

Toss & Catch Tennis

Objective: To follow the basic rules of tennis (boundaries, returning the ball, scoring) and develop underhand toss-and-catch skills.

Facility: Gymnasium, tennis courts, or open area

Level: Ages 8 and up

Time: 10-15 minutes

Equipment: For each group of 2 or 4 players:

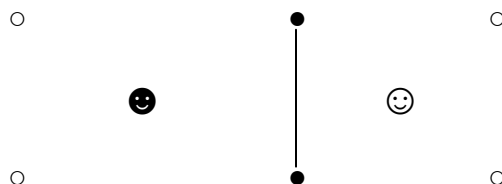
One tennis ball

Two 12" or higher cones

Four additional cones or markers (height is not important)

A piece of string or light rope approximately 10 foot in length

Organization: Divide the players into groups of two or four. Groups of two (1 vs. 1) offer players more activity, but if the class is large, groups of four (2 vs. 2) can be used. Each group sets up the two taller cones (●) approximately 10 feet apart. The string (—) is attached with tape across the two cones to form a net. The additional cones (○) are placed about 15-20 feet behind the net (two cones on one side and two cones on the other) to form a rectangular court. One player (☺ ☹) or pair stands on one side of the court, and the other player or pair stands on the opposite side. One player holds the tennis ball.



Directions:

1. The object of the game is to toss the tennis ball underhand over the string so that it lands on the opposing player's/team's side within the boundaries of the string and two cones.
2. An opposing player must catch the ball before it bounces twice and toss it back.
3. The thrower scores a point when an opposing player cannot catch the ball before it bounces twice or is unable to toss it back over the string in bounds. The receiver scores a point when the ball bounces out of bounds.
4. Keep score like in tennis (love, 15, 30, etc.) or score one point for each unsuccessful toss or return.

Variation: You can use different balls other than tennis balls. The size of the court can be adjusted for more players.

