Continuous Tennis

Time: 20 minutes

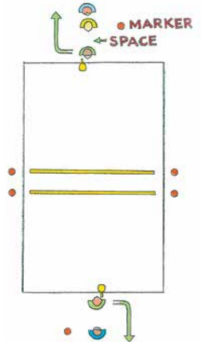
Activity

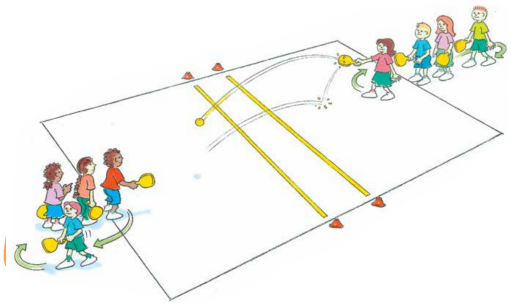
Partner/group

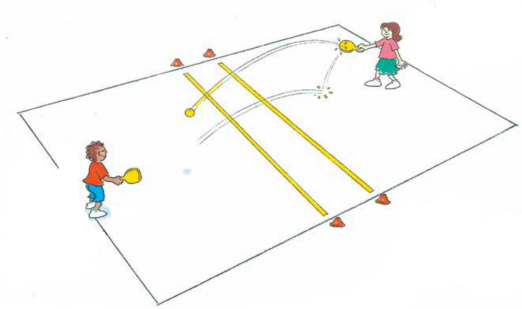
- Players in small groups hit a ball over an obstacle and run to the back of the line, making way for the next player to receive a ball and hit it.
- Start with underarm hits.
- After the first ball is hit, the player moves to the right and then to the back of the line.

Safety

- Ensure adequate space for the number of players.
- Hitting players peel off to the right and team-mate stands behind.







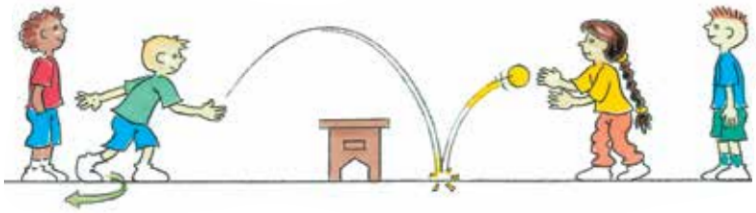
Equipment

- Various objects for the net, such as:
  - rope, chalk or tape
  - bench seat or low table.
- Various objects for bat and ball, such as:
  - tennis ball or rubber handball
  - volleyball or beach-ball
  - tennis racket or paddle bat
  - table tennis racket or hand.



Activity variations

- Throwing, rolling or kicking – provide an alternative for less skilled players or as a warm-up (use a larger ball).
- 2 bounces allowed – for less experienced players.



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Adapted from Sport Australia, 2019, Playing for life *Continuous Tennis*