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.

Learning Intention
Continuous tennis is a rallying activity that requires students to practice hitting accurate shots to the team on the other side of the court.
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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.