

Give it a Go Brownies Tennis badge



To gain your 'Give it a Go' tennis badge, you should follow the instructions below with help from your leader or take part in a tennis session with a qualified local coach.

- Name 2 pieces of equipment needed to play tennis.
- Name 3 rules in tennis.
- Make sure you do a sport specific warm up and cool down, that will target the main muscles used in tennis.

1 Activity 1 - Keepy uppies

- Bounce the tennis ball up and down on your racquet.
- Bounce the tennis ball against the floor with your racquet whilst moving around.
- Balance the tennis ball on your racquet as you move around the area.

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2 Activity 2 - All about technique

Demonstrate the correct technique:

- Forehand
- Serve

3 Activity 3 - Rally

- In pairs rally the ball back and forth without losing control over the ball.
- Complete 10 forehand rallies.
- Once complete take 2 steps back and start again.
- See how many rallies you can complete in 1 minutes.



4 Activity 4 - Cone knock down

- Demonstrating the correct serving technique.
- Aim and hit the ball at the cones.
- Aim of the game is to try and knock as many cones down as possible.

