



WILTSHIRE VIRTUAL SCHOOL GAMES: Tennis



THE CHALLENGES

Volleying

- Position yourself 1-2 metres away from a wall
- Using a racket or bat, hit your ball against the wall without letting the ball touch the ground (volley) and keep going as long as you can (rally)
- Set the timer for 1 minute and count how many volleys you can do in that time
- If the ball touches the ground, keep going but don't count the shot in your total

Fast Feet

- Mark out a circle 10 metres in diameter and place markers at 12, 3, 6 & 9 o'clock and in the centre
- Starting from the centre marker run forwards to 12 o'clock, back to centre, sideways to 3 o'clock, centre, backwards to 6 o'clock, centre, then sideways to 9 o'clock, centre – this is 1 circuit
- Do an imaginary tennis shot at each outer marker
- Do this circuit 4 times
- Time how long it takes you

Find demonstration videos and more advice on our website

WHAT YOU WILL NEED

Space

Inside or outside, but make sure there is nothing breakable around you.

You will need plenty of space for Fast Feet.

Task

Don't worry if you drop the ball, just pick it back up and carry on. You can do one task or both.

Equipment

For volleying, use any ball that bounces. If near a window, use a softer ball and take great care.

For Fast Feet you will need 5 markers – these could be cones, items of clothing, paper or chalk marks.

People

You may need someone to time you and to video you doing the challenges

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 19th June at:

www.wiltssport.org/virtual-school-games

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