

Aerobic Tennis

Objective: To develop tennis striking skills and improve aerobic fitness

Facility: Tennis courts, gymnasium, or any flat open area

Level: Ages 10 and up

Time: 10-15 minutes

Equipment: One tennis racquet for every player; one tennis ball for every group of four. If actual tennis courts aren't available, some type of tennis nets are needed (e.g., two chairs with a piece of rope attached between them).

Organization: Divide players into groups of four. Two players stand on each side of the net, one player in front of the other. The front player on one side holds ball.

Directions:

1. The player with the ball hits it over the net then runs around the right side of the net and stands behind the second player on that side.
2. The front player on the receiving side of the net strikes the ball back over the net then runs around the right side of the net and stands behind the second player on that side.
3. The group of four attempt to keep the rally going by striking the ball over the net then switching sides as soon as the ball is hit.
4. The rally ends if the ball goes out of bounds (doubles court), bounces twice in the receiver's court, or strikes the net and falls back into the hitter's court.
5. The object is to see how long the rally can go or to see how many successful hits the team can make back and forth over the net.

Variation: Depending on the age or ability of the players, you can use a restricted flight-type tennis ball that slows the action down, giving players a greater opportunity for success.

