

TENNIS – MINI TENNIS RED

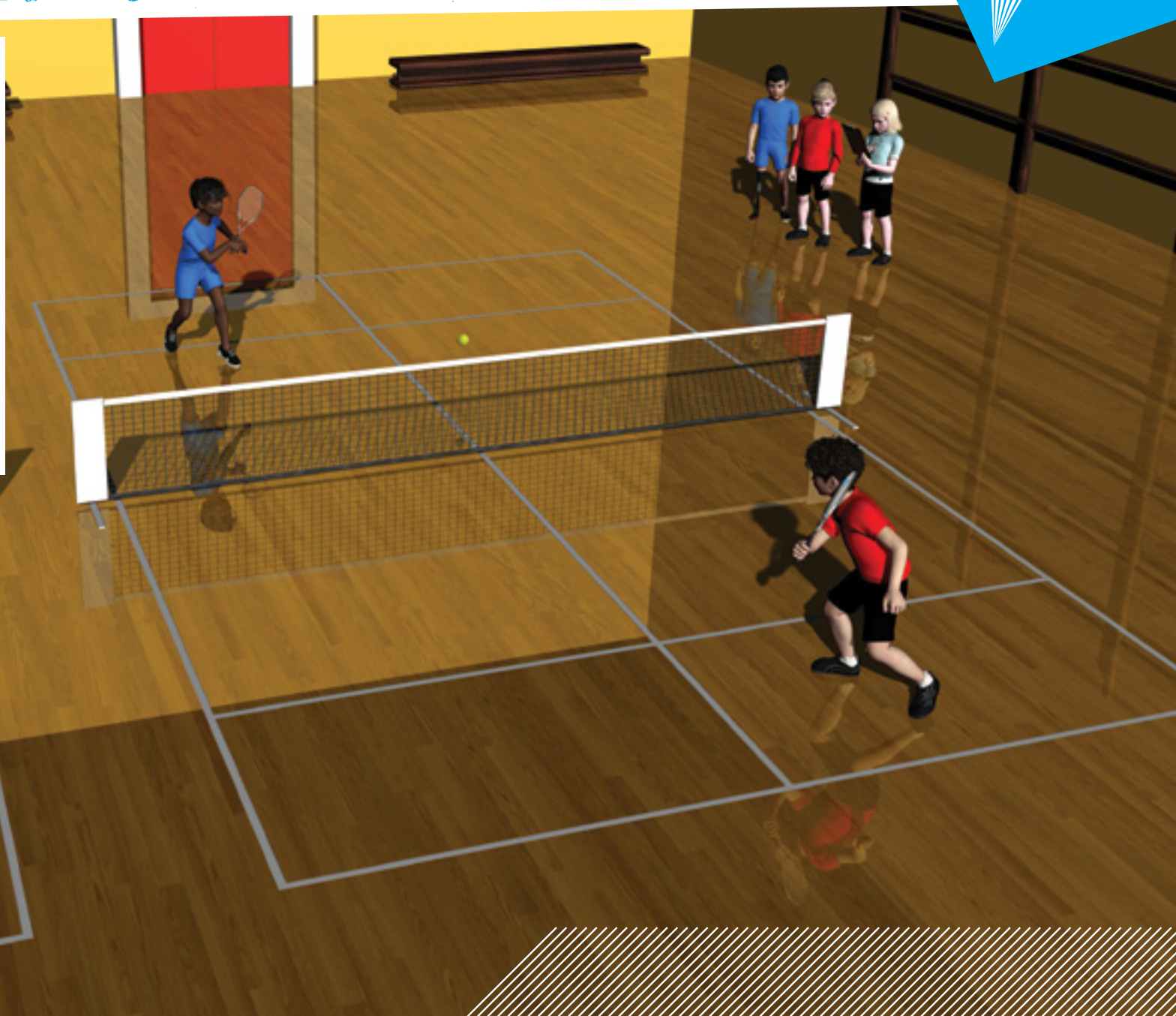
SCHOOL GAMES

Quick introduction

Mini Tennis is a fun, modified version of the game, primarily used for players aged 10 and under. Mini Tennis uses shorter rackets, smaller courts, slower/softer balls and simple scoring, to ensure players of all abilities can achieve.

Getting started

- Matches can be first to 10 points or run on a timed basis, where all matches start and finish on the sound of a whistle.
- After deciding who serves first, players should serve diagonally, underarm or overarm.
- Players play out each point following the rules of standard tennis.



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Hints and tips

- Placing pupils in small teams is a good way of organising Mini Tennis competition and avoids isolating individuals.
- When using teams try to match the players that play against each other.
- Template matrices are available to show how you can run a competition with: differing number of teams, differing number of courts and differing lengths of time.
- These matrices, along with a wider range of other resources and more information about Mini Tennis can be found at: www.schoolstennis.org

Leadership and volunteering opportunities

- Captains of teams - scoring; umpiring; returning balls.
- Managers of teams - devising playing schedule and orders of play.

Officiating

- Young people can score the game and also call shots out.

Think inclusively (STEP)

Space

- Matches can be played on badminton courts, adapted tennis courts or you can mark out Mini Tennis courts on a playground using throw-down lines.
- Space can be adjusted to help match players of different ability; for example, wheelchair user defends only one half of the court while standing player defends full court width.

Task

- Mini Tennis competition can be run as:
 - team/individual
 - first to 10 points
 - timed tennis.
- Allow some children to let the ball bounce twice (note; in wheelchair tennis, two bounce rule is always used).

Equipment

- Provide a range of racket sizes and balls to suit different abilities.

People

- Team play can be varied: for example, singles, doubles or 2v1 if appropriate.



TENNIS – MINI TENNIS PED

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Quick rules

- The first server serves for one point, starting from the right-hand side of the court. Thereafter, each player serves for two points, one from the left and one from the right-hand side of the court.
- Players have a first and second serve and the ball should not bounce before it is hit.

Equipment required

- Mini Tennis rackets - a shorter racket of 43cm – 58 cm (17" – 23") is recommended.
- Mini Tennis balls - a sponge ball can be used indoors and a low compression felt ball outdoors.
- Mini Tennis nets – a 6m Mini Tennis net, or a lowered badminton net can be used. Alternatively, barrier tape is an alternative, cost effective option for creating quick and easy nets!

Health and safety

- Ensure there is enough space between courts.
- Players should warm up for five minutes for the first game and two minutes thereafter.



FOR YOUNG PEOPLE

Think tactics

During the warm-up, try to find your opponent's strengths and weaknesses.

Spirit of the Games: Excellence through Competition



Make sure you call balls that are in or out correctly.

