

School Tennis Field Day/Kids Day

Welcome to a new kind of tennis fun and excitement! USTA School Tennis has designed a fun-filled special event perfect for you! Picture your students, tennis players and non-players alike, enjoying themselves with tennis related games and activities on your blacktop, gymnasium, or tennis courts. A School Tennis Field Day is a great way to promote a follow up program and/or serve as a PTO/PTA fundraiser for the school.

Planning

1. Tennis games and activities are set up similar to station training. Each group starts at a designated station and moves from one station to the next in a timed rotation. Another option is to have the students go to the station of their choice.
2. The number of stations you set up, the time spent at each station, and the number in each group (4 – 20) are flexible.
3. The stations can be set up on or in any facility: blacktop, gymnasium, dirt field or tennis courts. The games and activities can be adapted or modified to suit your school's facilities and your needs.

Equipment

The following list can serve as a guide. Additions or substitutions might be necessary to meet your needs:

Signs for each activity	Stop Watches	Chalk/floor tape/rubber lines
Foam/low compression balls	Jump ropes	Caution tape (for instant nets)
Tennis racquets	Scoreboards	Pop-up nets, lowered volleyball nets,
Targets/rubber spots	Music	Microphone or megaphone

Set up necessary equipment at each station.

Games and Activities

1. Select games which are appropriate for your students and your facilities.
2. For each station you select, make a sign (laminated for future use) naming the activity along with a simple explanation.
3. Have a reliable station or group leader to keep the activity running smoothly.
4. Each group could have a score card listing the events and the names of the people in the group. The station or group leader will record individual and/or group scores, depending upon the activity.
5. Awards can be given for completion and achievement.

The most important elements in a USTA School Tennis Field Day are good planning and organization, lots of action, music and.....fun!

SCHOOL TENNIS DECATHOLON

- 1) **Ball Balance:** Keep a ball balanced on the racquet strings while walking a distance of 36 feet (doubles sideline to doubles sideline).
- 2) **Racquet Quickness:** Partners stand 5 feet apart while balancing their racquets upside down on the racquet tip. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground.
- 3) **Racquet and Ball Handling:**
 - 30 tap downs
 - 20 bump ups
 - 10 flip flops with no bounces (alternate sides of racquet)
- 4) **Partner Ball Pass:** Successfully pass a ball (or bean bag) in the air to a partner, using a racquet to lift and catch the ball.
- 5) **Drop-Hit Forehands** ("courtesy serve"): Drop-hit 10 forehands to a partner. The partner should be able to catch the ball against their racquet strings to count as a point.
- 6) **Toss-Hit-Catch Backhands:** Return 10 backhands directly back to a partner, from an underhand toss.
- 7) **Wall Rally:** Hit 10 consecutive ground strokes against a wall or backboard using forehands and backhands.
- 8) **Partner Rally:** Rally the ball 10 times in a row over net with a partner, alternating forehands and backhands.
- 9) **Volleys:** Rally the ball out of the air with a partner 6 times.
- 10) **Tennis IQ:** Demonstrate knowledge of basic rules, scoring, and sportsmanship.

*For partner activities, students should stand approximately 10 feet apart

Adaptations: The teacher/coach can modify the activities above for different skill levels by adjusting the distance between players, using modified balls for younger children (e.g. koosh balls, bean bags, balloons, beach balls) reducing or increasing the number of hits/rallies required, or establishing a time limit to measure performance.

For more information and resources, log onto:

www.usta.com/schooltennis