

# TENNIS: THE SPORT FOR LIFE

With tennis, you can be fit, live longer and most importantly have FUN all while playing a sport you can enjoy with your friends and family. You will develop your athletic abilities, learn teamwork, and social skills. And you'll be able to play tennis for a lifetime!

While you're at home, visit [NetGeneration.com/tennisathome](https://www.netgeneration.com/tennisathome) to check out all of our virtual tennis classes, tennis tips, fun activities, and tennis-themed educational content from the USTA Foundation.

## FOOTWORK

### Fire Ants

While alternating feet, tap toes on the ground as fast as you can.

### Side Shuffle

Start in an athletic stance (a ready position) and shuffle feet by moving on your toes 4 steps to the right and then 4 steps to the left

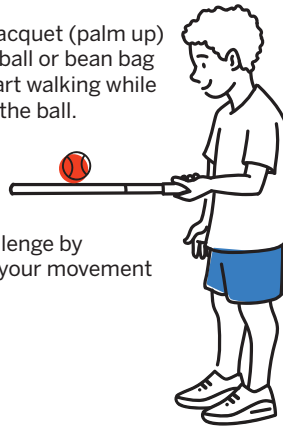
### One Foot Hop

Hop on one foot for 15 seconds left to right over a line or target. Switch feet and hop over the line.



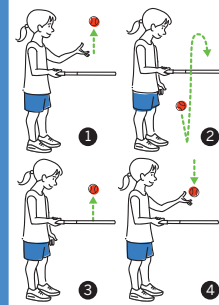
## BALANCE CHALLENGE

Hold the racquet (palm up) and place ball or bean bag on top. Start walking while balancing the ball.



Add a challenge by switching your movement to lunges.

## JACKS

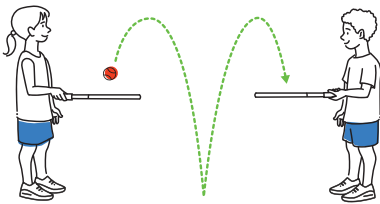


Toss the ball up and let it bounce. Tap up with the racquet (palm up) once, and catch the ball with free hand; call out "Onesies".

Toss, bounce, tap up twice and call "Twosies" Continue until you reach "Fivesies", or five in a row.

Keep challenging yourself by beating how many you can do in a row.

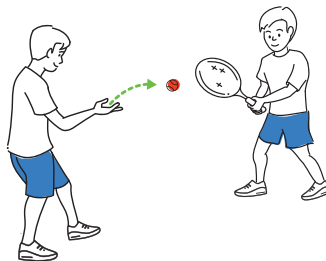
## PARTNER RALLY



Grab a family member and take 3 steps back from each other. One player drops the ball, has it bounce, and taps it up with the racquet (palm up).

After the next bounce, partner taps the ball back. Try & set a record for the longest rally.

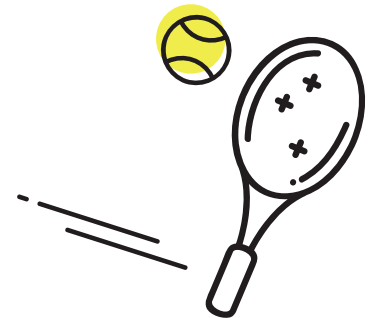
## TOSS, VOLLEY, CATCH



Players start 6 feet apart. One player underhand tosses the ball to their partner who taps the ball in the air (volley) back. The tosser catches the ball after one bounce. Switch roles after 6 tosses.

## GRATITUDE ATTITUDE

Draw a picture of a tennis ball or a tennis racquet. Write about why you love playing sports and why you are grateful for your parent or guardian.



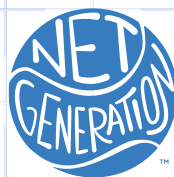
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If you want to see more tennis activities and drills like these, find more at our website here!



## Got any questions or need more information?

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