

Give it a Go

Rangers

Tennis badge



To gain your 'Give it a Go' tennis badge, you should complete each of the activities below with the help from your unit leader or attend a taster session with a local coach.

- Discuss the main rules of tennis.
- Understand and use the points system correctly.
- Research the difference between female tennis and male tennis.
- Discuss how many games are played to win a set. (First person to 2 sets – 6 games in a set)

1 Activity 1 - Correct technique

Learn the correct technique for the following

- Forehand
- Backhand
- Serve
- Volley



2 Activity 2 - Target practice

- Targets will be placed on the opposite end of the court.
- Each person will have 10 attempts to hit the targets
- You cannot hit the same target twice.
- How many targets are you able to hit?

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3 Activity 3 - Jail game

- Objective is to hit the ball over the net into a specified area.
- If you get the ball into the area you are able to carry on, but if you miss you go to jail.
- When in jail you stand on the outside of the court and try to catch the ball – if its caught then the person who caught it is allowed back in the game and the person who's missed goes to jail.
- Last person standing gets 3 attempts to hit the ball into the area – if misses everyone is allowed back into game – if caught everyone is allowed back in and the game restarts.