

## Examples of intra-school activities (2.2)

### Mini Tennis Leagues

Mini Tennis is a great modified version of the game, which can be used in both primary and secondary schools.

#### What equipment and facilities are needed?

- Mini Tennis Red is played on badminton sized courts – ideally inside, although courts can be set up outside also.
- A lowered badminton net can be used indoors, and mini tennis nets/barrier tape can be used outdoors.
- Sponge Balls can be used indoors (and outdoors if it is not windy) and low compression Mini Tennis Red balls can be used outdoors.
- Tennis Rackets.

#### Numbers Involved

- Four players per court for doubles and 2 players per court for singles.
- The league can accommodate varying numbers of players, depending on the number of courts and time available.

#### Rules

- Mini Tennis Red matches use simple Tie-Break scoring, which is first to 10 points.
- Alternatively, a 'timed match' format can be used, where each match starts and finishes on the sound of a whistle. The length of matches can depend on the amount of courts and time available.
- The nominated person serves for the first point; it then alternates every 2 points.
- The serve can be hit underarm or overarm and the ball must not bounce before being hit.
- Serves should be hit diagonally, landing anywhere in the opposite diagonal quarter of the court.
- Players stay at the same end of the court for the entire match.

#### Format

- Matches and leagues can run on a singles or doubles basis.
- The number of points won within a match is entered onto the League Sheet, so players gain points even if they lose a match.

### Timed Tennis

#### What equipment & facilities are needed?

- Tennis Court (full size, or Mini Tennis)
- Tennis Balls
- Tennis Rackets

#### Numbers Involved

- Four players per court for doubles and 2 players per court for singles

#### Rules

- Use either standard or Mini Tennis scoring and rules.
- Set up the appropriate amount of players on each court, ready to play (2 per court for singles and 4 per court per doubles).
- Matches start at the sound of a whistle and last for a set period of time. The period of time can depend on the number of courts, players and overall amount of time available.

#### Format

- Matches and leagues can run on a singles or doubles basis.
- The number of points won within a match is entered onto the League Sheet, so players gain points even if they lose a match.

# Examples of intra-school activities (2.2)

## Tag Team Tennis Leagues

### What equipment & facilities are needed?

- Tennis Court
- Tennis Balls
- Tennis Rackets

### Numbers Involved

- Between 8 to 12 players per court

### Rules

- Split players into 2 teams and nominate a Team Captain for each team.
- Once organised, each team stands safely behind the forehand tramline on either side of the net.
- Team Captains nominates first players, who step on court and play 2 points (1 serve each).
- After 2 points, the players leave the court and tag, passing the racket(s) to the next nominated players or the next 2 points.
- Matches should use simple Mini Tennis scoring and can either be run; first to 10 points, or on a timed basis.
- Other players waiting along the sidelines should be encouraged to shout and cheer for their team during points.

### Format

- This activity can either be run as singles or doubles. In the latter case, 2 players from each team are nominated and go on-court to play at once. If you have large numbers, use doubles, so that it reduces the amount of 'dead time' for players.
- This activity can either be run as a one-off activity, or as an on-going league basis, with different teams competing against each other.
- This activity can be run on a standard tennis court, or indoors/ outdoors on Mini Tennis Red courts.