

This week's sport is... Tennis!

It's week 2 of the Specsavers 'Virtual' Sussex School Games! Every Monday, throughout the summer term, a new sport will be launched and four more sporting challenges will be set. This week we're serving up **Tennis**. Complete all four challenges and log your top scores.

Remember, if you don't have a tennis racket, you can adapt and improvise. You can even use your hand and a ball of socks! There are some more suggested adaptations below, along with the rules and some coaching tips.

Practice and improve, and log your best scores on www.sussexschoolgames.co.uk by **midday 12pm on Friday 8 May**. Good luck!



Challenge 1: Volley Rally



Challenge Description

Standing 2 or 3 metres away from a partner, get the longest volleyed rally you can in **5 minutes**.

Scoring

Every returned volley equals a point. For example, a rally of 1 is 1 point, a rally of 10 is 10 points, a rally of 30 is 30 points etc. If the ball hits the floor, start counting again.

You have **5 minutes** to record your longest rally.

The maximum score on this challenge is 100.

Suggested Adaptations for Space/Equipment

If you don't have a racket and ball, you can make a ball of socks and use a frying pan, a book, or even just your hand.

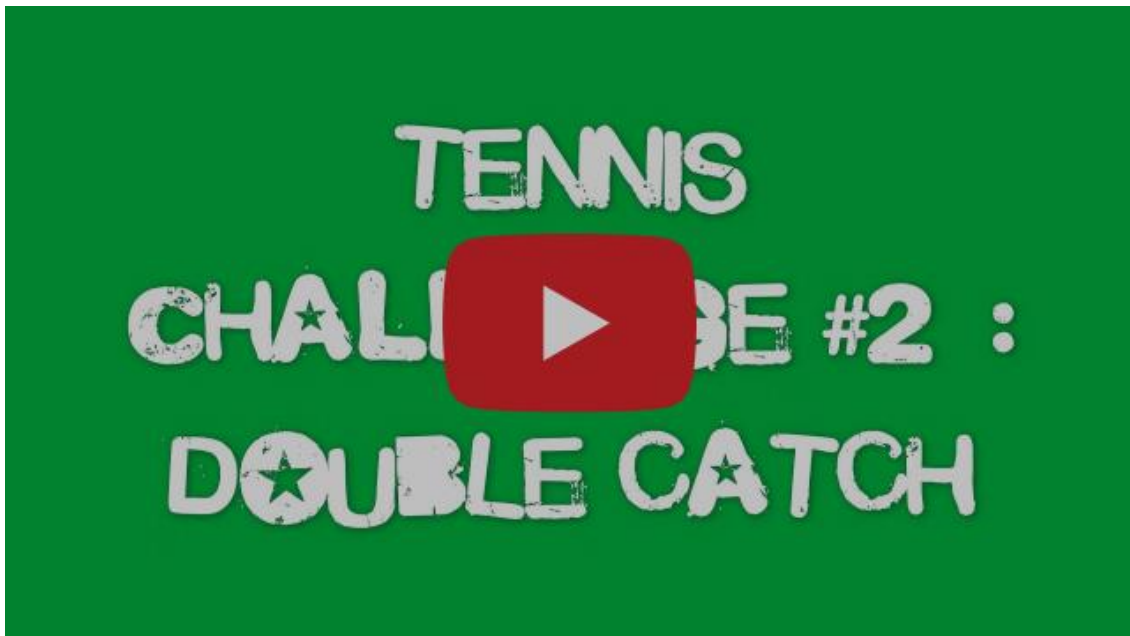
Adaptations for Inclusivity

This challenge can be done seated.
You can use 2 hands on the racket.

Coaching Tips

1. Be ready, on your toes and alert
 2. Watch the ball onto the strings (or frying pan)
 3. Prepare (take back the racket) early and hit all the way through the shot with control
 4. Light feet, on your toes to get into the right position
-

Challenge 2: Double Catch



Challenge Description

With a partner standing at least 2 metres away, each throw a tennis ball to each other, at the same time. This will test your coordination and reaction speed.

How many can you do in **1 minute**?

Scoring

1 point for every time both people catch the balls. How many can you do in **1 minute**.

Suggested Adaptations for Space/Equipment

If you don't have a ball, you can use rolled up socks.

Adaptations for Inclusivity

This challenge can be done seated.

Coaching Tips

1. Two fingers and a thumb on the ball
 2. Step forward at release, opposite foot to hand
 3. Keep eye on the ball coming towards you, following the flight of the ball
 4. Balls need to be thrown at the same time to each other. Talk to your partner to help with timing
-

Challenge 3: Forehand Dropshot



Challenge Description

Place an A4 piece of paper (or something of that size) on the ground, 5 metres in front of you.

With an underarm, forehand dropshot, see how many times you can hit the paper target in **5 minutes**.

You must use the same single ball, so your speed to retrieve the ball and get back to the starting point will influence your score.

Scoring

Every time you hit the paper target from 5 metres, you get 1 point. You have **5 minutes** to get as many points as you can.

Suggested Adaptations for Space/Equipment

If you don't have a racket and ball, you can make a ball of socks and use a frying pan, a book, or even just your hand.

If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length. This could be used to create your own measuring tool if you have an object of greater length. For example, a towel may measure 3 and a half A4 pieces of paper in length which would equate to 105cm.

Adaptations for Inclusivity

This challenge can be done seated.
You can use 2 hands on the racket.

Coaching Tips

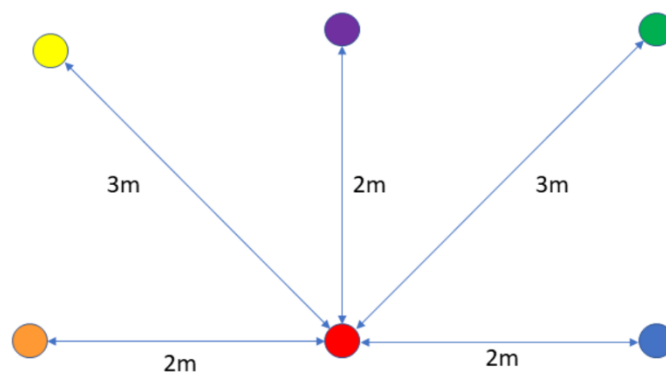
1. Watch the ball onto the strings (or frying pan)
2. Make contact in front of you
3. Hit the ball from low to high

Challenge 4: Fan Footwork Drill



Challenge Description

Set up 6 cones as per the diagram below. The colour of the cones doesn't matter.



Place 5 balls at the centre point (the red cone on the diagram)

Starting at the centre point, pick up a ball and place it on the cone on your right (blue on the diagram), and then return to the centre point as quickly as you can.

Collect the next ball and place it on the far right cone (green on the diagram), then run backwards to return to the centre point.

Collect the next ball and place it on the cone in front (purple on the diagram), then run backwards to return to the centre point.

Collect the next ball and place it on the far left cone (yellow on the diagram), then run backwards to return to the centre point.

Collect the final ball and place it on the cone on your left (orange on the diagram), and then return to the centre point.

Complete this full sequence **as quickly as you can**. The movements are similar to that of playing tennis, running side-to-side, forwards and backwards.

The clock starts when you pick up the first ball, and stops when you've returned to the centre point for the final time.

You must move laterally, always keeping your body facing forwards, as you would when playing tennis. The ball must stay on the cone to count.

Scoring

Record your **quickest time** to the nearest whole second.

Your time will be ranked against other competitors at the end of the competition, and you will be awarded points depending on your position. The top 10% in each category will be awarded 50 points, 11-20%: 48 points, 21-30%: 46 points etc.

Suggested Adaptations for Space/Equipment

If you don't have cones and tennis balls available, you can always use shoes as the targets, and rolled up socks as the balls.

If you don't have the space available, you can half the distances but do the sequence twice, with double the number of balls, knocking the first ball off of the cone when you place the second.

Adaptations for Inclusivity

This challenge can be done in a wheelchair, or shuffling between cones on your bottom.

Coaching Tips

1. Take short, sharp, quick steps
2. Keep your knees bent to maintain a low centre of gravity- it'll help you change direction quickly
3. Be quick to react and move on to the next ball as soon as the last one is placed

This week's Training Prize is... Legacy

Every week we have a **£50 Amazon voucher** to give away, to somebody training hard and displaying the characteristics of a top athlete.

Great sportspeople leave mark in the history books, and contribute to the **legacy** of their sport. Tennis has a rich history, with some fantastic players and amazing stories. Find and share your favourite facts with drawings, pictures and videos. Can you build this into your training this week?

Share your training pictures and videos on Facebook, Twitter, Instagram or TikTok with the hashtag **#SussexSchGames** for your chance to win.

Note: Please ensure that you are following the rules when it comes to age restrictions on social media. Photos/Videos must be shared from an appropriate account. It is strongly advised that content is shared from a parent/carer's account, or from a school account with parental permission. Photos/Videos from underage accounts will not be eligible for this prize.

Deadline: 12pm on 8 May. The winner will be selected at random from posts across the platforms.

What's the Specsavers 'Virtual' Sussex School Games all about?

For all of the key information, including the calendar of 'virtual' sports taking place, please [click here](#).