

BELOW ARE 20 + GAMES TO USE IN GROUP COACHING SESSIONS / CAMPS:

I HAVE COMPILED THIS DOCUMENT FOR THE FOLLOWING REASONS:

- To have a visual representation of the games
- Have games on printable A4 sheets
- Have you the coaches send me games by email so I can draw them up in the same format and add them to this document to have a large library of games

The games I have used below are games, I have learnt from coaches I have worked with, books/online resources and some I have made up!

If you would like to send me a description of a game, then please email me at robcherry2000@gmail.com

Many thanks,

Rob Cherry

Head Coach of Sandycove Tennis Club

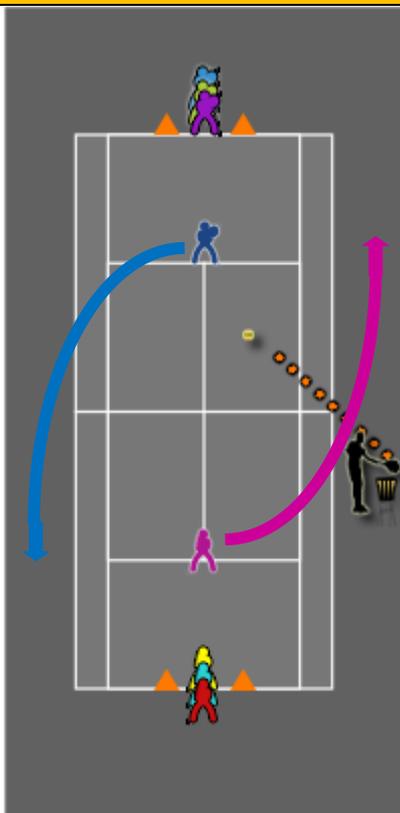
1. CATCH YOUR WAY IN



GUIDELINES:

- ❑ You feed the ball into the line of players. For now I have one player behind the service line and the rest of the line in between the cones. If a player doesn't hit their shot over the net into the singles court, they put down their racquet at the side of the court and go to the other side of the net.
- ❑ If they catch the ball on the other side, then they are back in. (There are variations of catching as in they might have to catch with one hand or it's only allowed bounce once)
- ❑ If one person is left they need to get 3 shots in a row without anybody catching the ball to win the game. If that player misses, then everyone is back in or (a variation is that they choose someone to go back in)

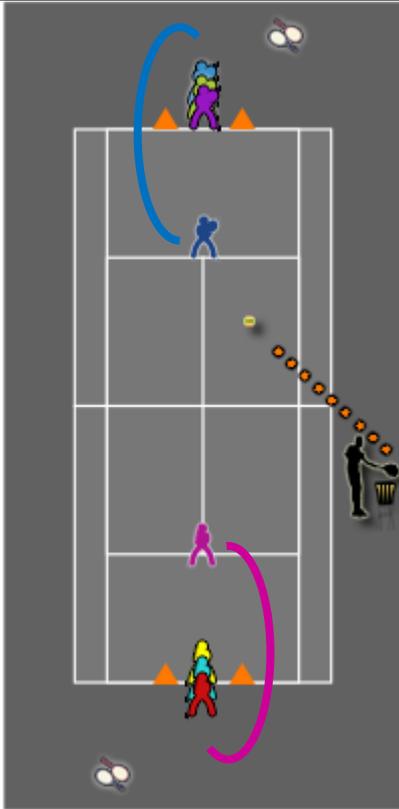
2. AROUND THE WORLD



GUIDELINES:

- ❑ You feed the ball to the first player who is just behind the service line, as is their opponent. Everyone else is in between the cones, behind the baseline. If you have an odd number, you always feed to the side which have the most players.
- ❑ If a player hits the ball, as soon as they hit it, they run around the net to their right to the line at other end of court.
- ❑ For this game I have them just hitting into the service boxes but you can do it from orange lines or full court also.
- ❑ If they miss then they lose a point, normally they start with 3 lives each. Once they lose all their lives, they are out till the next game.
- ❑ If two players are left (1 at each end) then they play up to 3 points to see who is the winner, without running around the net.

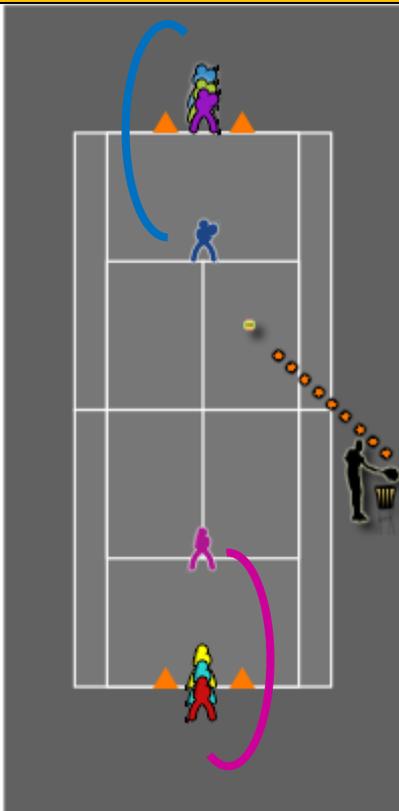
3. THE RACQUET GAME



GUIDELINES:

- ❑ You feed the ball to the first player who is just behind the service line, as is their opponent. Everyone else is in between the cones, behind the baseline.
- ❑ If a player hits the ball, as soon as they hit it, they run right to the back of their own line.
- ❑ For this game I have them just hitting into the service boxes but you can do it from orange lines or full court also.
- ❑ If a player misses, the team loses a racquet, the racquets are passed up to the front, always making sure the next person to hit a ball has a racquet.
- ❑ If a team are down to just one racquet then whoever misses their shot is out of the game. If a team is left with no racquet as all players are out, then the other team wins.

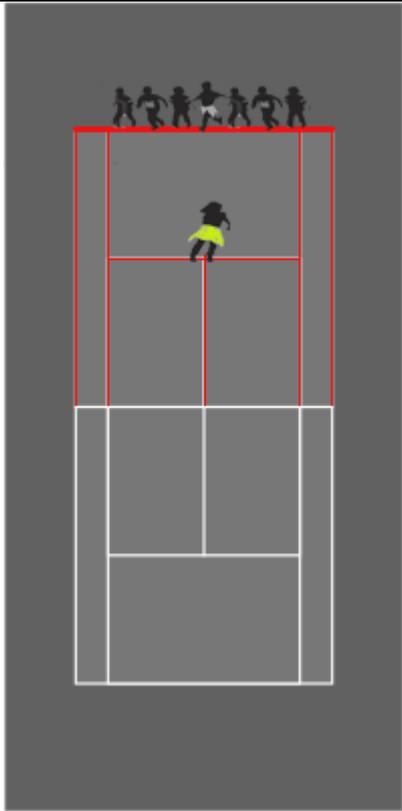
4. THE RACQUET GAME (VERSION 2)



GUIDELINES:

- ❑ Same as above but now both teams start with only 1 racquet so they have to keep passing on the racquet to the next person in the line.
- ❑ If a player misses then the other team gets a point, all players stay in the game until the one team reaches 10 points.

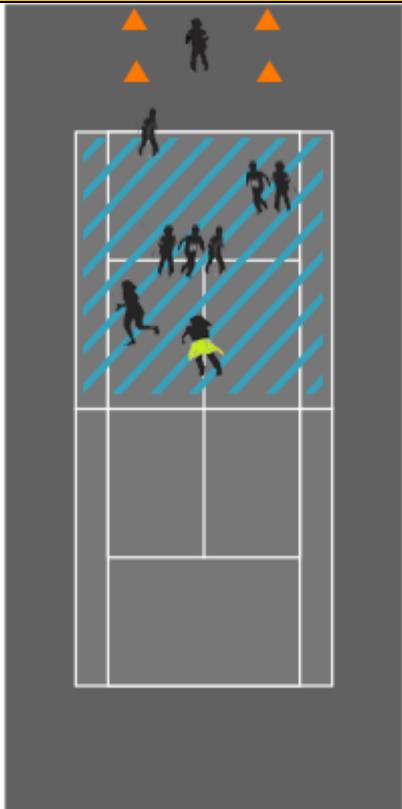
5. PACMAN



GUIDELINES:

- ❑ This is a chasing game, where the catcher and players getting chased have to run only on the lines of the court, (lines marked in red). There are variations whereby they can run on an invisible line straight from the center service line.
- ❑ One player is on (catcher), and he/she starts behind the service line. All other players start behind the baseline.
- ❑ The goal is for the catcher to tip as many players as possible within a set time limit. If a player is tipped, then they have to kneel down where they were caught. Only the catcher can run past that player, if a player does then they are caught also.
- ❑ In the next round, the new catcher tries to tip more people than the previous catcher in the time allowed.

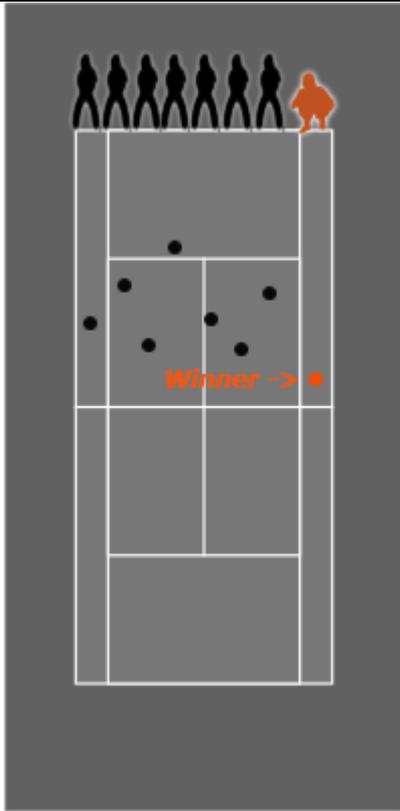
6. SHARKS & FISHES



GUIDELINES:

- ❑ Make a square from 4 cones behind the baseline (This is the Shark's Pit)
- ❑ One player is on (Shark), and he/she starts up at the net. All other players (Fish) start behind the baseline.
- ❑ The Shark has to try to catch the fish by tipping them, if he/she does then they have to go into the Shark's Pit.
- ❑ The playing area is inside the area marked by the blue lines. A player can only step out of this area if they are trying to free another player.
- ❑ The players in the pit can only be freed by other players by tipping them inside the pit.
- ❑ The goal for the Shark is to catch all of the fish or to catch as many fish as possible in the allocated time.

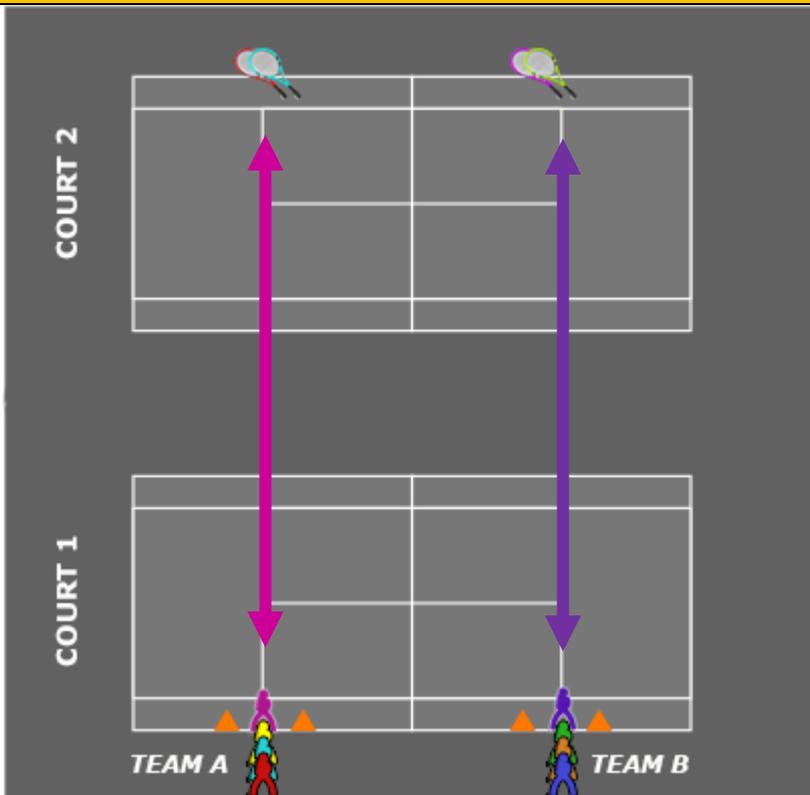
7. PRECISION



GUIDELINES:

- ❑ This game involves players trying to roll a tennis ball as close to the net as possible without touching the net.
- ❑ All players start behind the baseline and take turns, (one at a time) to kneel down and roll the ball towards the net.
- ❑ The player who gets their ball closest to the net without touching the net gets 1 point.
- ❑ First player to get to 3 or 5 points is the winner.

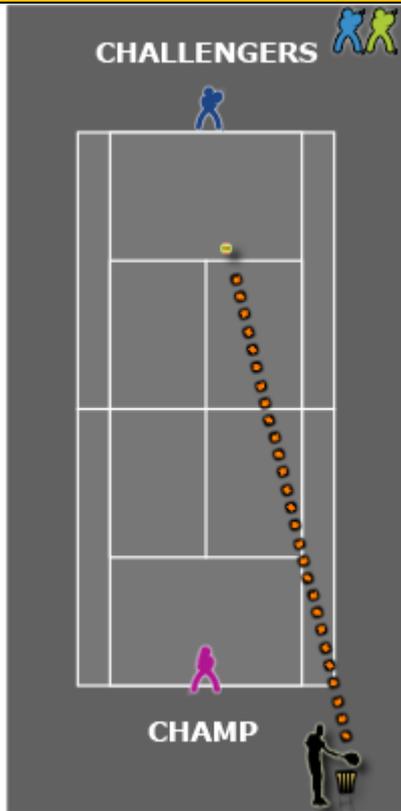
8. STACK A RACK



GUIDELINES:

- ❑ This game is a team relay race over 2 courts
- ❑ 2 teams start on the doubles line on court 1 with their own racquet in their hand.
- ❑ Players one by one run over to the doubles line on court 2 and place their racquet down on the line and runs back to the end of the line on court 1.
- ❑ When that person is back, then the next person runs up and puts their racquet on top of the previous racquet.
- ❑ Once all racquets are over on the court 2, the first person goes again and collects their racquet from the bottom of the pile and so on.
- ❑ The first team with all of their racquets back and sitting down behind the cones win.

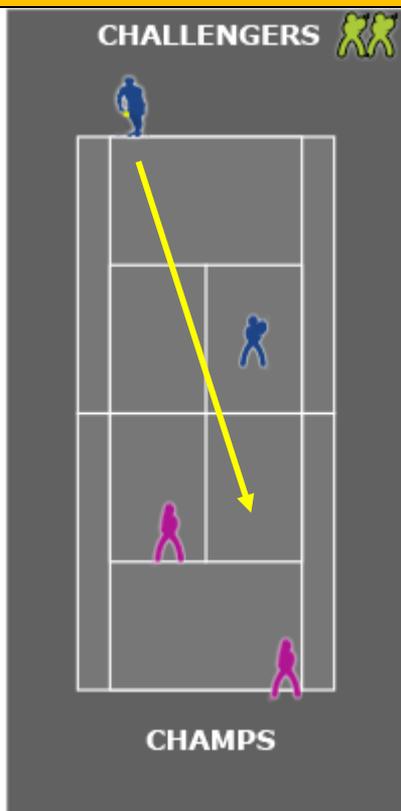
9. BEAT THE CHAMP SINGLES



GUIDELINES:

- ❑ In this version, the coach feeds a ball into the challengers but you can also have it that the challengers feed in to start the point, having 2 courts of 4 players playing at the same time.
- ❑ The coach feeds the ball into the 1st challenger. In order for the challenger to become champ, he/she must win 2 points in a row. If they win their first point, he/she stays on for one more point.
- ❑ Each time the champ wins the point they add a point to their score. (Only champs receive points).
- ❑ The winner is the first player to reach 10 points.

10. BEAT THE CHAMP DOUBLES



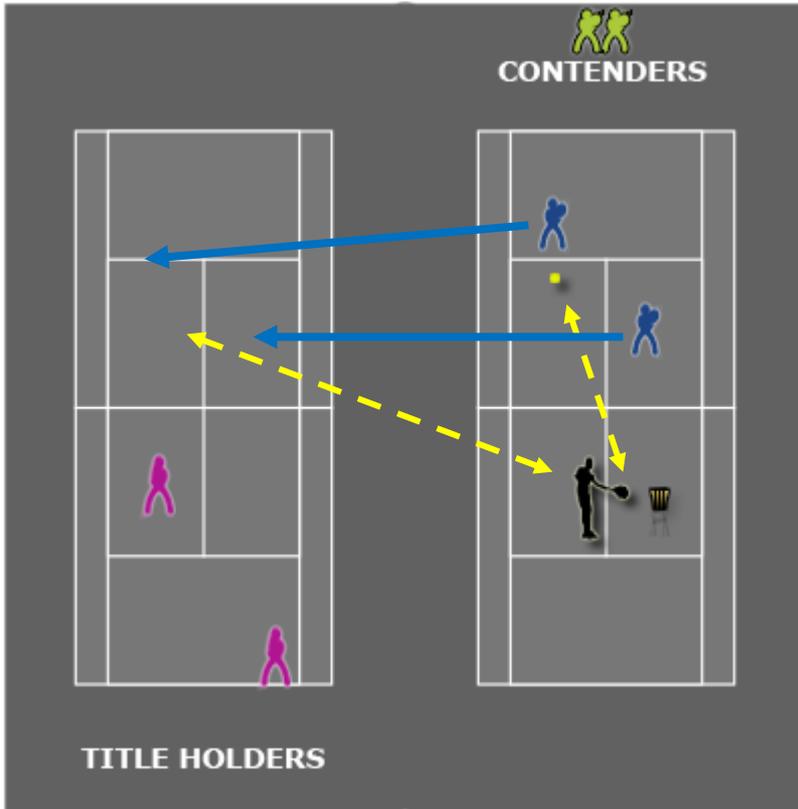
GUIDELINES:

- ❑ In this version, the challengers serve to start the point.
- ❑ As above the challengers must win 2 points in a row against the champs to become champ.
- ❑ If the challengers win the 1st point, they rotate who serves for the 2nd point and serve to the other side. You can also have it that the champs rotate who returns instead.
- ❑ Each time the champ wins the point they add a point to their score. (Only champs receive points).
- ❑ The winner is the first player to reach 10 points.

11. DETHRONE

GUIDELINES:

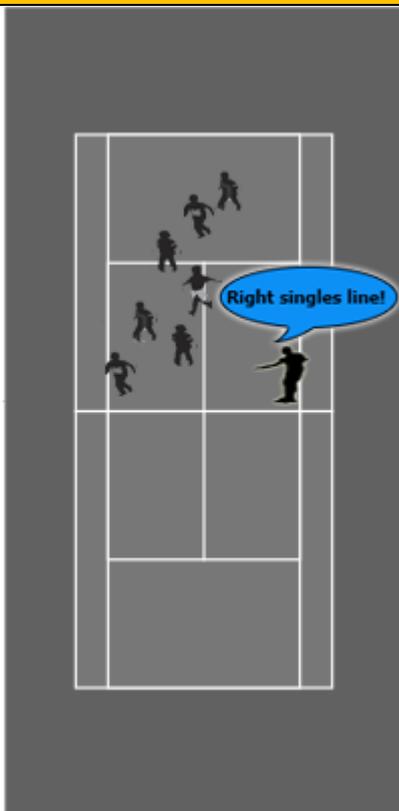
- ❑ This game is spread over 2 courts. The contenders are on the 1st court and the title holders are on the 2nd court.
- ❑ The point starts by the coach feeding in a soft ball to the contenders (blue) on the right, they gently hit it back to the coach and then the coach hits the ball onto the 2nd court.
- ❑ The contenders then run across as quickly as they can to get to the ball and then they play out the point against the title holders (pink) in the doubles court.
- ❑ If the contenders win 1 point against the holders then they are the holders. If not then the next contenders come in (green).
- ❑ Each time the title holders win the point they add a point to their score. The winning pair are the first team to reach 10 points.



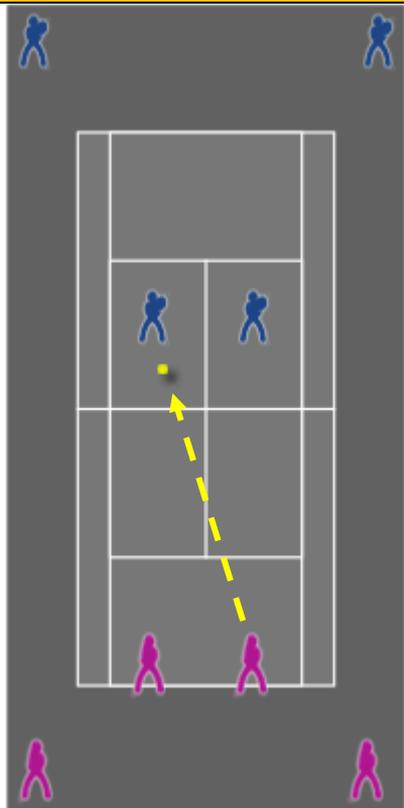
12. LINES

GUIDELINES:

- ❑ This game teaches players the lines of the court but also quick movement and decision making.
- ❑ The game starts off with the players on a line, in this instance they started on the left singles line. (It is their left as if they were starting on the baseline facing the net).
- ❑ In the diagram, the coach calls out "Right singles line!" and the players run as fast as they can to reach the line.
- ❑ The player who is last to reach the line is out of the game but they get to choose the next line that the players run to. (Or you can give them 3 chances, so they are not out after the first time they reach the line last).
- ❑ When there are only 2 players remaining the player who gets to the next line that is called out first is the winner.



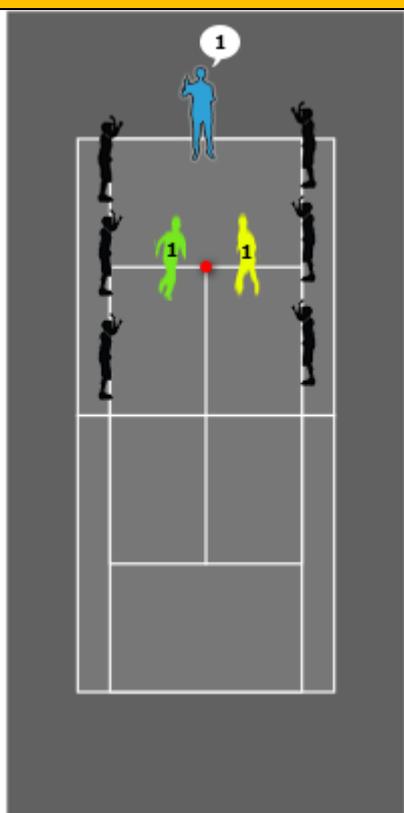
13. "THE DOUBLES GAME!"



GUIDELINES:

- ❑ This is the ultimate doubles game! It is best played with 8 players or more.
- ❑ There are 2 teams, blue team and pink team.
- ❑ For this demonstration there are 4 players on each team.
- ❑ Spin a racquet at the start to see which team starts up at the net. A team can only score points when they are up at the net.
- ❑ A player from the *pink team*, bounce feeds the ball to either of the *blue team* at the net. They can hit it anywhere except a lob off the first shot and the 4 players play out the point in the doubles court.
- ❑ If the blue team win the point they stay at the net, if the pink team win the point then they move up to the net where then can now win points.
- ❑ The pairs from a team only rotate when they lose a point.
- ❑ First team to get 10 points is the winner!

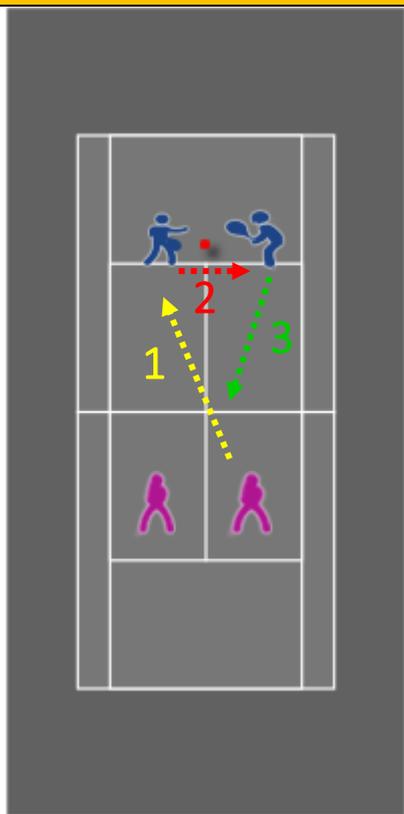
14. SNATCH THE BACON



GUIDELINES:

- ❑ Split the players into 2 groups. For this example I have used 2 groups of 4.
- ❑ Both teams start on opposite singles lines. The goal of this game is to pick up the red ball and bring it back to your singles line without the other player tipping you.
- ❑ The coach gives each player on the team a number (1 to 4). The coach then calls out a number and in this case both no.1s from each team have to run over to the other team's singles line and then back to the center service line to try and pick up the ball.
- ❑ If both players reach the ball at a similar time, they have to put one hand behind their back and try to take the ball back to their team's line without getting tipped. If they do then their team gets a point, if they get tipped then the other team get a point.
- ❑ When both players get to the ball, it is advised to do a 5 or 10 second count down that they have to take the ball. If nobody takes the ball no team gets a point.
- ❑ First team to get 10 points is the winner!

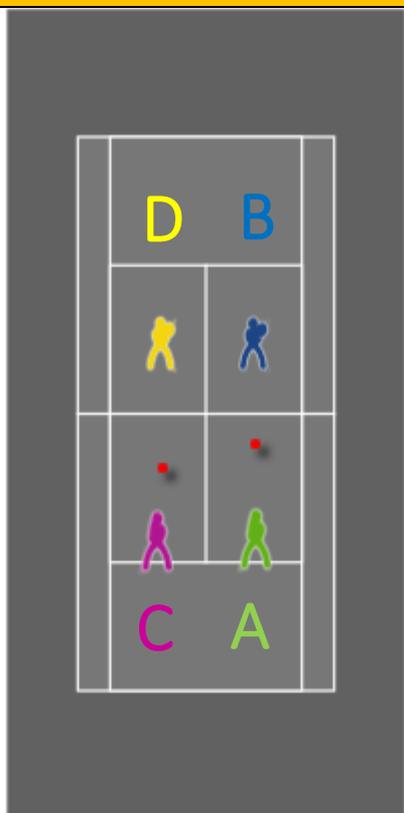
15. VOLLEY BALL



GUIDELINES:

- ❑ This is a tennis version of Volley Ball, where the players play inside of the service boxes and the ball is not allowed to touch the ground.
- ❑ There are 2 teams, blue team and pink team. All players have to start behind the service line.
- ❑ To start the point, a player from the *pink team*, feeds the ball directly to either of the *blue team* and start moving towards the net. The player from the *blue team* who receives the ball must then volley it to his/her partner who then has to hit it back over the net to a member of the *pink team* and move towards the net.
- ❑ The rules are that you can't hit the volley hard and all volleys must go up. This way it teaches players to really control their volleys by learning to direct them, hit touch volleys and also lob volleys over players heads.
- ❑ If a player from either team lets the ball bounce in their service box, or if they hit the ball out or in the net the other team wins the point.
- ❑ First team to get 10 points is the winner!

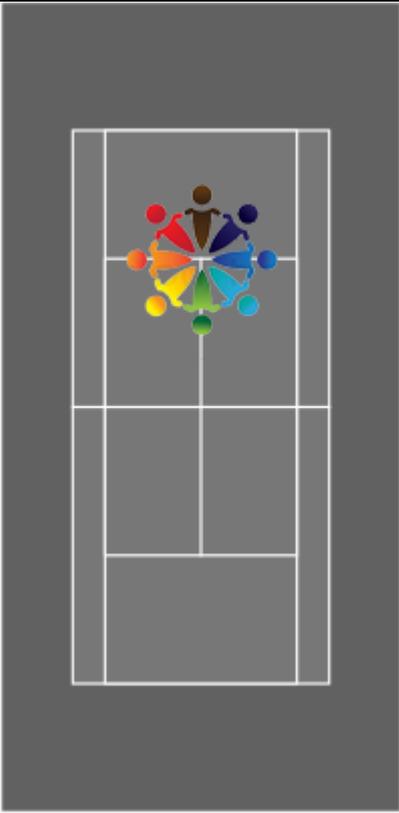
16. TOUCH BOXES



GUIDELINES:

- ❑ Touch Boxes is a well known game played by most of us growing up, some of us still play! You can either play as a team or one on one, and again there are variations on how you start the point.
- ❑ The idea of the game is to only use the "chopper grip" inside of the service boxes and you can't hit the ball hard. This game develops a feel for touch shots, improves volleys, recovery shots and many more.
- ❑ In this example, Player A is playing against Player B and Player C is playing against Player D. Players must start behind the service line before the point starts.
- ❑ E.g. Player A hits the ball to player B and then runs into the net to play out the point. The point ends when someone hits it outside of the service box or into the net. If someone hits it hard (coach can decide), then they take the point again, if they same person hits it too hard again then they lose the point.
- ❑ Each player starts on 5 or 10 lives, whoever gets to 0 lives first loses.

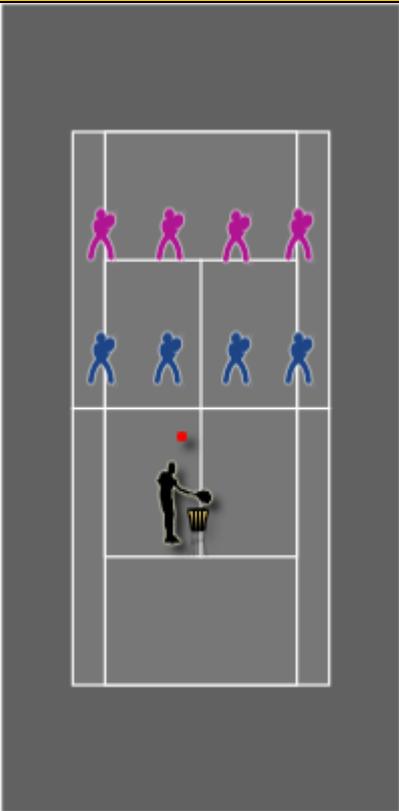
17. CIRCLE RACQUET CATCH



GUIDELINES:

- ❑ This is a game where four or more players form a circle.
- ❑ They all put their racquets with the tip against the ground and bottom of the racquet pointing up. They keep the racquet steady with their finger-tips.
- ❑ When the coach shouts “right”, all players let go of their racquets and try to catch the players racquet to their right. When the coach shouts “left”, the players go left.
- ❑ If a player fails to catch the racquet then they are out or you can give them lives. The game continues until there is only one player left and who is deemed the winner.

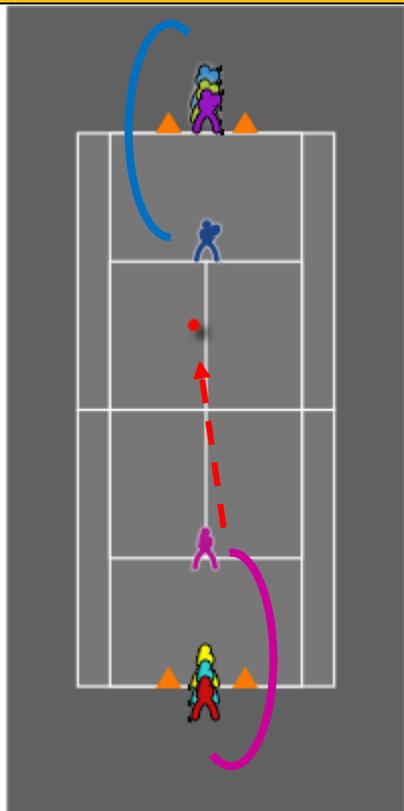
18. VOLLEY CHARGE



GUIDELINES:

- ❑ Players are split into two teams.
- ❑ The **blue team** line up beside each other at the net.
- ❑ The **pink team** line up beside each other along the service line.
- ❑ The coach goes on the other side of the net. The coach feeds a ball to any player on the **blue team** for example who tries to volley onto the coaches side. If the player makes their volley, a point is awarded to that team.
- ❑ If a player from the **blue team** fails to make their volley then the coach will shout “charge” and the **pink team** will charge to the net. The **blue team** then goes back to the service line.
- ❑ Teams rotate every time the coach shouts “charge” and the teams keep their total score.
- ❑ The first team to reach 30 volleys are the winners!

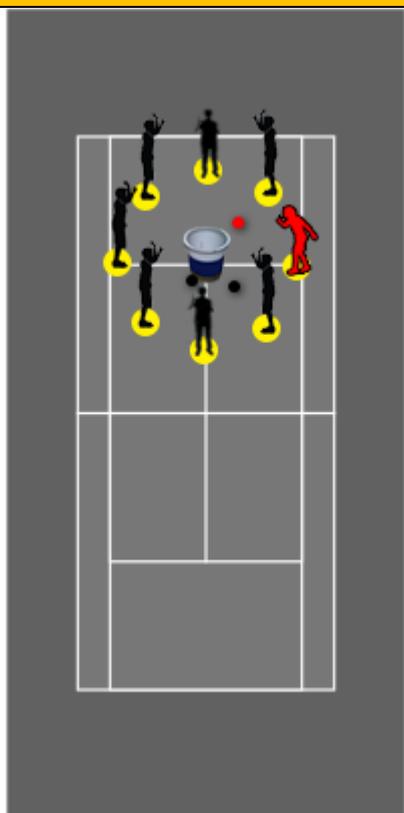
19. TAG TEAM TENNIS



GUIDELINES:

- ❑ This game involves players hitting one shot into the singles court and running to the end of their line, like the racquet game above.
- ❑ The difference is that if a team loses the point, they don't lose a racquet, the other team just gets a point.
- ❑ The advantage of this game is that everyone stays in the whole game and you can play it with just 4 players or more.
- ❑ You can play this with the coach feeding in or in the diagram, the team who has the least amount of points, feeds in.
- ❑ The diagram shows the game played in the service boxes but again it can be played from the orange line or baseline.
- ❑ The team that reaches 10 points first is the winner.

20. BULLSEYE!



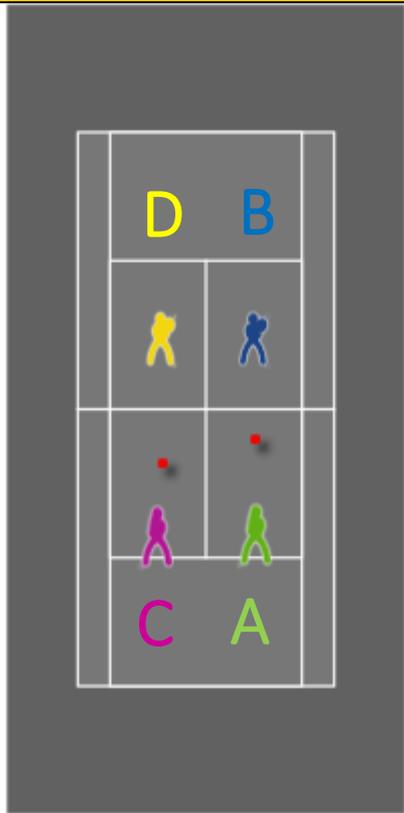
GUIDELINES:

- ❑ Players stand in a circle with their feet on a mat or behind a cone. A bucket is placed in the middle of the circle.
- ❑ Each player has 10 balls at their feet.
- ❑ Players take turns to throw the ball into the bucket, you can choose between under arm or over arm.
- ❑ Each time they get a ball into the bucket they get a point. They must call out their score before their next throw.
- ❑ Whichever player threw the most balls into the bucket when everyone has had 10 goes is the winner.
- ❑ If there is a tie, then it goes to sudden death until someone misses.
- ❑ You can change the difficulty of the game by making the circle as small or as big as you like.

NEW GAME ADDED 12/10/13

Touch Boxes V 2 provided by Sean Yates - Head coach in East Sussex of the Green Ltc & Hailsham Ltc

21. TOUCH BOXES VERSION 2



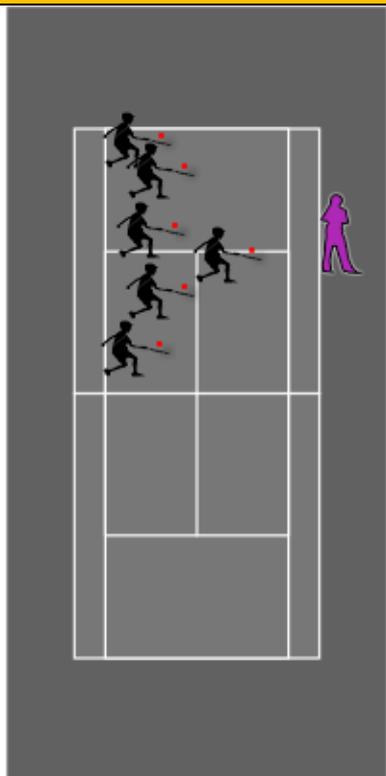
GUIDELINES:

- ❑ Touch Boxes Variation on Game No.16.
- ❑ Again you can either play as a team or one on one.
- ❑ The difference in this version is that the ball has to bounce, so no volleys are allowed.
- ❑ Each player starts on 5 or 10 lives, whoever gets to 0 lives first loses.

NEW GAME ADDED 17/10/13

Statues – provided by Alan O'Mahony – Principal Coach of Bounce Tennis Academy in Cork

22. STATUES



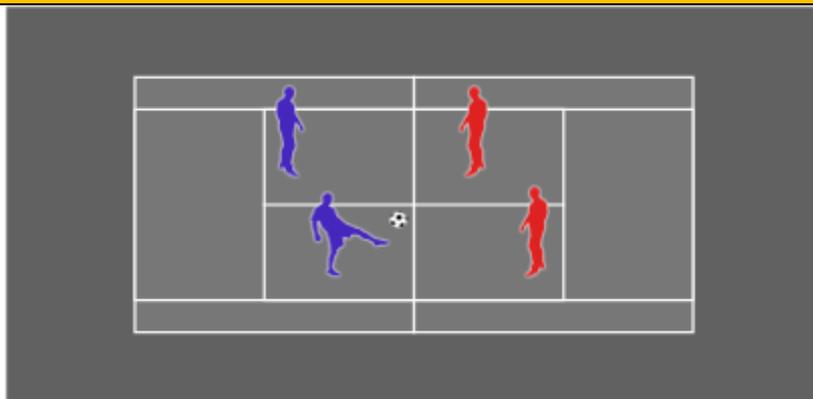
GUIDELINES:

- ❑ All players line up along a doubles sideline with their racquets and a ball. The coach goes to the other doubles sideline.
- ❑ The players must balance their tennis ball on the strings of the racquet and must walk forward to the coach only when the coach's back is turned.
- ❑ The first player to reach the coach is deemed the winner.
- ❑ If a player drops the ball from the racquet at any time while approaching the coach or is seen moving by the coach, that player must return to the start again.

NEW GAME ADDED 07/11/13

Tennis Football – Provided by Ben Dillon – Sandycove Tennis Club

23. TENNIS FOOTBALL



GUIDELINES:

- ❑ 4 players on the court, each player in a service box.
- ❑ You can use a football or a tennis ball depending on their level.
- ❑ Players play as a team, kicking the ball over the net to the other team within the service boxes.
- ❑ Players can use their knees, chest, head and feet to control the ball.
- ❑ If a team kicks/heads etc. the ball out of the service box or into the net then the other team wins the point.
- ❑ Play points until a team reaches 11. The team that loses the point, kicks the ball in to start the point.

If you have any more games, please email me with a description at robcherry2000@gmail.com and I will add it to this document.