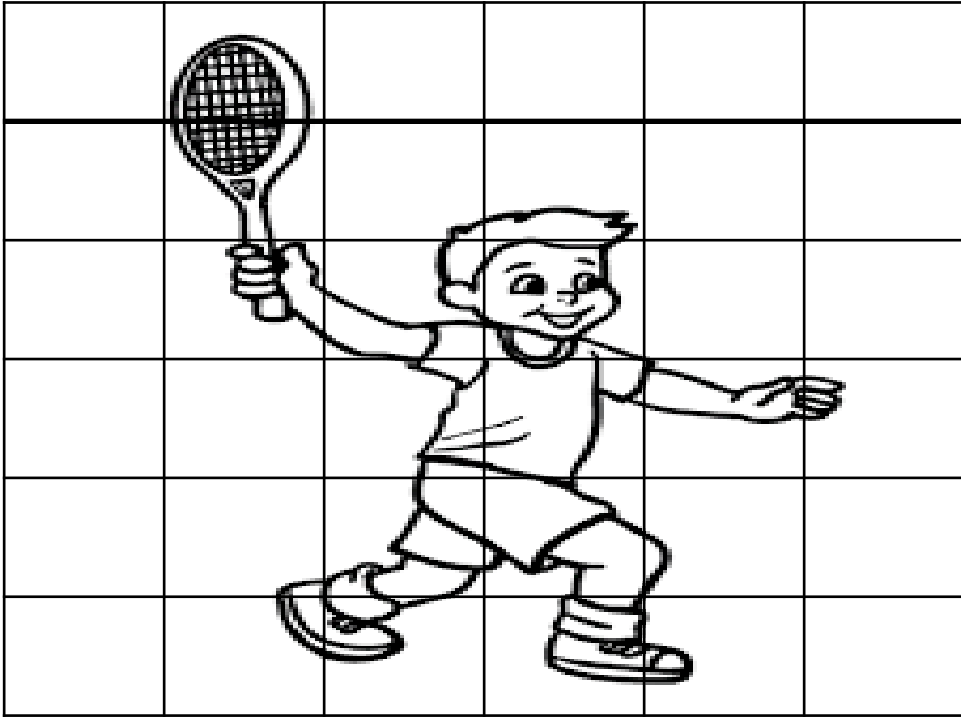


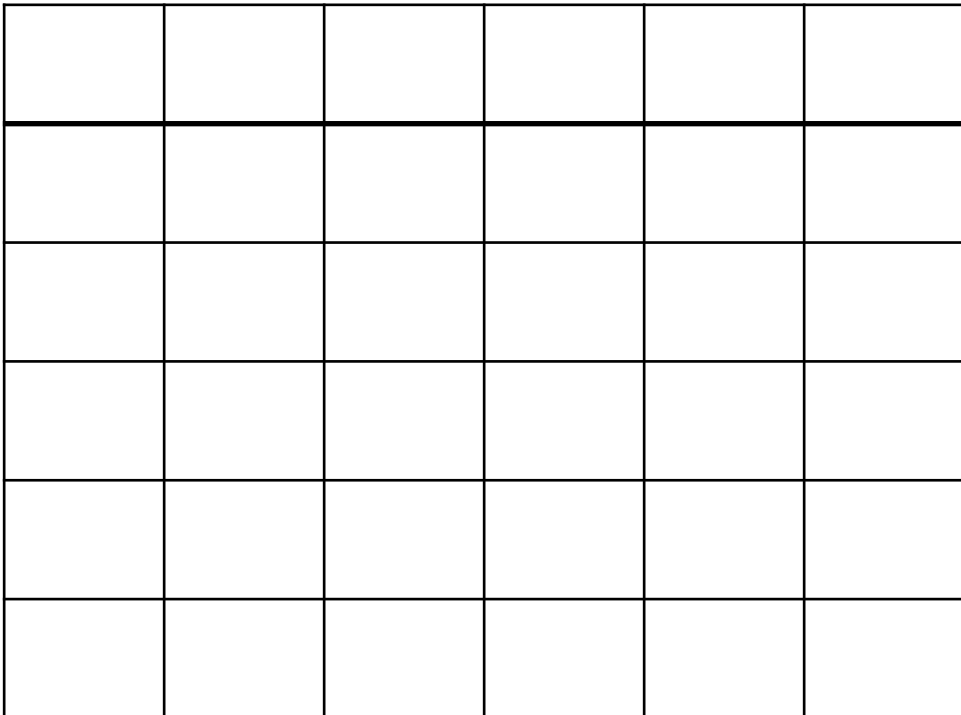
OLLIE KIRK TENNIS ACTIVITY BOOK



Puzzle Page



Copy the top picture onto the lower grid



Instructional Page



**Upper Body
Rotation**



**Lower Body
Rotation**



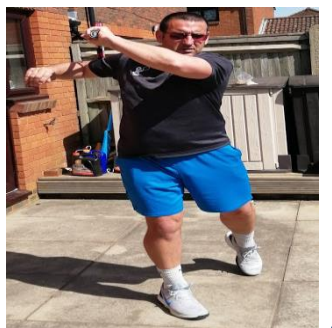
Ready Position



Contact point



**Follow
through/finish**



Name the areas of a tennis court

1.

2.

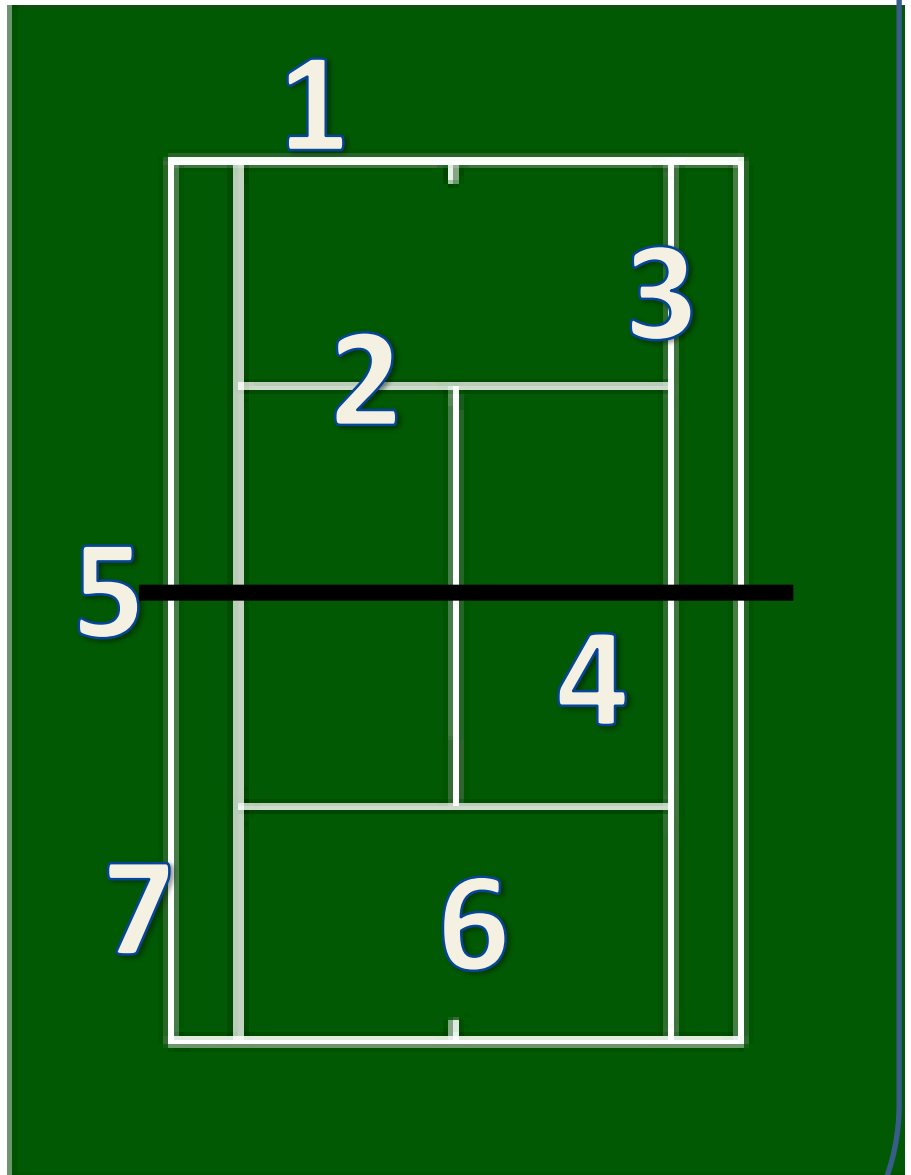
3.

4.

5.

6.

7.



Challenge Page

1. Complete a wall rally of as many shots as you can in 30 seconds

1. Do as many toe taps on a ball in 30 seconds

2. Mark out a 5 metre area and run the distance as many times as you can in 30 seconds

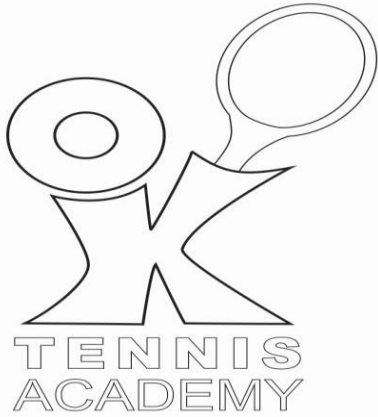


3. Either skip or jump for 30 seconds

4. Hit the ball up and then use a body part to hit the ball up and continue alternating racket body for as many times you can. Record your best rally. Continue for 30 seconds

5. Catch the ball from the wall using alternate hands. Throw with the right catch with the left, throw with the left catch with the right etc. how many in 30 seconds

Colouring Page



Quiz Time?

- **Who has more the most Grand Slam singles titles?**
 - a. Rafael Nadal
 - b. Roger Federer
 - c. Novak Djokovic

- **What is on the top for the Men's Wimbledon Trophy?**

- **How long are you allowed between points?**
 - a. 10 seconds
 - b. 15 seconds
 - c. 20 seconds

- **What is the length of a standard tennis court?**
 - a. 76 feet
 - b. 78 feet
 - c. 74 feet

- **How many Wimbledon titles has Andy Murray won?**
 - a. 2
 - b. 3
 - c. 4

- **When the score is 40-40 what is this called?**

- **What is the minimum amount of shots you need to hit to win a set?**
 - a. 36
 - b. 12
 - c. 24

- **How do you decide who starts serving at the beginning of a match?**

- **What does the initials G.O.A.T stand for?**

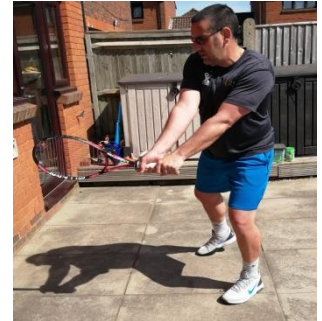
- **In which country was Tennis originated?**
 - a. England
 - b. France
 - c. America

Learning time



Closed stance

This would be used when in our comfort zone and trying to put pressure on/attack our opponent



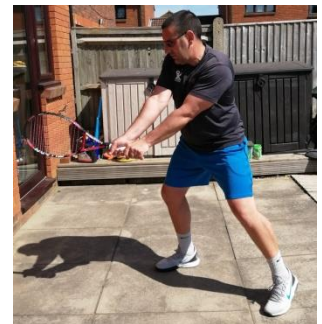
Open stance

We tend to play in an open stance when we have been moved away from our comfort zone



Chopper Grip

This is used for the three confidence shots in the game, Serve, Volley and Smash.



Groundstroke Grips-

These grips will help us with the use of spin on the ball which allows the player to hit the ball harder and still keep the ball in the court



Semi-Western



Full -Western



Semi-Western

Word Puzzles

Re-arrange the letters to find the Tennis Venues

LOMUNERBE KAPR

OEREB SANTU

ASEDT ODRNAL RORGAS

TNANALIO NITSEN ETRCEN

UNEQSE ULBC

NDCARON RPAK

ULSGIFHN AWEDOSM

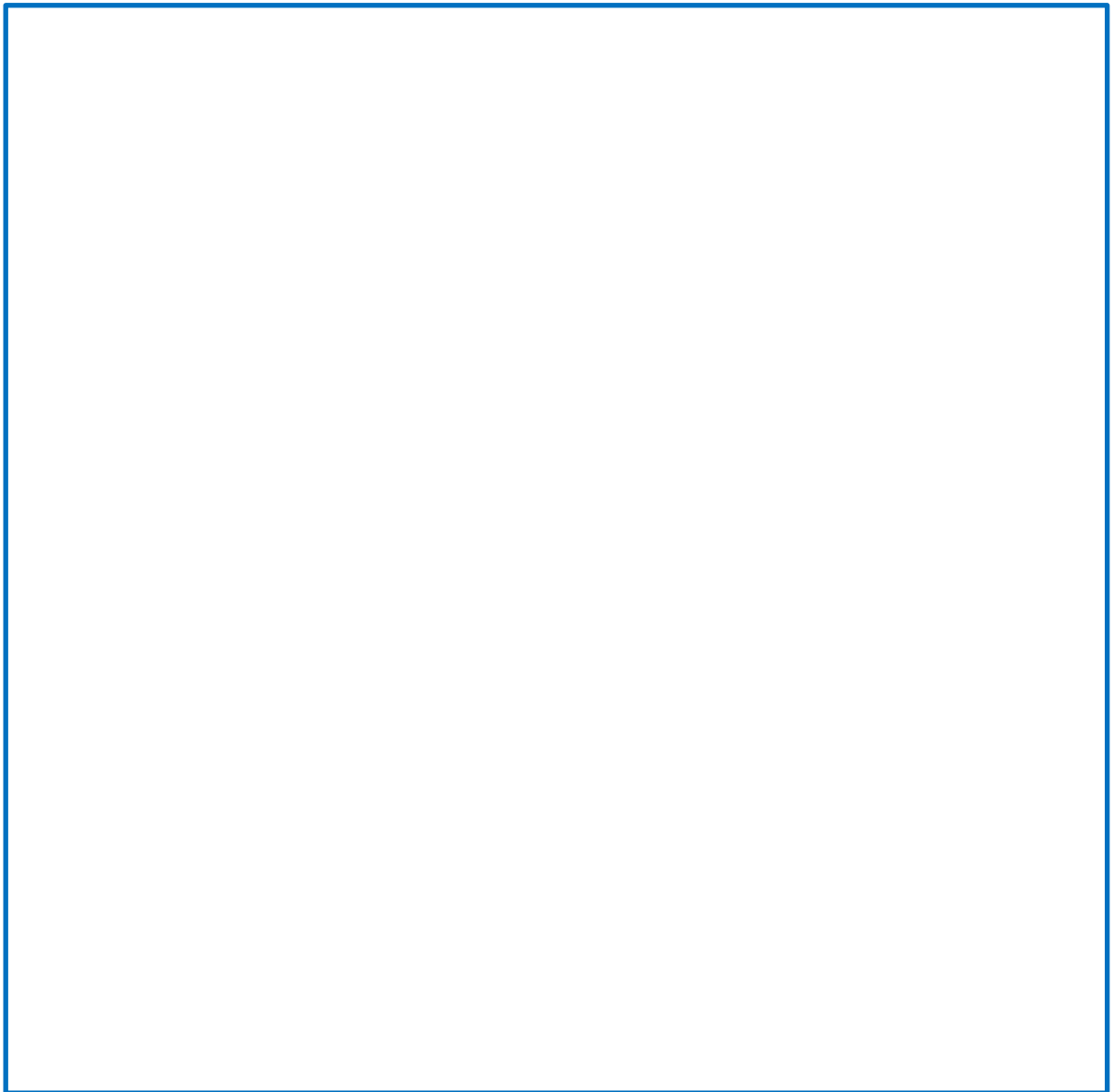
BNIOMLWED

How many three or more letter words can you get from **TENNIS COACHING**

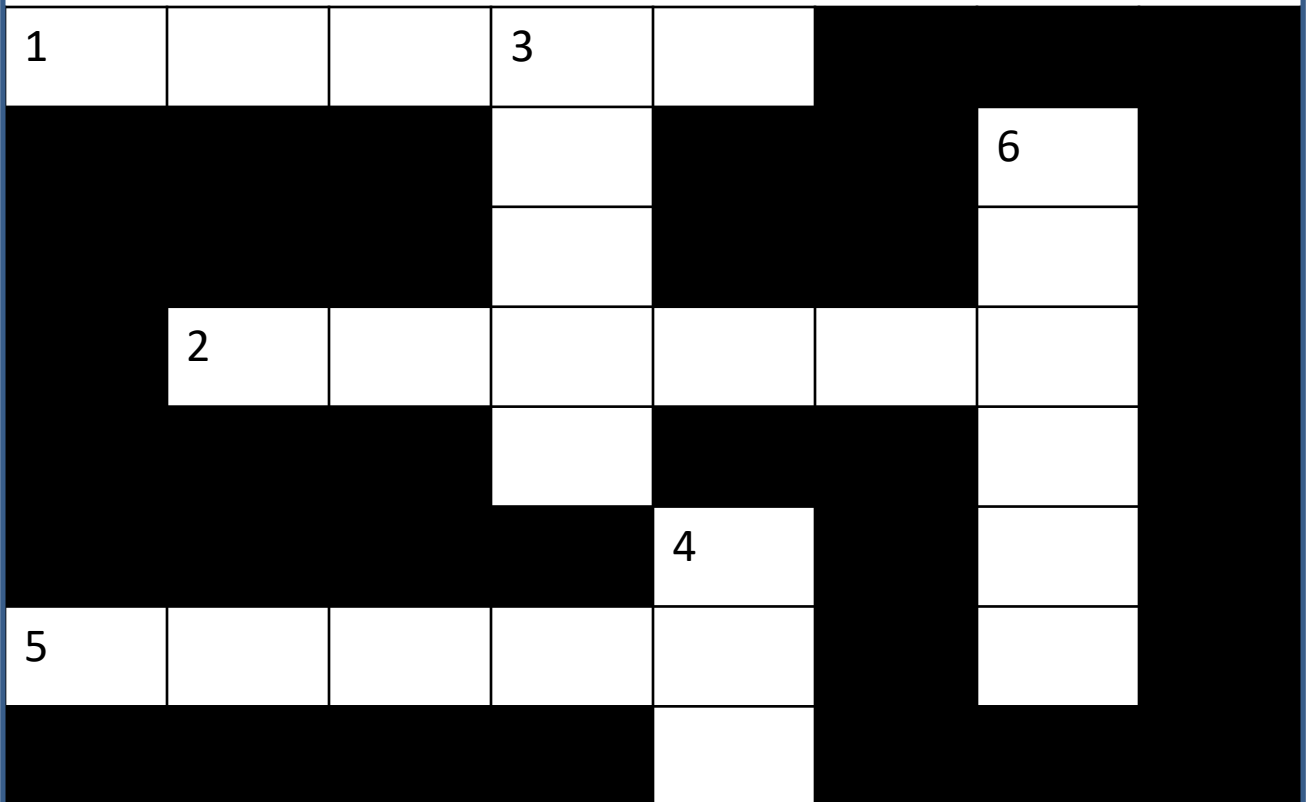
| | |
|-----------|-----------|
| 1 | 19 |
| 2 | 20 |
| 3 | 21 |
| 4 | 22 |
| 5 | 23 |
| 6 | 24 |
| 7 | 25 |
| 8 | 26 |
| 9 | 27 |
| 10 | 28 |
| 11 | 29 |
| 12 | 30 |
| 13 | 31 |
| 14 | 32 |
| 15 | 33 |
| 16 | 34 |
| 17 | 35 |
| 18 | 36 |

Name and Draw

Name and draw the things you need in your tennis bag.

A large, empty rectangular box with a blue border, intended for drawing items needed in a tennis bag. The box is positioned below the text and occupies the lower two-thirds of the page.

Crossword



Across

1. You play on a ?

2. Make of racket RF
uses?

5. Score is 40-40?

Down

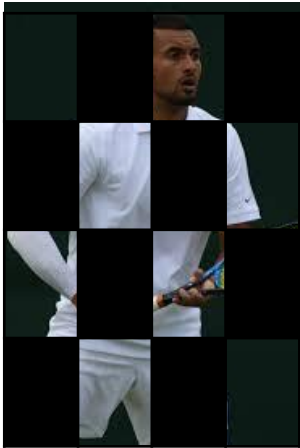
3. Hit it back and forth

4. If the ball hits the top
of the net on the serve

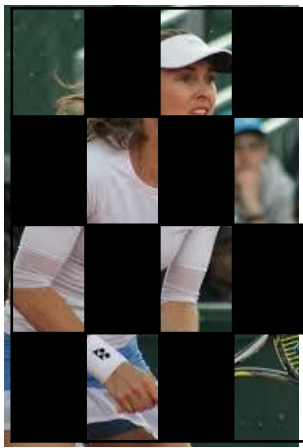
6. The Game we love to
play

Name that player?

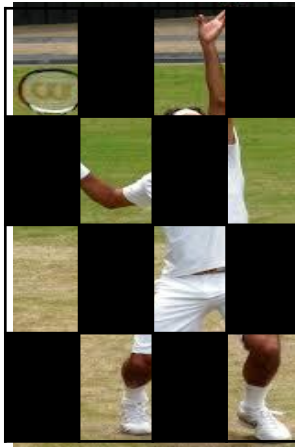
1



2



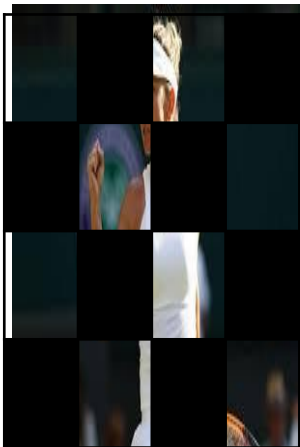
3



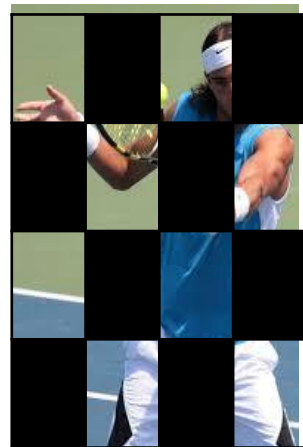
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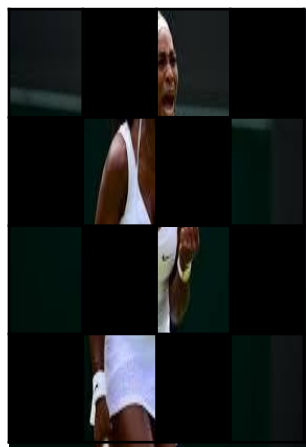
5



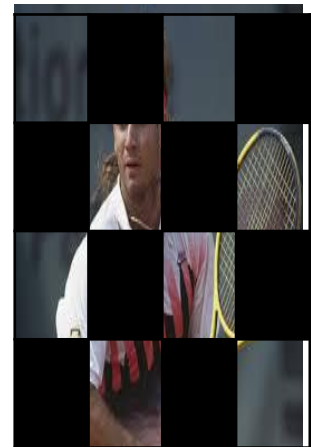
6



7



8



1.

2.

3.

4.

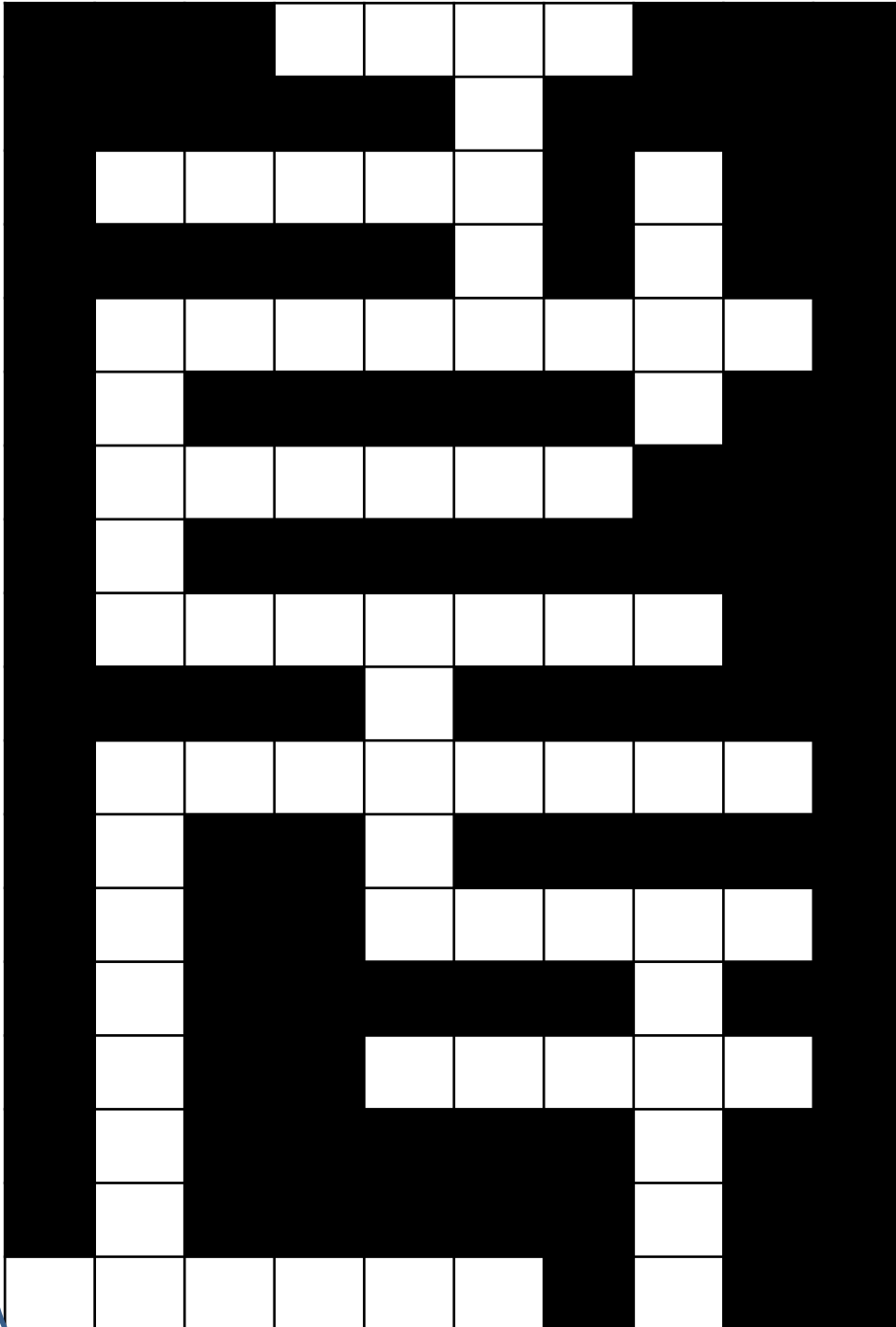
5.

6.

7.

8.

Fill in the grid from the words below



GAME
LINE

SPORT
COURT
SHOES
SERVE
MATCH
SCORE

PLAYER
UMPIRE
VERSES

TOPSPIN

COACHING
OFFICIAL
OPPONENT

Word Search

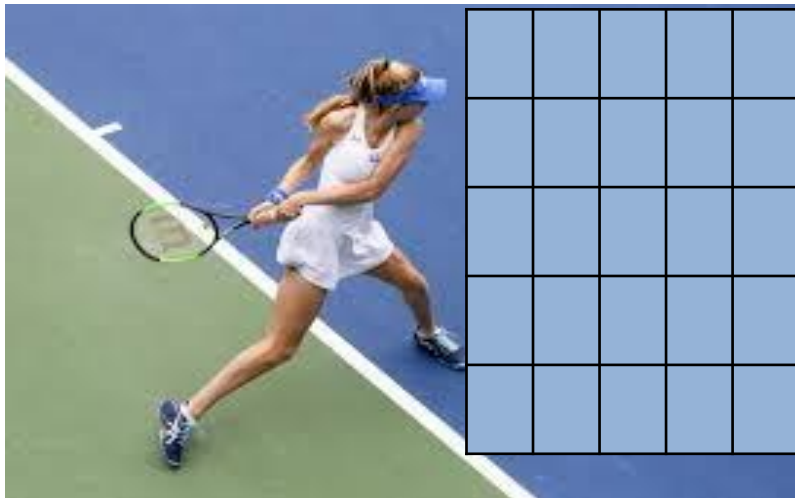
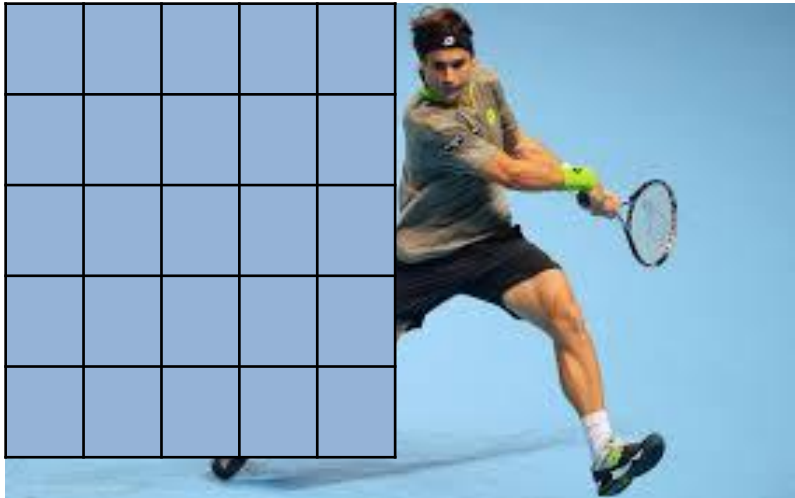
| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| L | Y | E | Y | L | L | A | R | X | M |
| O | W | C | V | N | N | B | A | L | E |
| T | I | I | O | A | W | N | C | O | T |
| H | M | W | M | U | A | P | Q | L | L |
| T | B | A | L | L | R | S | U | V | U |
| Q | L | U | I | A | Z | T | E | B | A |
| R | E | L | L | W | E | H | T | G | F |
| O | D | M | A | N | C | G | Y | A | Y |
| B | O | U | N | C | E | W | B | M | Q |
| E | N | I | L | M | A | R | T | J | Z |

BALL
BOUNCE
COURT
FAULT
LAWN

NET
RACQUET
RALLY
TRAMLIN
WIMBLEDON

Spot the Ball

Can you find the ball in these pictures, put a "X" in the box were you think the ball is!



Remember stay safe!

