

# Top Sportsability Tennis:

## Tennis Targets

These games help players to develop accuracy and confidence when hitting the ball.

### What you need

- Variety of different size bats or rackets
- Different size or density balls; or alternatives, such as bean bags
- Targets using, for example, hoops, markers discs/cones, foam skittles, floor bullseye mats, chalk, masking tape
- Nets or barriers (optional)

### How to play

#### Playing area

- Using specialised or improvised targets, players are challenged to develop accuracy and control. For example:
- Shrinking circle; start with players spaced out facing inwards around a large circle marked with cones or marker discs; players play the ball from a self-drop, or hit the ball from a tee, trying to bounce the ball inside the target circle
  - Once everyone has hit the target a few times, reduce the size of the circle by moving the cones inwards; players remain in their original positions
  - Players have to improve accuracy each time the circle is reduced
- Court targets; arrange some targets on the floor at the opposite end of a simplified court; the 'net' can be defined by a line on the floor
- Targets can be hoops, circles or other shapes marked by cones or marked using chalk or masking tape
  - From a drop self-feed, dropped feed or off a tee, players hit the ball over the line (or barrier) and try to hit the targets
  - Targets can be assigned scores according to the size and distance

**Note:** players can begin by throwing or rolling the ball before using a racket.



### Think about

- Trying to look at the target and not the ball

# Top Sportsability Tennis: Tennis Targets



Use the STEP model to modify these activities:

## Space

---

- Increase or decrease the distance to the targets – or the size of the targets
- Note that players can be positioned at different distances from the targets depending on ability

## Task

---

- Begin with a large number of targets, or very big targets, to provide some initial success; then reduce number/size to create challenge
- The challenge can be varied; for example, use different colour targets and allocate scores, or pick a different colour as target for each round

## Equipment

---

- Larger, slower-moving balls may be easier for some players to hit and control; note that very lightweight balls may not fly accurately however
- Large lightweight bats provide a bigger striking surface
- Players can strike the ball from a tee or modified cone

## People

---

- Players can work in pairs; for example, when balancing, transfer the ball from their bat to a partner's; or using a circle or hoop on the floor as a target, partners can bounce the ball to each other, first by hand, then using bats

## Extension game

---

**Target Skittles Tennis** - This game helps players to develop control and accuracy.

- Targets, for example, foam skittles, small cones and marker discs are scattered on either side of the court/dividing line
- Players are positioned in a central area free of targets
- In turn, players play the ball over the centre line (or barrier) and score a point for each target they hit on their opponent's side
- To increase difficulty, remove targets when they are hit; the winner is the player with the most targets still untouched at the end of the game (for example, 10 hits each)

## Safety

---

- Keep the target area clear during play

## How to improve

---

- Strike the ball with control; follow through with the arm/racket in the direction of the target

## 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](http://www.schoolstennis.org)