

Alleys (Tennis)

Objective: To learn how to hit a tennis ball effectively with a forehand and backhand stroke

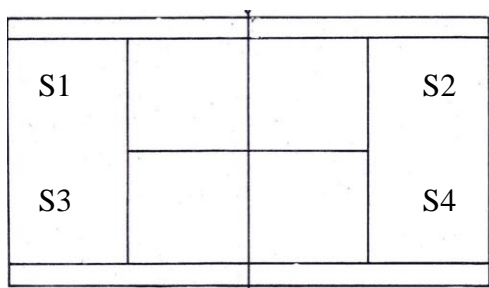
Facility: One tennis court per four students, divided into two courts lengthwise so two games can be played on a court

Level: Ages 10 and up

Time: 15 minutes

Equipment: One tennis racket per player and one tennis ball per pair

Organization: Two players on each side of net behind service courts



Game A (S1 vs. S2)

Game B (S3 vs. S4)

Directions:

1. Players determine who serves first by any means (e.g., coin toss, racket spin).
2. Server drops the ball and hits it to opponent's court. That player must return it to the server's court to begin rally. If not, server serves again.
3. Server attempts to hit ball into opponent's alley. If it lands in the alley or on an alley line, player scores one point, but play does not stop.
4. Opponent attempts to return the ball into server's alley, scoring a point if successful.
5. Rally continues as long as the ball can be played. There is no penalty or stoppage of play if the ball is hit wide or long. Both players can score several points in a single rally.
6. If the ball can't be played (out of reach, hit into net, or into adjacent court), play stops and server serves again.
7. After three serves, following three broken rallies, service switches to other player.
8. After eight points are scored, players switch sides so both have an opportunity to work forehand and backhand strokes. If there is no winner after next eight points, switch sides again.

Variation:

- * Number of consecutive serves may be lowered to two or raised to four.
- * Players may change sides every six points.
- * Game score can be lowered to 12 or 10 points.

