



# ALTERNATIVE DELIVERY



**Cardio Tennis**

# Alternative Delivery - Cardio Tennis

Cardio Tennis is a fun group activity, featuring drills using Mini Tennis balls to give pupils of all abilities an ultimate, high energy workout.

There are activities for absolute beginners through to advanced players, all of which provide you with a great cardio workout while improving skill.

Music is played during the session to help create a high energy atmosphere and add motivation, as well as controlling the tempo of the activity. Participants are advised to wear heart rate monitors or pedometers, so they can see how hard they are working. The measure of a pupil's success becomes their heart rate, or number of steps taken, rather than the number of balls hit over the net and in the court.

The main purpose of the session is to provide you with an enjoyable work out. It's not about forehands and backhands, it's about getting in to your appropriate cardio zone and getting a great workout.

## BENEFITS OF CARDIO TENNIS

- It is a fun group activity where players of all abilities enjoy tennis together.
- You consistently raise your heart rate into your aerobic training zone.
- It is much more fun than working out in the gym.
- You get short cycles of high intensity workouts and periods of rest, similar to interval training, which burns more calories.
- Even though you are playing tennis, the focus is primarily on getting a great workout.
- You naturally improve your game because you hit so many balls and repeat various shots.

## HOW, WHEN, WHERE?

- Cardio Tennis is a fantastic adapted version of the game, ideal for encouraging disengaged groups to take part in the sport, including girl only groups.
- Cardio Tennis is ideal to run as an extra curricular activity – either before school, after school or at lunchtime.
- The activity can take place outside on a tennis court or alternatively inside in a sportshall.
- All you need is; Mini Tennis equipment (rackets, balls, nets) and the ability to play music. In addition, some extra teaching aids such as cones, training ladders and throw down lines are useful – although most of these maybe able to be provided by the coach leading the session. Heart rate monitors or pedometers also provide a great measure of success for those taking part.
- Coaches across the country have been trained to deliver Cardio Tennis – contact your local Tennis Development Manager to find out more about local coaches who maybe able to deliver at your school.
- A film demonstrating the benefits of Cardio Tennis in action within a secondary school can also be viewed online at: [www.schoolstennis.org](http://www.schoolstennis.org)



