

Wimbledon Week Virtual Tennis Competition

Years 4, 5 & 6

Competition Events

IMPORTANT

All activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.
- Use a orange ball (8-9 year olds), green ball (9-10 year olds) or yellow ball (11+ year olds) if possible (or whatever ball you have at home is fine)



Ups

Racket should be held at waist height.
Maintain the same height of the ball – head height.
Keep the pushes soft.
Keep your eyes on the ball.
Stay on your toes to help your movement.

Count how many UPS are completed in 60 seconds. If the ball drops, pick it up and carry on.

PLEASE USE A FLAT DRY SURFACE.

Pat Downs

Racket should be held at waist height.
Keep the racket over the top of the ball. Do not allow the ball to go above the racket.
Keep the pace consistent and don't hit it too hard.

Count how many pat downs that are completed in 60 seconds. If the ball drops, pick it up and carry on.

PLEASE USE A FLAT DRY SURFACE.



Wall Tennis

Stand 2-4 metres away from a wall.
Keep the racket face open and held out to the side of the body.
Keep a steady pace.
Allow the ball to bounce once on the floor before returning.

Count how many hits against the wall are completed in 60 seconds. If a mistake is made, pick it up and carry on.

PLEASE USE A FLAT DRY SURFACE.

