bigger and harder the taps the less control you will have over the ball.

Inclusive! How can you get involved?

Space

This challenge is made so that it can be performed in the house or in a garden so that everyone can be involved. You will roughly need 2 meters for this challenge. To increase difficulty of the challenge it would require more space to move back.

Task

This task can be completed by everyone: for wheelchair users this challenge can be performed seated as well.

Equipment

During the video it will show the how the equipment can be varied to be able to carry out the challenge.

People

This challenge can be done as an individual or can also be turned into a tournament and completed with a group of people, with the permission to record all the individuals.

Alternative equipment ideas:

Instead of using a ball you can use toilet roll, socks or any household item that resembles a ball.

An alternative for the tennis racket can be a bat, frying pan saucepan or any object that you can use to tap the ball up with (ideally should have a handle). If you need to swap the bin you can use a washing machine or box, anything that has an opening.

Keeping young people active

To progress this challenge, that you can try:

- Use your non dominant hand to do the hit ups.
- In between each hit you can flip the racket on to the opposite side. For example, for the first hit your palm will be facing up and the second hit your palm will be facing down.
- How many trick shots you can do in a minute? Using the trick shot swinging motion how many successful attempts can you get in a minute.
- Complete 15 hit ups and a trick shot, how many sets can you do in a minute? Each complete and successful set will get you 20 points.
- Decrease the size of the target e.g. bin.
- Increase the size of the ball.

Let's hope you can beat us and get to the top of the Leader board.

Good luck!

Have you checked our safeguarding advice?
Click or scan here for more information

