

Top Sportsability Tennis:

Tennis Basics

This card describes the basic concept of tennis and some simple adaptations and modifications for different abilities.

What you need

- Variety of different size bats or rackets
- Different size or density balls

How to play

Playing area

- Tennis can be played between two individuals (singles) or two pairs (doubles)
- Tennis can be played on an indoor or outdoor rectangular court divided by a net

Basic rules

- Players try to play the ball into their opponent's side of the court in such a way that they cannot properly return it
- A match consists of an agreed number of sets which in turn are made up of games; games are divided into points

Mini Tennis reduces and simplifies the rules to make it accessible to young players and can also be suitable as a vehicle for inclusion. With smaller courts, nets and rackets and lower bouncing balls, Mini Tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing!

For more information please visit: www.schoolstennis.org

See **STEP** for variations to challenge skilled players and support those developing their skills.



Think about

- The basic components of tennis – movement skills, ball skills & racket skills - and how these can be built into a physical activity programme

Top Sportsability Tennis: Tennis Basics



Use the STEP model to modify these activities:

Space

- The court size can be reduced – for example, shorter, narrower than a regular tennis court; or use any suitable rectangular space
- The net height can be lowered, or the net removed and a line on the floor used instead

Task

- Developmental games (see other parts of this resource) can be used to help young players and beginners develop their tennis skills – and have fun!
- The competitive game can be simplified and shortened
- To 'serve' the ball, players can simply throw the ball gently into play on their opponent's side; alternatively, they can hit the ball from a tee

Equipment

- Smaller lightweight rackets or alternatives can be used
- To start a point, players can strike the ball from a tee or modified cone
- Slow-moving tennis, sponge or lightweight larger balls can be used to increase control
- Sound, bell or rattle balls can be used to improve tracking, but note that these are only effective when they roll or bounce; in the air bell or rattle balls are silent

People

- Where players have an absent or impaired grip, glove bats or strapping can be used to attach lightweight rackets to a player's hand or arm
- Players can play cooperatively (for example, how many good hits can they make without losing control) before trying a competitive game

Extension Activity

Mini Tennis Rally Awards

- This award scheme linked to LTA Mini Tennis enables young players to develop skills at each level before moving on
- The scheme enables players to develop the skills of rallying, serving, getting to the net and scoring points as well as the supporting elements of movement and mental skills

Information:

www.ltaminitennis.co.uk

Safety

- Players should have enough space to swing their rackets without endangering others

How to improve

- Watch good players playing tennis and look at how they position themselves and hit the ball

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about schools tennis, including teacher training, resources and equipment, please visit www.schoolstennis.org