



Remember – not to drink water – while you are playing sport, and make sure you drink plenty!

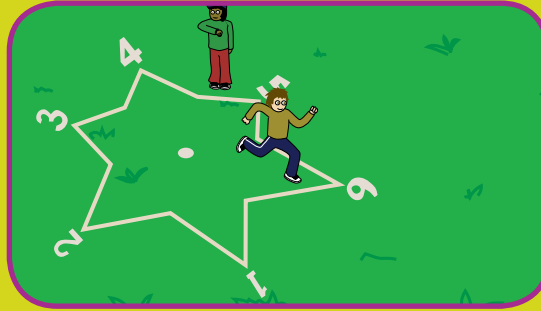


Tennis Top Tips

STAR DRILL

Star Drill

When taking part in these fun activities you are actually learning skills for playing tennis! Create a star shape on the ground and use this shape to complete the activities below in a large open space if you can.



BLUE

Standing in the centre of the star, run to one of the points and then back to the centre. Do this for each point – remember to return to the centre before running to the next point.

Give each point a number and try to run to the points of the star in a different order. For example: 1 to 2 to 3 to 4 to 5 to 6, then 1 to 6 to 3 to 5 to 2 to 4 etc. How do you run to each point? Try using sidesteps and skipping backwards.

RED

Place an object on each point of the star. Standing in the centre of the star your aim is to run and pick up each object, remembering to run to the centre before going to the next point and object.

Try to complete this as quickly as you can and without falling over! Keep your balance! Create different ways of playing this activity.

GREEN

This time when you run the star drill make sure you are looking forward all the time, don't look at your feet!

When you are really good at it, time yourself and your friends. Can you improve on your recorded times? Can you run the star drill and be as accurate as possible? What helps you to keep looking forwards? Try using sidesteps when you run.

Star Drill – helps you with balance, speed, direction