

# Give it a Go Guides Tennis badge

**Guides**  
Girlguiding  
Cymru



To gain your 'Give it a Go' tennis badge, you should complete the following activities or take part in a tennis taster session with a qualified local coach.

- Name 4 pieces of equipment needed to play tennis.
- Research and discuss the points system with your leader.
- Research the rules and explain at least 3 to your leaders and unit.

## 1 Activity 1 – Correct technique

Learn the correct technique for the following

- Forehand
- Backhand
- Serve
- Volley



## 2 Activity 2 – Rallies

- Players start on the service line.
- On 'go' Player 1 gets a ball from their hoop and returns to the service line to rally.
- When the team gets a rally of 10, Player 1 takes the ball and puts it in another team's hoop.
- Player 1 then gets another ball from their hoop and starts again.
- The winning team is the first one to have no balls in their hoop.

[Click here to buy badge](#)

## 3 Activity 3 – The aim game

- Place cones on the other half of the court.
- Rallying against your partner, you must aim the ball to knock down the cones.
- First one to knock down all the cones wins.

