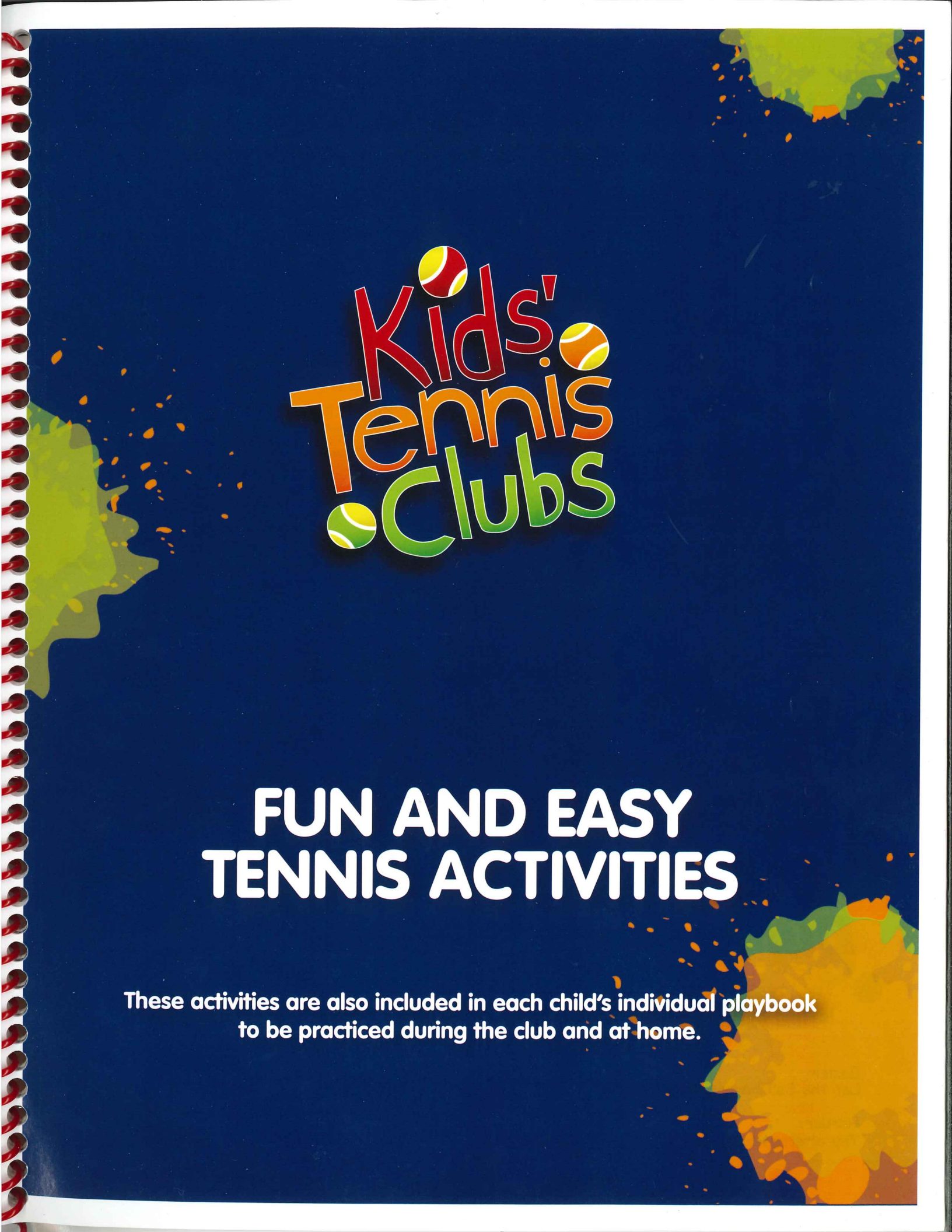


The image shows the cover of a spiral-bound notebook. The background is a dark blue color with abstract splatters of light green and yellow. The title 'Kids' Tennis Clubs' is written in a playful, multi-colored font. The word 'Kids'' is in red, 'Tennis' is in orange, and 'Clubs' is in green. Each letter has a small tennis ball graphic integrated into it. The notebook's spiral binding is visible on the left side.

# Kids' Tennis Clubs

## FUN AND EASY TENNIS ACTIVITIES

These activities are also included in each child's individual playbook  
to be practiced during the club and at home.

The image shows the cover of a spiral-bound notebook. The background is a dark blue color with abstract splatters of light green, yellow, and orange. The title 'Kids' Tennis Clubs' is written in a playful, multi-colored font. 'Kids'' is in red, 'Tennis' is in orange, and 'Clubs' is in green. Each letter has a small tennis ball graphic integrated into it. The notebook's spiral binding is visible on the left side.

# Kids' Tennis Clubs

## FUN AND EASY TENNIS ACTIVITIES

These activities are also included in each child's individual playbook  
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# RACQUET and BALL HANDLING

## Ball Balance

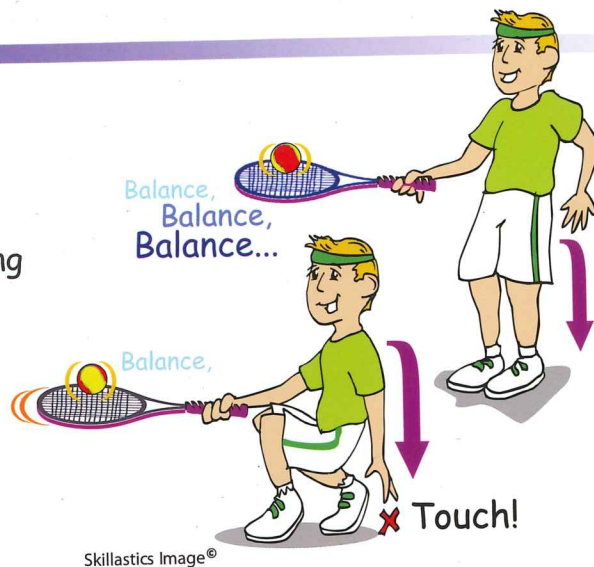
- Players must try and keep the tennis ball balanced on the racquet strings while touching the ground with their opposite hand.

### Easier:

Use a bean bag instead of a ball or place the ball in the racquet throat for stability.

### Harder:

Try switching hands with the racquet and ball after touching the ground or balance more than one ball.



## Tap Downs

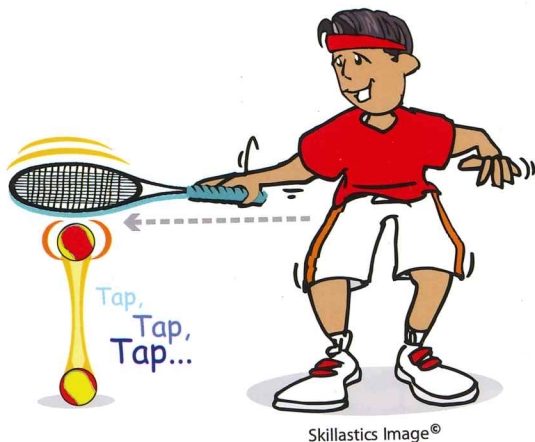
- Try to bounce the ball down at waist level.

### Easier:

Bounce the ball down once and catch with opposite hand.

### Harder:

Try and dribble the ball down on the edge of the racquet.



## Bump Ups

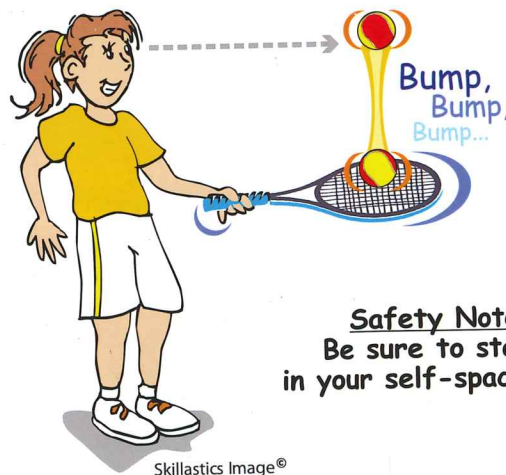
- Try to bounce the ball up eye level without letting the ball touch the ground.

### Easier:

Let the ball bounce on the ground after each bump-up.

### Harder:

Try alternating sides of the racquet (flip flops).

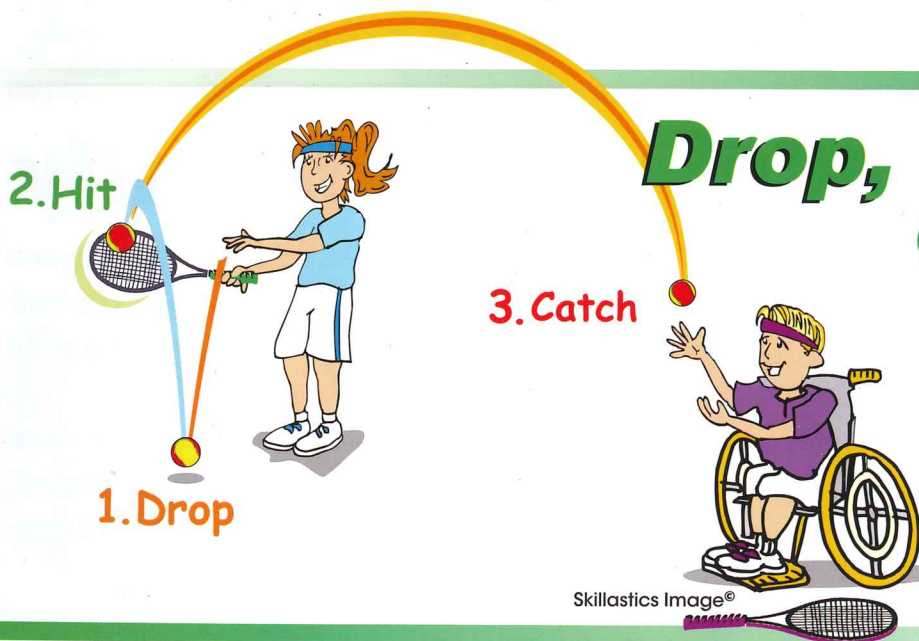
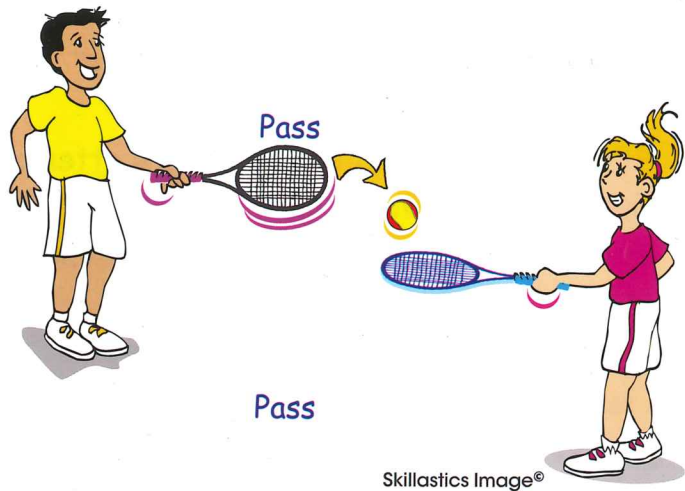


**Safety Note:**  
Be sure to stay  
in your self-space!

# PARTNER PRACTICE

## Ball Pass

- Players work with a partner or small group and pass a tennis ball (or bean bag) back and forth and catch it with the racquet. Begin a few feet apart. For each successful catch, students can back up a step.



## Drop, Hit, Catch

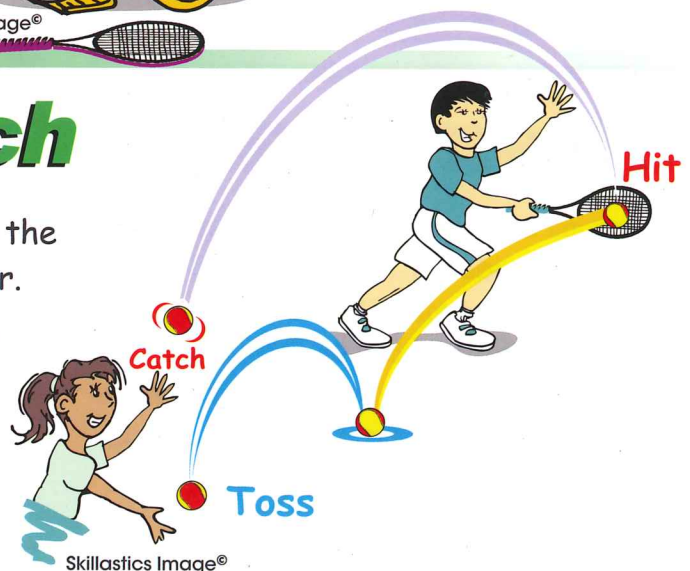
- One player drop-hits a ball very gently to her partner standing 6-10 feet away. The partner tries to catch the ball to earn a point.

Change roles after 6 hits.

## Toss, Hit, Catch

- Using a tennis ball, one partner tosses to the forehand or backhand side of her partner. The partner rallies it back to the tosser, who catches it. Begin with partners three steps apart.

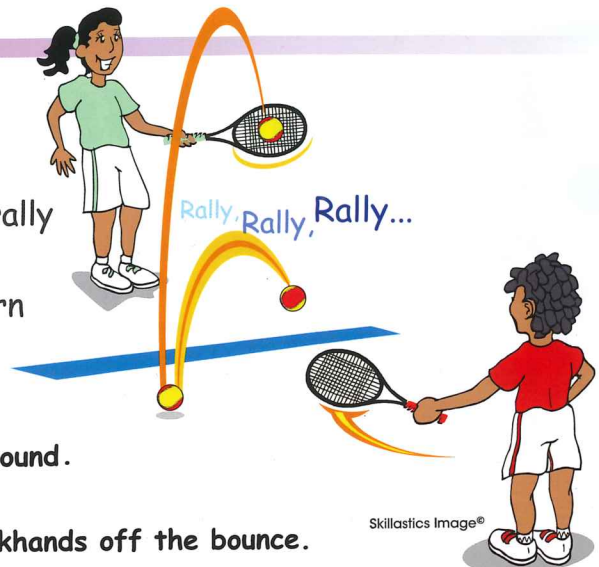
Change roles after 6 tosses.



# RALLY CHALLENGE

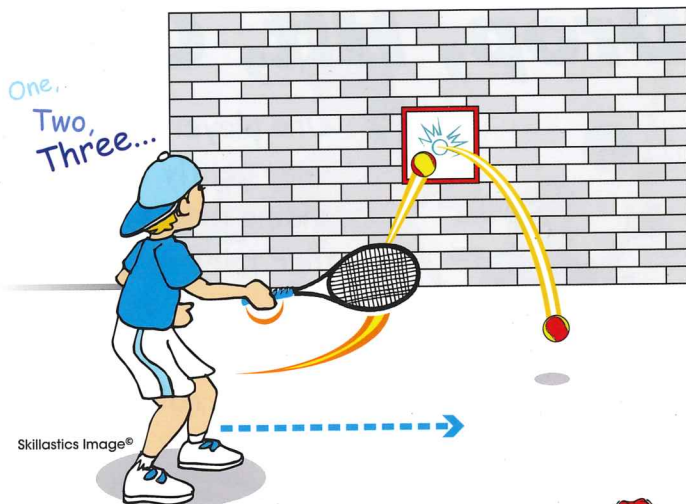
## Partner Rally

- Standing a few feet apart, players attempt to rally the ball over a line or net. Rubber spots can be placed in front of each player as a target to earn extra points.



**Easier:**  
Have players attempt a rally by rolling the ball on the ground.

**Harder:**  
Have players try and alternate hitting forehands and backhands off the bounce.



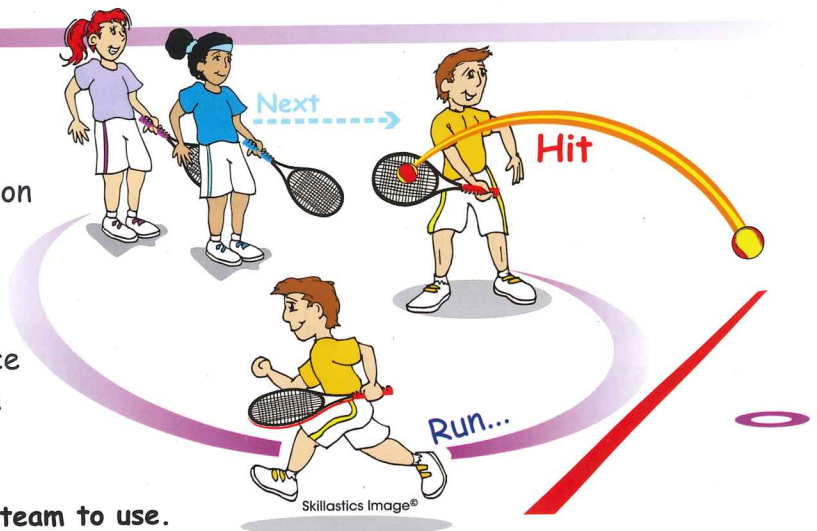
## Wall Rally

- Standing 10-15 feet away, players attempt to rally the ball consecutively against a wall.

Rallies can be done individually, in pairs, or in teams.

## Team Rally

- Groups of two or more players set up on opposite sides of a line or net. The first player drop-hits the ball in play and runs to the back of the line. Players take turns hitting the ball once and quickly rotating to the end of the line. Try to keep the ball in play.



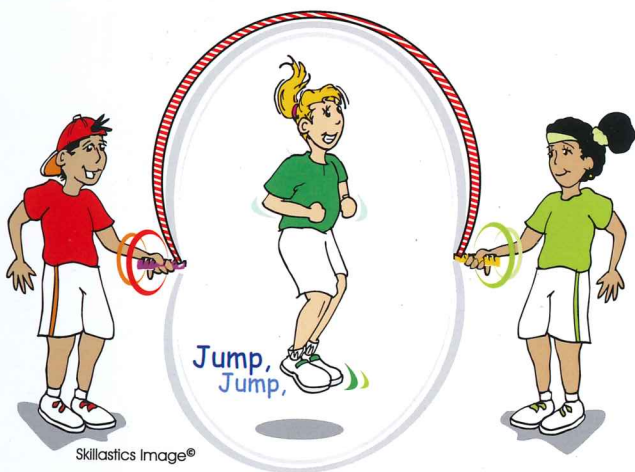
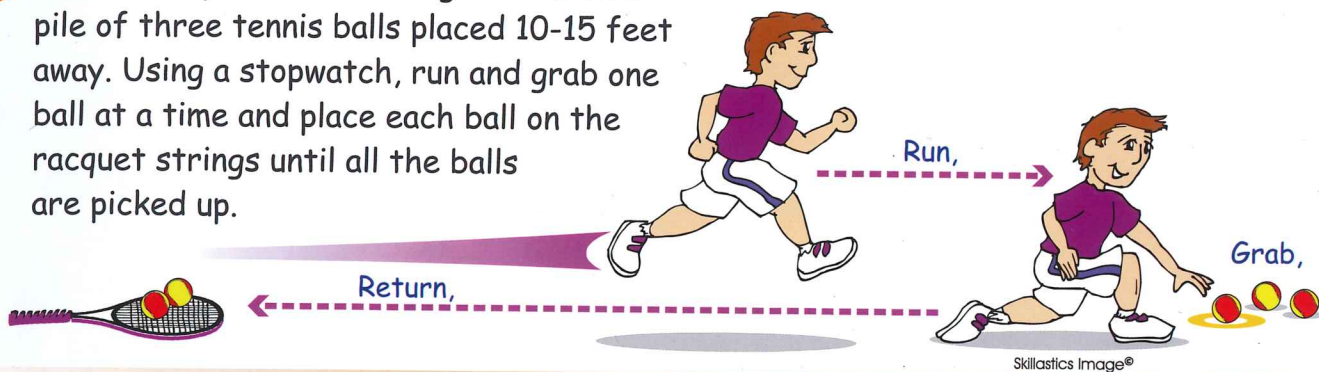
**Options:** Allow only one racquet for each team to use.

# FITNESS FUN

## Ball Kid Burst

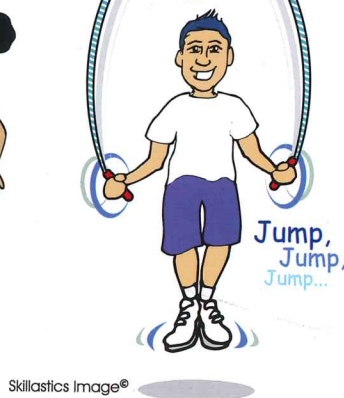
Try to see how fast you can do it!

- Place a racquet flat on the ground with a pile of three tennis balls placed 10-15 feet away. Using a stopwatch, run and grab one ball at a time and place each ball on the racquet strings until all the balls are picked up.



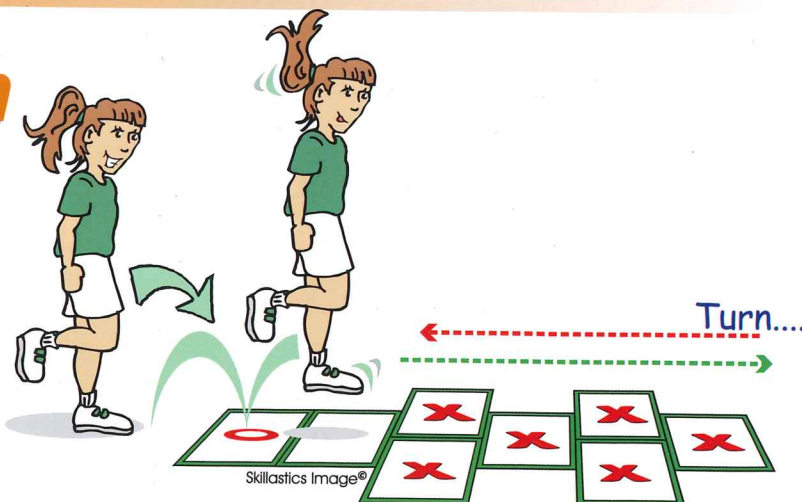
## Rope Jumping

- Practice how long you can jump rope without stopping. Try different footwork moves as you jump!



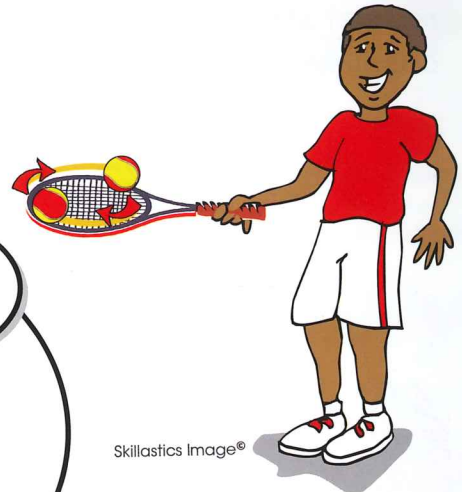
## Hop Scotch

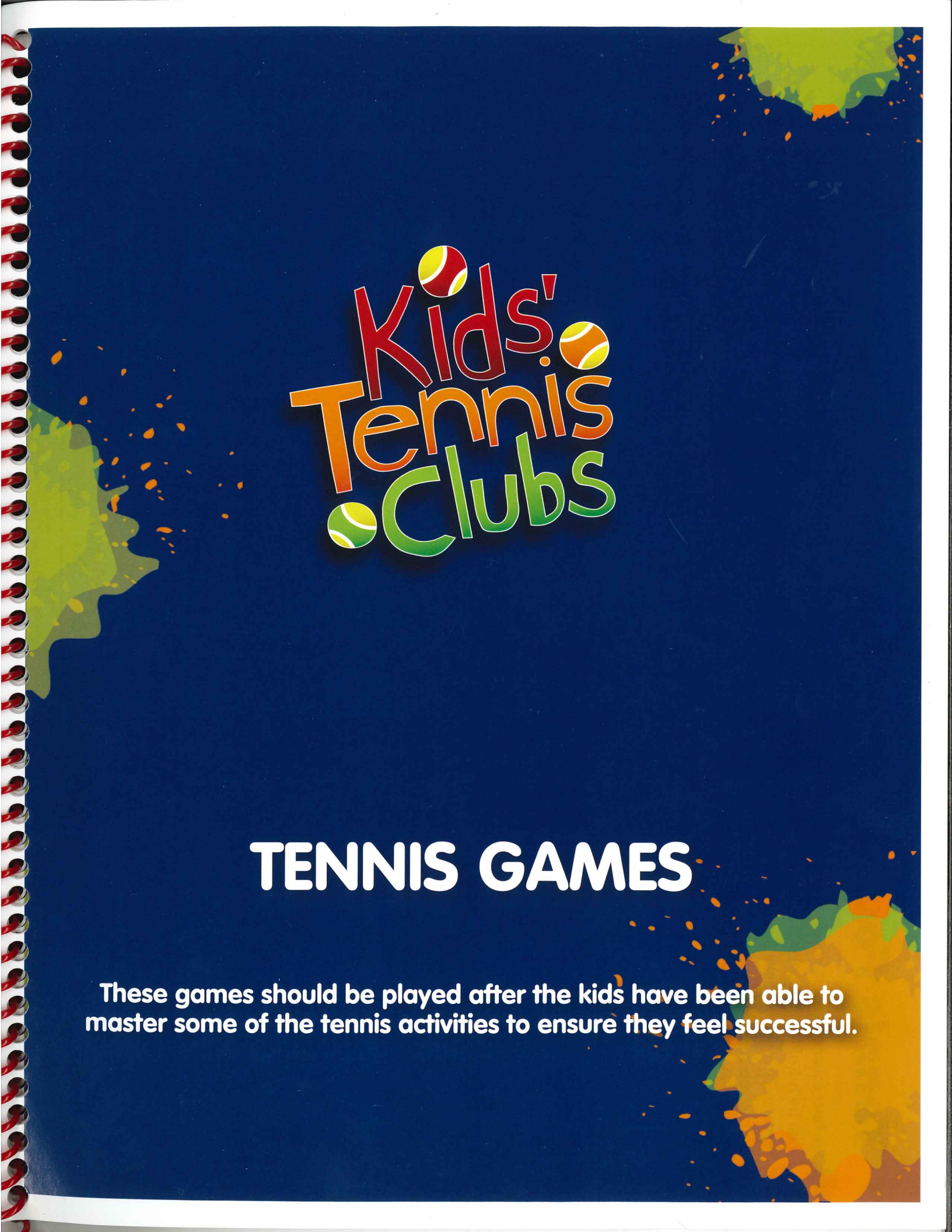
- See how fast you can jump through the squares using one foot and two feet to hop. Then turn around and hop back to the starting line without losing your balance!



# INVENT A SKILL

- Be creative and demonstrate a new tennis skill using a racquet and tennis ball. Do it solo or team up with friends. Ideas to get started include: rolling the ball on the edge of the racquet, picking up a tennis ball without using your hands or alternating hits with a friend against a wall.



The background is a dark blue spiral notebook cover. It features colorful paint splatters in shades of green, yellow, and orange. Three tennis balls are integrated into the title: a red and white one above 'Kids', a yellow and white one to the right of 'Tennis', and a green and white one to the left of 'Clubs'.

# Kids' Tennis Clubs

## TENNIS GAMES

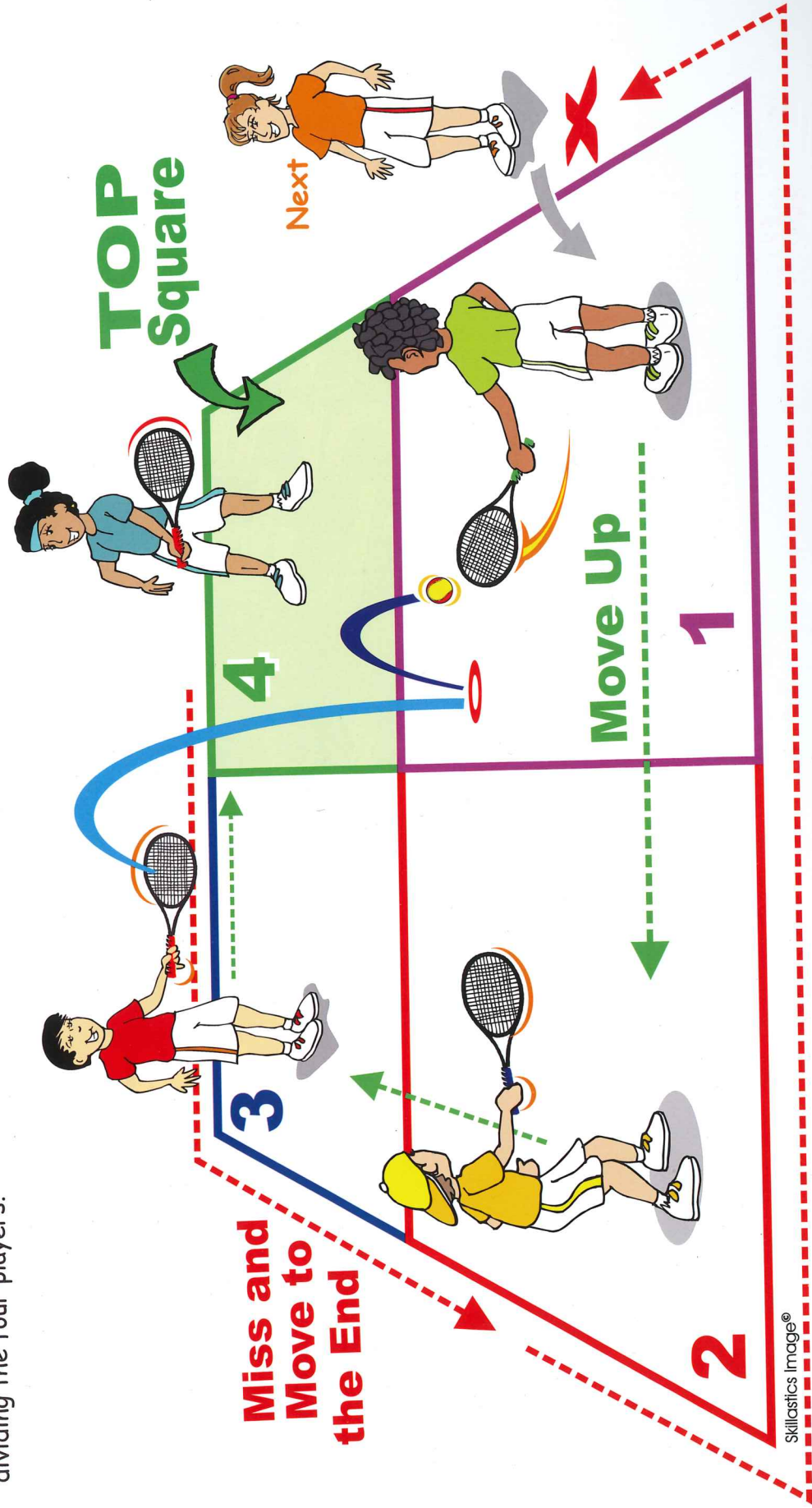
These games should be played after the kids have been able to master some of the tennis activities to ensure they feel successful.



# Tennis Four Square



A four square court is created using jump ropes, floor tape, rubber lines, etc. The ball is put in play among four players and can be hit after the bounce into any of the squares. Players try to advance to the next-highest square by not making any errors. If a player loses a point, he/she goes to the lowest square and the other players in the game advance one position closer to the top square. Extra players can wait on deck and rotate into the lowest square. This game can also be played with a net dividing the four players.



Skilastics Image®

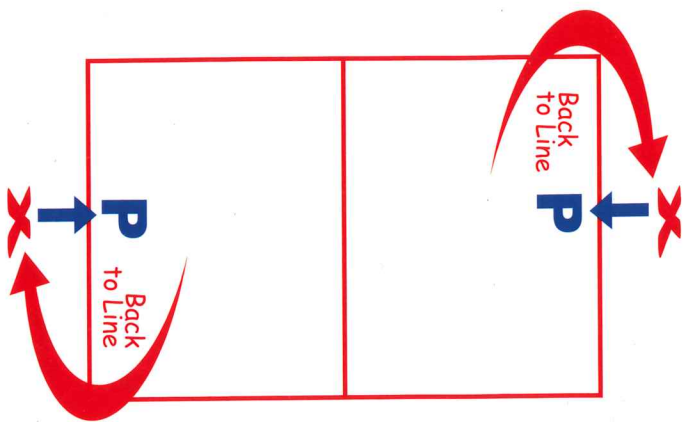
 **Supervisor's Tip: Players can share racquets when rotating in and out of the games. This ensures extra safety and maximizes available equipment.**

# Team Tennis - Singles or Doubles

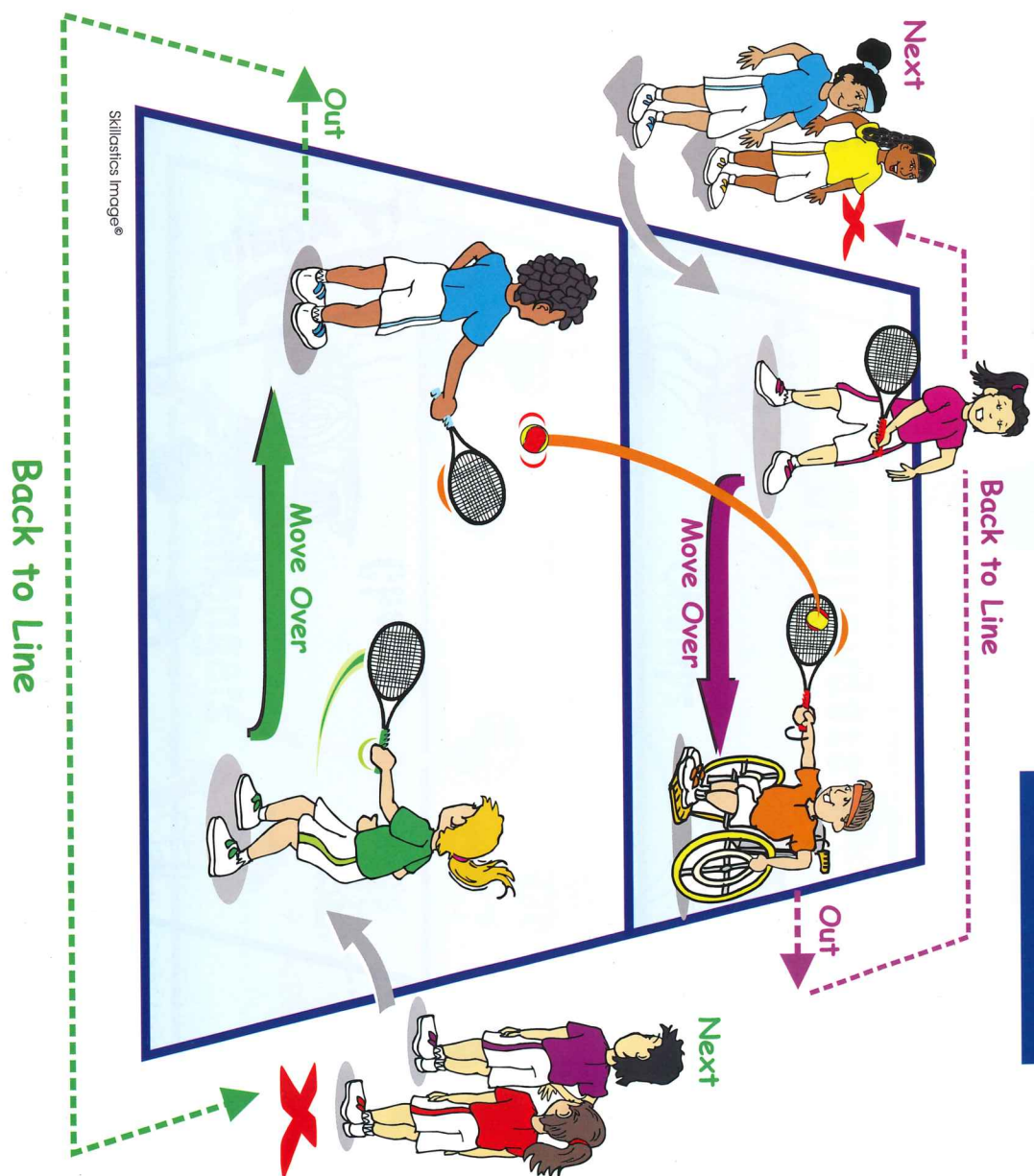


Up to six players are put on each team. Only two players per team play at one time. Players on both teams play out 2 points and rotate out after the points are over. Be sure to rotate substitutes evenly from the side. The first team to earn 7 points wins. This game can also be played as Team Singles (see below) with players playing singles points and alternating out with their teammates.

## SINGLES



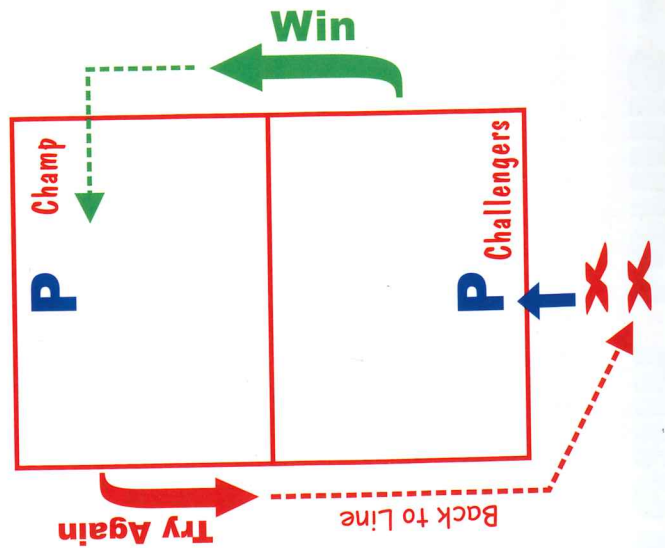
## DOUBLES



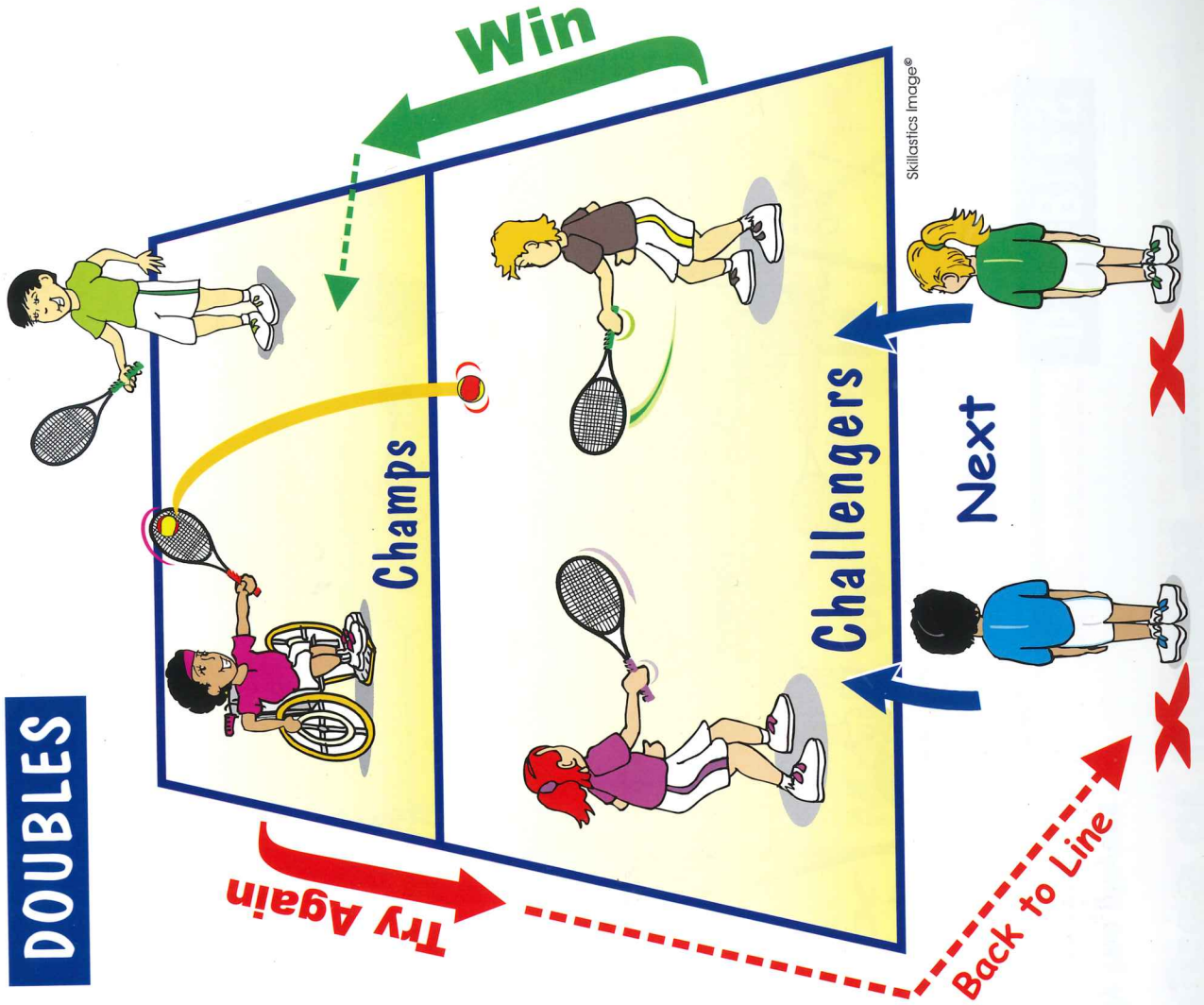
# Champs of the Court - Singles or Doubles

- A designated champion or team competes against a line of challengers. Points are started with an underhand or overhand serve from the challengers' side. Play 2 out of 3 points. If the Challengers win, they replace the Champs.

## SINGLES



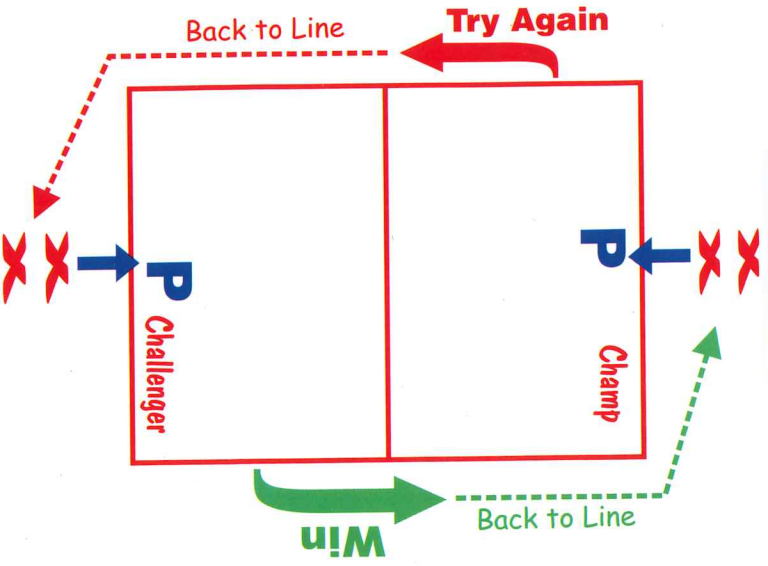
## DOUBLES



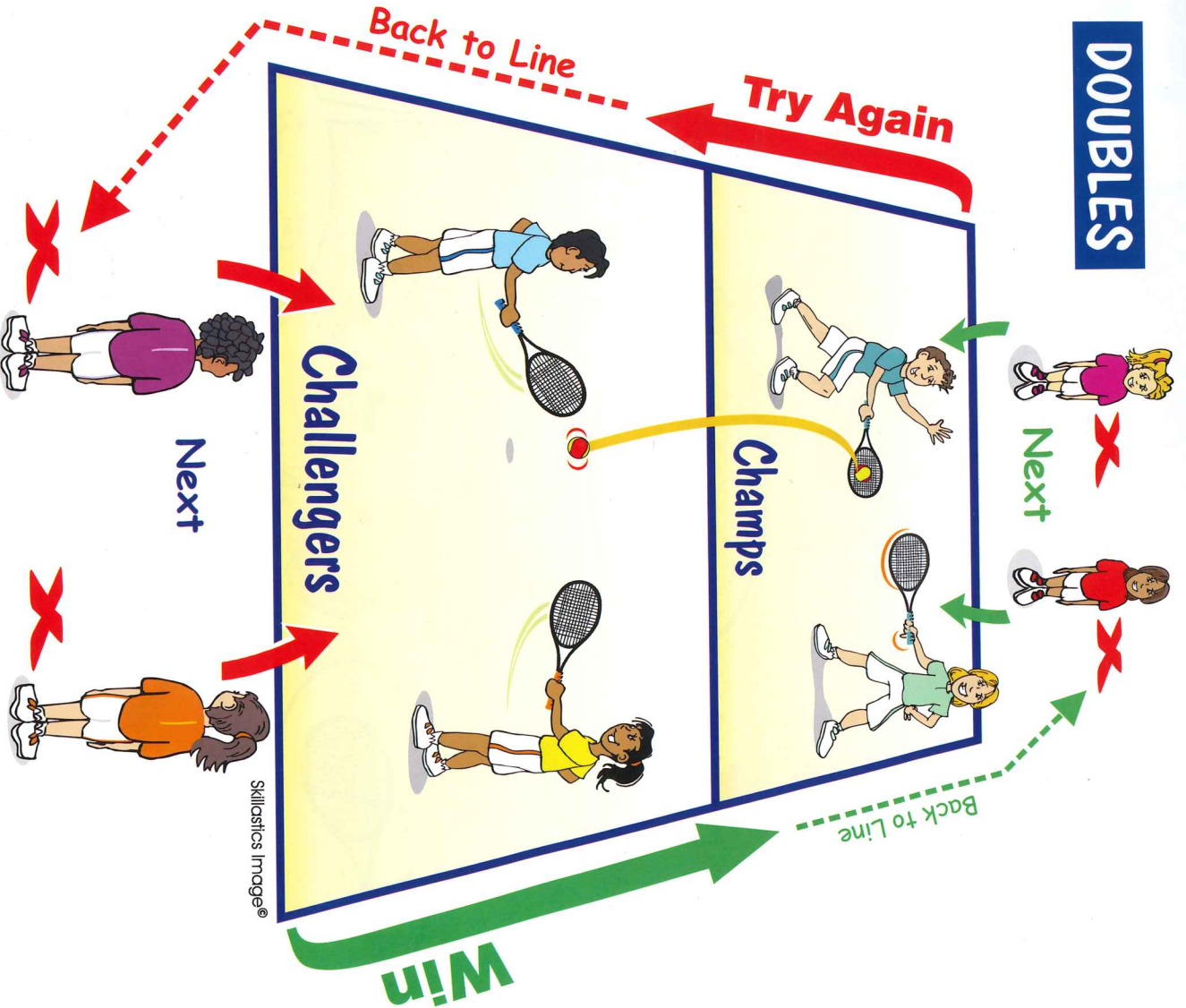
# Champs and Challengers

One side is the Champions' side and the other side is the Challengers' side. If a player or team wins the point, they go to the end of the line on the Champions' side. If they lose the point, they go to the end of the line on the Challengers' side. Players can start the point with an underhand or an overhand serve.

## SINGLES



## DOUBLES



# Invent a Game

Give kids the opportunity to create their own tennis game using the following parameters:

- **Equipment:** What equipment is necessary to play the game?
- **Playing Area:** Define the size and boundaries of the playing area.
- **Objective:** What is the objective of the game?
- **Rules for the game:** What are the rules for the game? Example: Determine how a player scores a point.
- **Procedures of the game:** Are there procedures in place for the game? Example: Determine how to put the ball/object into play.
- **Safety:** How does the game ensure safety for participants?
- **Fun Factor:** It needs to be fun to play!

Safe



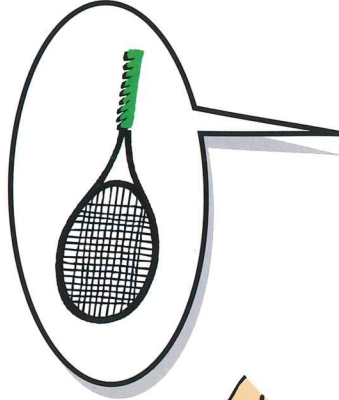
Fun



1 2 3 4 5  
Winner!



Rules



Creative



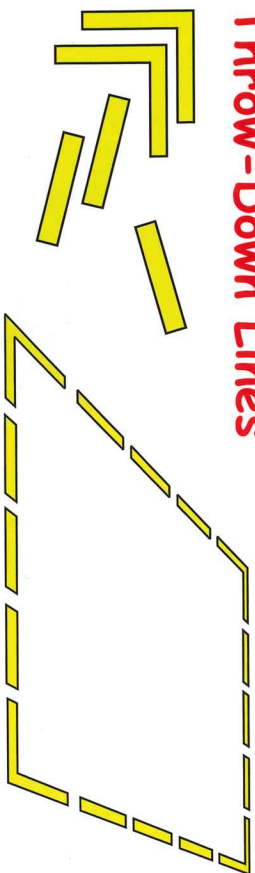
Technique

Challenging

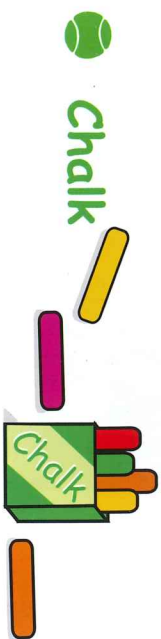
# No Net, No Lines, No Problem

There are multiple ways to be creative in making court lines and a tennis net for any of the team activities.

## Throw-Down Lines

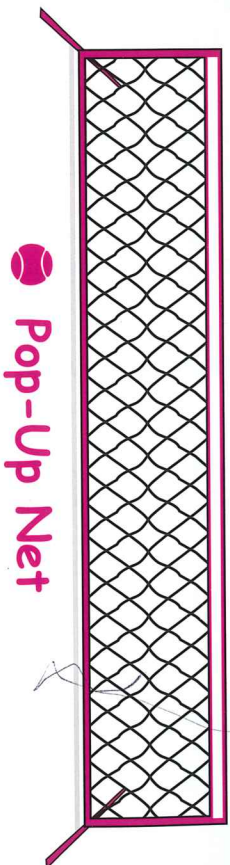
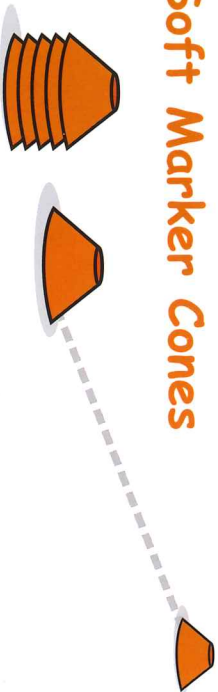


Painter's Tape

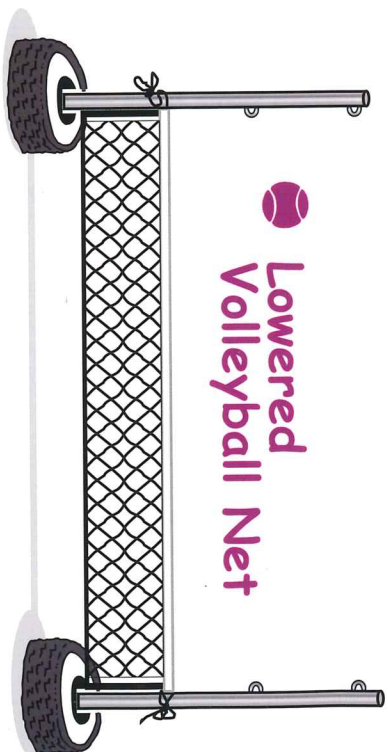


Chalk

## Soft Marker Cones

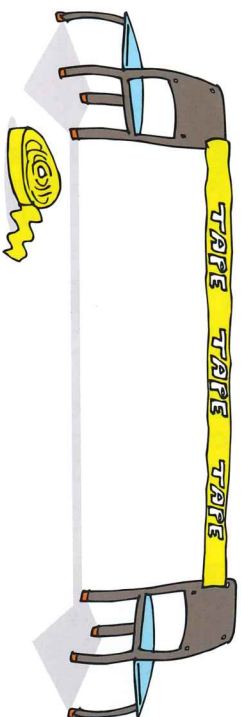


Pop-Up Net

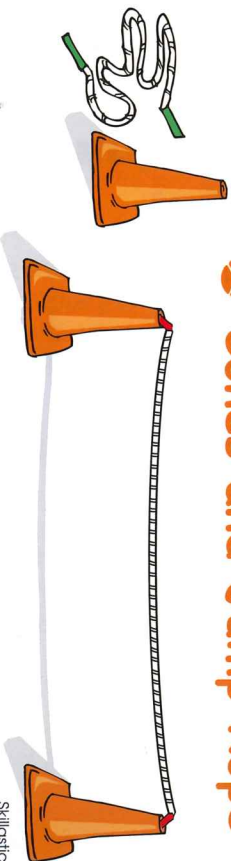


Lowered Volleyball Net

## Chairs and Tape



## Cones and Jump Rope



# Maximizing Play Spaces for Tennis

The "Play Area Set Up" diagram provides examples of how to maximize available space for kids to play tennis. The diagram is divided into three zones:

## 1. Tennis Activity Zone

Features a station rotation format in which children practice various tennis and fitness activities in designated areas. Basic skills are emphasized and nets are not required.

## 2. Tennis Four Square Zone

Designed to get kids playing and rallying with each other using the Four Square game rotation common on many school playgrounds. The game emphasizes control and consistency, and nets are not required.

## 3. Tennis Games Zone

Intended to provide kids with an opportunity to rally and play out points over a net with their friends. Different game formats can be used including Team Doubles and Champs of the Court.

## Additional Tips

- Each zone is intended to accommodate 4-8 kids per activity, which results in 16-32 kids participating in each zone.
- Engage additional supervisors when working with larger numbers.
- Supervisors should be responsible for specific zones and stations when possible.
- Play Supervisors should ensure students play safely and provide opportunities to participate in each of the different activities.
- Equipment at each zone can be shared if it is in short supply—some zones/activities only require 4 racquets or less.
- The set-up and games shown in the illustration can also be used for hosting a Tennis Festival.
- For access to more in-depth descriptions of activities, games, play supervisor tips, rotation ideas and more, refer to the Kids' Tennis Club playbook available for free by registering at [www.usta.com/kidstennisclubs](http://www.usta.com/kidstennisclubs).

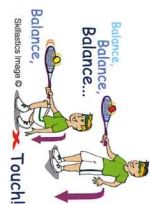


# Play Area Set-Up

## Tennis Activity Zone

### Racquet and Ball Handling

#### Ball Balance



#### Bump Ups

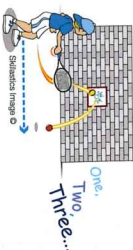


#### Tap Downs



#### Rally Challenge

#### Wall Rally



#### Partner Rally



#### Team Rally

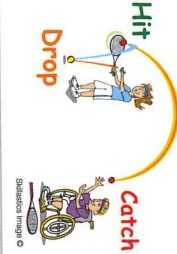


### Partner Practice

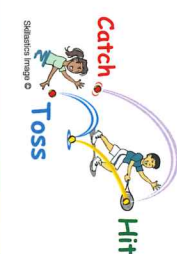
#### Ball Pass



#### Drop, Hit, Catch

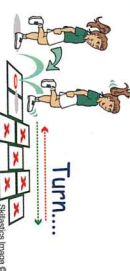


#### Toss, Hit, Catch

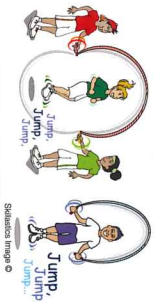


### Fitness Fun

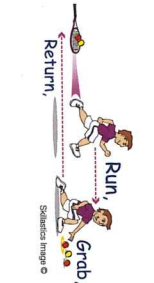
#### Hop Scotch



#### Rope Jumping

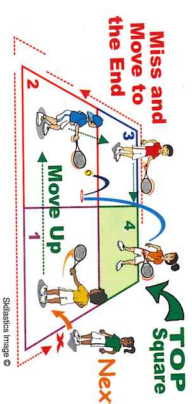
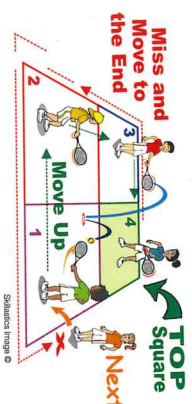
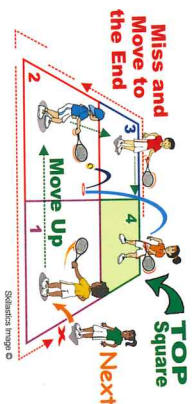
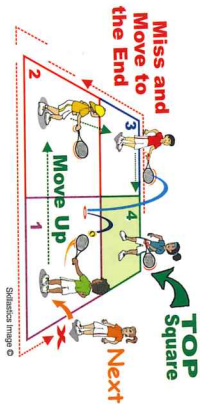


#### Ball Kid Burst



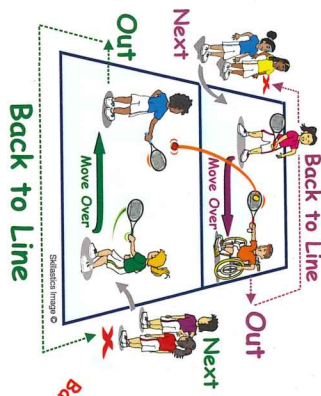
## Tennis Four Square Zone

### Tennis Four Square

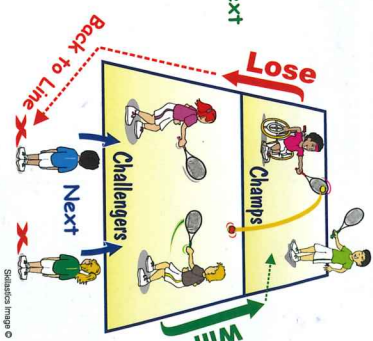
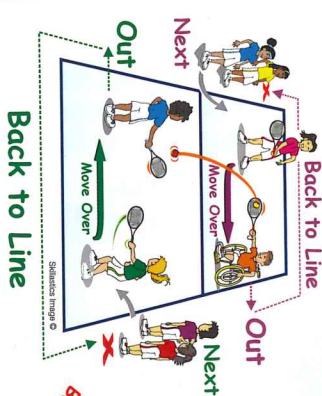
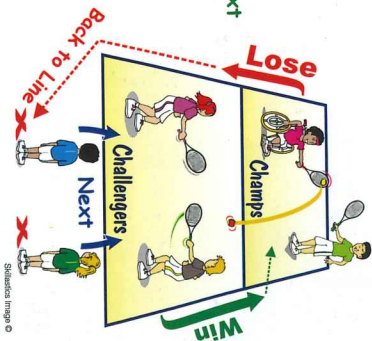


## Tennis Games Zone

### Team Doubles



### Champs of the Court





# Additional Ideas for Fun Play Rotations

## Star Catcher:

Quick games of singles or doubles (e.g., first to win 3 points) are played on each mini-court. Extra players wait on deck outside the playing area. As soon as players finish a game, they come off the court and get back in line. People that are first in line quickly fill the open courts as they become available. Players can earn a star or a stamp for each mini-match they win. Players rotating out should match up with new partners for their next game.

## Challenge Court:

Same as Star Catcher above, but players that win the match get to stay on and challenge a new player or team. Winners stay on for a maximum of two turns.

## Random Draw:

Players get matched up for singles or doubles matches with names drawn from a hat, racquets drawn from a pile, by numbers, etc. Players can play to time, music or for a designated number of games before getting new partners and/or opponents.

## Team Matches:

Teams are organized for head-to-head singles and doubles matches (e.g., 2 singles/1 doubles). Players elect team captains, designate team names and use short scoring formats (7-point games; 2-out-of-3 games).

## Musical Courts:

Mini-tennis courts are set up throughout the playing area with 2 or 4 players to a court. When the music starts, players begin to rally and/or play out points against one another. As soon as the music stops, players must find a new court and a new partner.

## Up and Down the River:

All players/teams are each assigned a court to start on. Play can be run to music or to a set amount of time. At the end of each round, the player/team with the higher score moves up to the next higher court and the player/team with the lower score moves down to the next lower court. Players change partners for each rotation.



# Organizer Tips

## How do you supervise multiple students who show up at the same time with a wide range of ages and abilities?

- Whenever possible, divide groups by age and grade (grades 3-4, 5-6, etc.)
- If possible, utilize parents, high school/college students or volunteers to improve the adult-to-child ratio
- Deputize older or more skilled players to help the younger, less-skilled players

## How do you modify activities when children have difficulty rallying the ball?

- Remove the net and play over a line
- Utilize balloons, beach balls, yarn balls or koosh balls to simulate a rally
- Instead of using racquets, have players throw and catch the ball
- Have players roll the ball with racquets to create a rally
- Allow multiple bounces or multiple hits to get the ball in play
- Use net tape and allow the ball to go under the tape
- Allow players to stand closer to the net to get the serve in play
- As players improve skills, increase the level of difficulty

## Ensuring a Safe and Fun Environment

- In the beginning, explain the rules, guidelines and expectations for proper behavior and enforce CONSISTENTLY.
- Remind students to be aware of classmates and to be careful when swinging the racquet.
- Address negative behavior discretely and promptly – there is zero tolerance for teasing, bullying, or aggression .
- Reward and highlight positive behavior – cooperation and respect should be upheld at all times.
- Keep everyone active – active kids are well-behaved kids!

## Organizing Kids for Play

- 1. Partners:** To create partners quickly, ask students to go “toe-to-toe” with the person nearest to them. Players unable to find a partner within 1-2 steps immediately move to the middle of the playing area to be matched up with another player. If there is an uneven number, the supervisor can assign the extra player to any of the existing pairs.
- 2. Two Sides:** Have players go toe-to-toe with the person closest to them. Ask for one player to raise his/her hand and one player to keep his/her hand down. Move all the players that have their hands raised to one side of the space and then move all of the players with their hands down to the other side of the space.
- 3. Small Groups:** Have kids get into groups based on the number of times you clap your hands. For example, if you clap your hands four times, kids immediately form groups of four. (Ask kids to sit down as soon as their groups are formed.) Extra players immediately run to the middle of the playing area to form the correct-sized groups.

# Organizer Tips

## At the Start of the Season...

1. Review the activities found in the Pocket Playbook and explain the importance of maintaining good sportsmanship.
2. Share that achievement awards will be provided for completing the activities.
3. Be sure to demonstrate a couple of skills each class period—kids should attempt the activities in stations or in their own designated “self-space” using chalk or rubber spots to mark their playing area.
4. Set up some games of Tennis Four Square so kids can apply their tennis skills in a controlled rally situation.
5. Ensure kids understand how to participate and cooperate correctly with each other—this is part of instilling basic life skills and sportsmanship.

## As the Season Progresses...

1. Be sure students are making progress on the activities in their Pocket Playbooks.
2. Include additional point-playing games over a net such as Champs of the Court and Team Doubles.
3. In order for kids to become familiar with the scoring and rotation of the different games in the playbook, play the games without a net and without racquets. Points will be played by throwing and catching the ball. This will help kids learn how to keep score and rotate according to the rules of the game.
4. At the end of the season, organize a Play Day and hand out achievement awards for completing the pocket playbooks.

## Keeping It All Under Control

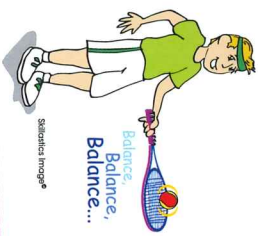
- Supervisors should roam the playing area and be accessible to all the students, with time shared equally regardless of student ability.
- Provide praise and encouragement frequently and don't hesitate to jump in and play a few points here and there.
- When forming pairs or groups, remind kids that they must partner with new players each time—this can help avoid cliques and also reinforces the importance of valuing everyone equally.
- When playing games, get kids in the habit of always calling out the score before starting any points—this will alleviate conflicts that could arise. If the score is not called out, the point must be replayed.
- If there is a dispute, have kids do rock-paper-scissors to quickly break the tie.
- Players should start each game with a “friendly feed” (serve) to the other side. If a player starts a point with a serve that is too challenging or hard to return, the other player can choose not to play it and ask that it be served again.
- Remember that your role is to encourage and nurture kids through play and allow them to benefit from the experience of self-directed activities.
- Don't forget to highlight and recognize students for demonstrating the different sportsmanship skills from their playbook (i.e., honesty, respect, caring, teamwork and responsibility).

# Tennis Challenge - Checklist

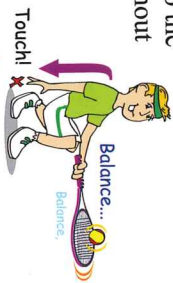
Student Name: \_\_\_\_\_

## Ball Balance

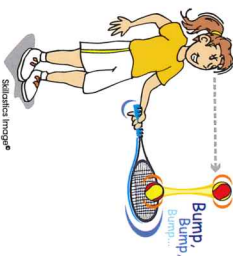
While keeping a ball balanced on the racquet strings, student must walk 20 feet, touch the ground with his opposite hand and return to the starting point without dropping the ball.



20 feet



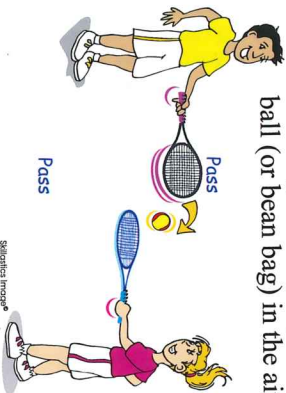
## Ups and Downs



With the palm facing down, try tapping the ball 10 times in a row, waist high. Switch — with the palm pointing up, bump the ball up in the air 10 times without missing, eye high.

## Partner Ball Pass

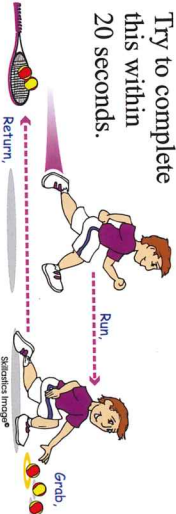
Standing 6 feet apart, successfully pass a ball (or bean bag) in the air to a partner, using a racquet to lift and catch the ball. Repeat 6 times with partner.



## Ball Kid Burst

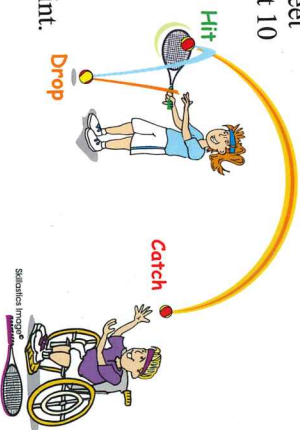
Place a racquet on the ground and a pile of 3 tennis balls 15 feet away. Run and grab each tennis ball (one at a time) and place them on the racquet strings until they are all collected.

Try to complete this within 20 seconds.



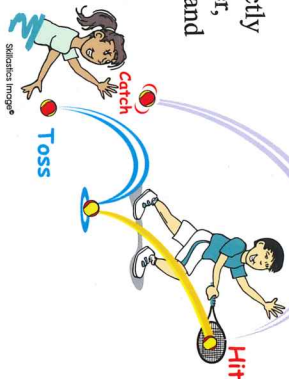
## Drop Hit Forehands ("Courtesy serve")

Standing 10 feet apart, drop-hit 10 forehands to a partner. The partner should be able to catch the ball to count as a point.



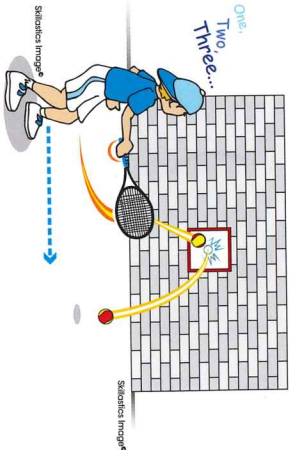
## Toss-Hit Catch Backhands

Standing 10 feet apart, return 10 backhands directly back to a partner, from an underhand toss.



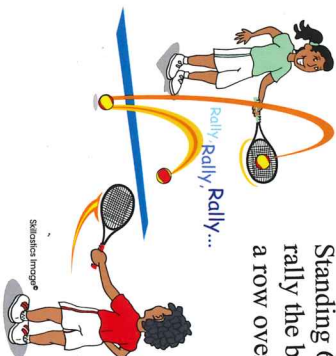
## Wall Rally

Standing 6-10 feet away, hit 10 consecutive ground strokes against a wall or backboard using forehands and backhands.



## Partner Rally

Standing 6-10 feet apart, rally the ball 10 times in a row over a line or makeshift net with a partner.



# Additional Thoughts

**Observe More, Talk Less**

**Challenge Rather than Push**

**Facilitate vs. Dictate**

**Motivate and Praise Frequently**

**Show Them You Care**

**Ensure Equal Play**

**Encourage Safe Play**

**Empower, Enable, Encourage**

**Make it Active – Avoid Boredom!**

**Instill Cooperation and Fair Play**

**Make It Fun! Make It Fun! Make It Fun!**