

TENNIS



Tennis
FOUNDATION



British Paralympic
Association



Department
for Culture
Media & Sport



Eat well Move more Live longer



LOTTERY FUNDED



Youth Sport Trust

TENNIS

Spirit of the Games: Excellence through competition — how does your sport exemplify these values?



Tennis is your sport so enjoy it. Love the game.



Tennis is a game for everyone, respect others.



Call the score and lines loudly and fairly.



Be a role model. Behave as you expect others to.



Work together to create a safe, fun and fair tennis environment.



Be a good sport when you win, lose and watch matches.

The LTA and Tennis Foundation use Enjoy.Respect as the two overarching values to represent Fair Play. To find out more please visit: www.lta.org.uk/FairPlay

What are the benefits of playing your sport?

Tennis is fun, great for fitness and for developing hand eye co-ordination. It can be played by all ages and abilities — boys and girls can play together, so it's ideal for mixed classes.

Why is it easy to run competitions in your sport?

Mini Tennis Competitions can be run on tennis courts, playgrounds or in sports halls. This modified version of the game makes it easier to achieve for all pupils regardless of their previous experience. There is a wide range of resource and support available including the School Games Tennis Toolkit.

Priority competition 1:

Name of the competition:	Year 3 and 4 Mini Tennis Red Schools Competition
Age group:	Year 3 and 4, Mixed Teams — two boys, two girls

Priority competition 2

Name of the competition:	Year 5 and 6 Mini Tennis Orange Schools Competition
Age group:	Year 5 and 6, Mixed Teams — two boys, two girls

Young Leader qualifications available:

- **Tennis Leader Modules** — 5 modules (2–3hrs each) for 13yrs+

Relevant web links:

- For more information on the free training, resources and equipment available to schools, from the Tennis Foundation and LTA, please visit: www.schoolstennis.org

Inclusive Mini Tennis Red:

- Inclusive Mini Tennis Red is a fun, modified version of the game, ideal for SEN/disabled pupils and non-SEND pupils to compete together.
- For more information check out the Sainsbury's School Games Inclusive Mini Tennis Red Competition Format at www.yourschoolgames.com

Signposted secondary competitions:

Team Tennis Schools is a programme of three nationally organised competitions, which provides secondary school and further education pupils with the opportunity to play regular competitive tennis and to represent their school/college. All competitions begin locally and culminate in a national final.

Don't miss out on:

- Online entry — schools enter direct with the LTA rather than via their SGO
- FREE entry for all schools and colleges
- FREE tennis balls (Year 8 &10/Senior Students)

Year 8 and 10 Competition:

- Events for Years 7 and 8 and Years 9 and 10
- Boys and girls events
- Local league organisers, feeding into a national structure
- Online entry in November until mid-January each year
- Competition runs April to July (League stage) and September to December (Knockout stages) each year
- Local leagues — regional knockouts — National Final

Senior Students:

- Years 11–13
- Boys, girls and mixed events
- Nationally organised
- Online entry from June to September each year
- Competition runs October–March each year
- Local leagues — regional knockouts — National Final

National Championships:

- Years 7–13
- Boys and girls events
- Nationally organised
- Online entry in November–January each year
- Competition runs March–July each year

For more information please visit: www.lta.org.uk/Team-Tennis-Schools

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Competition Card 1. **Primary**

Name of competition:

**Mini Tennis Red
Schools Competition**

Age group:

Years 3 and 4

How to enter:

**Local entry through SGOs/
Regional LTA Team**

Tournament format:

Competition begins with local cluster events or leagues, which progress through to Partnership/Local Authority Finals (Level 2) and then through to County Finals (Level 3).

Simple rules:

- Mini Tennis Red is played on small courts with short rackets and soft balls. It's just like the real game and gives young players opportunities to have long rallies and play different types of shots.
- Pupils from Year 3 and/or Year 4. Teams of 4 — two boys and two girls. Schools are encouraged to enter multiple teams.
- Mini Tennis Red uses badminton sized courts, 17" to 23" Mini Tennis rackets, Mini Tennis sponge balls if played indoors, or Mini Tennis red felt balls if played outdoors.
- It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point, it then alternates every two points.
- When serving, players should stand behind the baseline and the ball must not be bounced before being hit.
- The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.
- Mini Tennis Red uses simple numbered scoring (1-0, 2-0, 2-1 etc.) rather than traditional tennis scoring (15, 30, 40 etc).
- Each court should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders).

Roles for young people:

- On court scorers
- Registration and results
- Competition organiser

Tennis Leaders provide the training required to conduct these roles. For more information please visit: www.lta.org.uk/officiate--volunteer

Relevant web links:

- For more information on the free training, resources and equipment available to schools, from the Tennis Foundation and LTA, please visit: www.schoolstennis.org
- To download the School Games Tennis Toolkit which contains over 40 editable resources and templates to help you run competitions, please visit: www.schoolstennis.org

How can regularity be achieved?

All elements of the competition follow round robin formats and the earlier rounds can take a league format, where appropriate.

How can depth in competition through extra teams be achieved?

Team sizes are relatively low at four (two boys, two girls), which makes the event realistic for new schools to enter, but schools are also encouraged to enter multiple teams (e.g. B, C and D teams), giving even more pupils the opportunity to experience and benefit from competitive school sport.

Think inclusively!

Mini Tennis is a modified version of the game, which through the smaller court, shorter rackets, slower balls and simple scoring, makes it more achievable for all young people.

- **Space** — Adjust the size of the court, making it narrower or wider.
- **Task** — Adjust the length of each game.
- Wheelchair users can play against non-disabled young people, with a rule difference of two bounces being allowed for the wheelchair user.
- **Equipment** — Use smaller rackets, softer balls or lower the net.
- **People** — Use on-court helpers to help decide who serves first and to keep score/make decisions.

The route from here to Level 3:

This competition begins with local cluster / Partnership events or leagues, often hosted by a local tennis venue — be it a club, park, or community centre. Winners of these events progress through to the County Finals, which are incorporated into the Sainsbury's School Games Level 3 events in many counties.



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Competition Card 2. **Primary**

Name of competition:

Mini Tennis Orange Schools Competition

Age group:

Years 5 and 6

How to enter:

**Local entry through SGOs/
Regional LTA Team**

Tournament format:

Competition begins with local cluster events or leagues, which progress through to Partnership/Local Authority Finals (Level 2) and then through to County Finals (Level 3).

Simple rules:

- Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts.
- Pupils from Year 5 and/or Year 6.
- Teams of 4 — two boys and two girls. Schools are actively encouraged to enter multiple teams e.g. B, C and D teams.
- A Mini Tennis racket of 58cm–63 cm (23"–25") should be used depending on the size and strength of the player.
- Mini Tennis Orange is played on an 18m x 6.5m court and the net is lowered to 80cm at the middle of the net.
- A Mini Tennis Orange ball is used which is 50% slower than a yellow ball, giving players better control at this important stage of development.
- It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point, it then alternates every two points.
- When serving, players should stand behind the baseline and the ball must not be bounced before being hit.
- The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.
- Mini Tennis Orange uses simple numbered scoring (1-0, 2-0, 2-1 etc.) rather than traditional tennis scoring (15, 30, 40 etc)
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Roles for young people:

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