

Give it a Go Rainbows Tennis badge



To gain your 'Give it a Go' tennis badge, you should try each of these games below with the help from your leader or take part in a tennis taster session with a local coach.

1 Activity 1 - Pacman

- One player is on and stands on the T section of the court.
- The player runs around and tags other players.
- You are only allowed to run on the lines of the court.
- If you get tagged, you sit down and act as a blocker.
- If you run off the lines you sit down and act as a blocker.
- Play continues until there is one player left.

2 Activity 2 - Under the bridge

This exercise promotes early stroke progression to help develop their fundamental motor skills.

- Each person will stand in front of a cone opposite a player.
- One player will hit a forearm shot along the ground.
- The aim is to hit the ball through the legs of the player opposite and hit the cone behind them.
- How many times can you hit the cone?

3 Activity 3 - Catch and hit

- In pairs one person will throw the ball.
- The other will hit the ball back with their racquet.
- If the ball is caught, then you get one point.
- How many points can you get in 5 minutes?



4 Activity 4 - First to three

- Partners should try and rally between each other
- First to 3 win a point – how many can you do in 2 minutes?

[Click here to buy badge](#)

