

Red Light, Green Light Tennis; Circle Bump Pass; Playground Tennis



SHAPE Standards:

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DPE Outcomes:

- I can control my racquet during modified tennis games.
- I can strike a ball using two of four cues during a modified tennis game.

Equipment:

- One racquet and cut foam training ball for each student
- Tumbling Mats or net (volleyball, etc.)
- Rubber marking spots

Instructions

Red Light, Green Light Tennis

Supplies: One racquet and one cut foam ball per student

Skills: Racquet and ball control; reaction time

This game is played somewhat like the original Red Light, Green Light game except that each player has a cut foam ball balanced on their racquet. If a player loses control of their ball (it falls off the racquet or they touch it with the other hand), when "Red Light" is called, they have a point scored against them. "Green Light" starts them moving again. The goal is to avoid accumulating points. To add variety to the game, use other commands like left turn, right turn, "U-turn," and "hit the brakes."

Circle Bump Pass

Supplies: One racquet for each player and a cut foam ball for each group

Skills: Bumping the ball to another player

Divide the class into three or four groups in circle formation. Circles are competing against each other. Each circle is given 5 points. All players have a racquet and there is one ball per circle. The goal is to bump pass the ball to other group members. The ball may bounce as many times as desired. However, once it stops bouncing, it is out of play and a point is taken from that team. The goal is for each circle to keep their points as long as possible. Rather than wait for all teams to lose their points with one remaining, start the game over frequently. The purpose of the game is for all students to have a chance to practice their skills.

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Playground Tennis

Supplies: One racquet per student and one cut foam ball per game

Skills: Racquet and ball control, bumping the ball, team play

Playground Tennis is a team game that uses no more than 4 players per team (4 against 4) per court. Players “bump” the cut foam ball over the net rather than taking wild swings. Racquet control is the instructional cue. A stretch magic rope, volleyball net or similar equipment can be used to delineate the net. There is no spiking, all balls must have an upward trajectory. Score by ones, the first team to five is the winner and a new game starts.

There are three ways to win/lose a point.

1. If the ball rolls, it is dead and the point goes to the other team.
2. If the first bounce after the ball crosses the net does not land in the court, the point goes to the other team.
3. If the server double faults, the point goes to the other team.

If players converge on the ball rather than stay in their area, establish quadrants where they must stay. Rotate youngsters to different quadrants so they have a chance to play in all areas.

The serve is drop-hit (i.e., one bounce on the court and then bumped over the net) from anywhere on the court. Two serves per point are allowed. Servers are rotated after every other point (serve two points and change servers).

Once the ball is served, it may bounce as many times as the receiving team wants it to, no matter where it goes. When a team bumps the ball over the net, the first bounce must land inside the doubles court lines. After that, the ball is in play as long as the ball is bouncing, even if it goes outside of the doubles court. The team tries to scoop it up and bump it back over the net. If the ball is hit into the net, but is still bouncing, it is still in play and the team can continue to try to scoop it up and bump it over the net.

Teaching Tip: Play 3 on 3 with less able students and 2 on 2 with more proficient students.