



# TENNIS ON THE ROAD

Presented by



We will be taking the high road and low road around Scotland to bring tennis to a whole new generation of kids. Based on the very games that **Judy Murray** enjoyed with Jamie and Andy when they were little, we will be showcasing simple games and activities using everyday household objects that cost nothing to set up and that help develop the vital ABCs of sport – **agility, balance and co-ordination**.

Judy and her coaching team will aim to give parents, coaches, teachers and volunteers the tools needed to get kids active and to help further kick-start and **develop tennis in Scotland**.

**We have designed four different courses to cater for all age groups and abilities:**



## Set4Sport

Generic fun games and activities aimed at 5 and 8 year olds, which introduces agility, balance and coordination using buckets, bean bags, bats, cuddly toys and a bit of imagination. Expect balloons filled with rice, a river filled with creepy crawlies to jump across and a dodgems course!



## Set4Competition

It's important to introduce the competition element at an early stage, whether it's getting the kids to record how many keepy-uppies they can do, to initiating and running simple tennis competitions. Expect game based activities using simple score cards or flip charts, themed Olympic and Wimbledon competitions, timed competitions, round robin and knockout ideas.



## Set4Tennis

Tennis-specific activities aimed at developing children's core skills between 5 and 10 years old by swapping the cuddly toys for balls and introducing makeshift nets. Expect "Pingy-Pongy Tennis" with a sports sock and "Pinata Tennis" to help develop the overhead shot!



## Set4Coaching

Providing tips and tricks to tennis coaches and teachers, who are looking to develop skills of young players between 5 and 12 years old.



Tennis on the Road will be visiting **The David Keswick Athletic Centre** on **Thursday 2<sup>nd</sup> April 2015** between **4.30- 6pm**. If you are interested in attending with your children then please contact **[tennisontheroad@img.com](mailto:tennisontheroad@img.com)** or call **+44 20 82337820**. It's completely free, but spaces are limited.

