



**WILTSHIRE
TENNIS**

WILTSHIRE TENNIS ACTIVITY BOOK

Easter edition



Wiltshire Tennis have developed this Activity Book for young tennis players to complete whilst they are spending more time at home.

The book contains a variety of activities and we hope you have fun doing them!

TWITTER @Wiltslta **FACEBOOK** www.facebook.com/WiltshireLTA



**WILTSHIRE
TENNIS**

ACTIVITIES

1. Design a Mascot
2. How many tennis balls
3. Colouring in Sheet
4. Spot the difference
5. Puzzle
6. Things I love about tennis!
7. Maze
8. Tennis Wordsearch
9. History of Tennis – which decade?
10. Quiz
11. Grand Slam Tennis Tournaments around the world
12. Name the tennis player
13. Anagrams
14. Cryptic Clue Names
15. Tennis Challenges



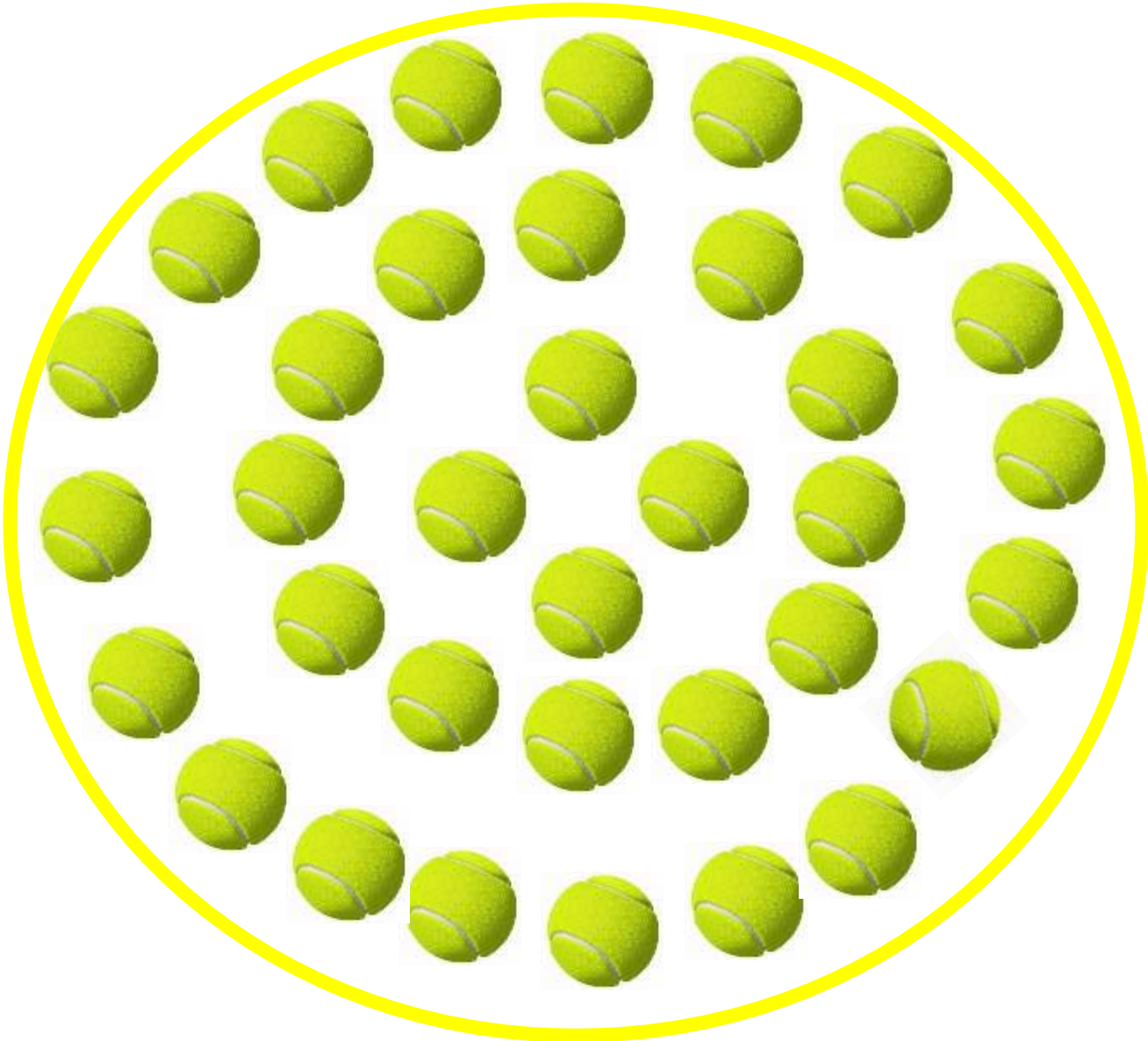
ACTIVITY 1: DESIGN A MASCOT Lots of sports clubs have mascots so have a think about what your tennis club mascot might look like or design one for Wiltshire Tennis



A large empty rectangular box for drawing a mascot design.

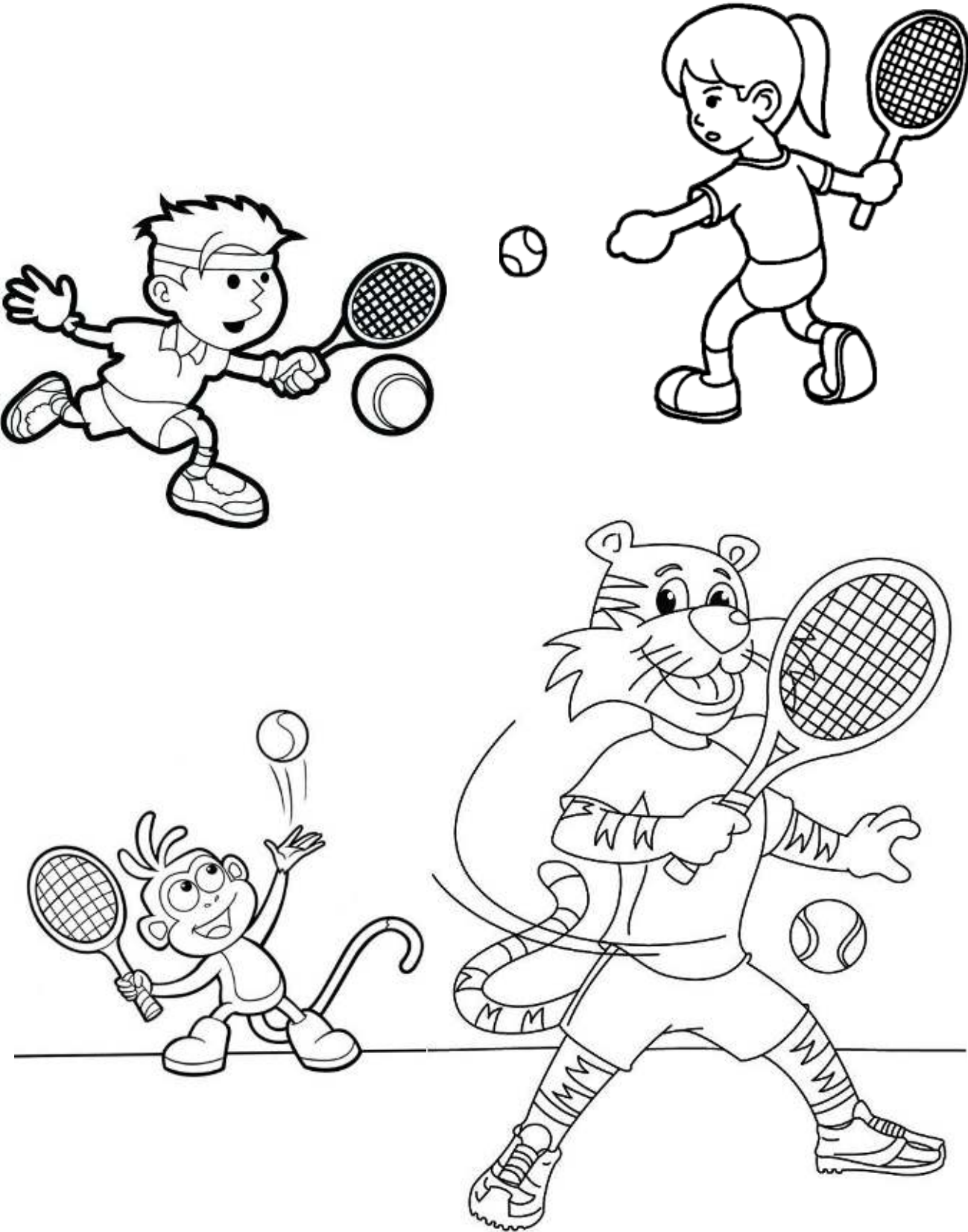


ACTIVITY 2: HOW MANY TENNIS BALLS? Count how many balls are in the circle below.

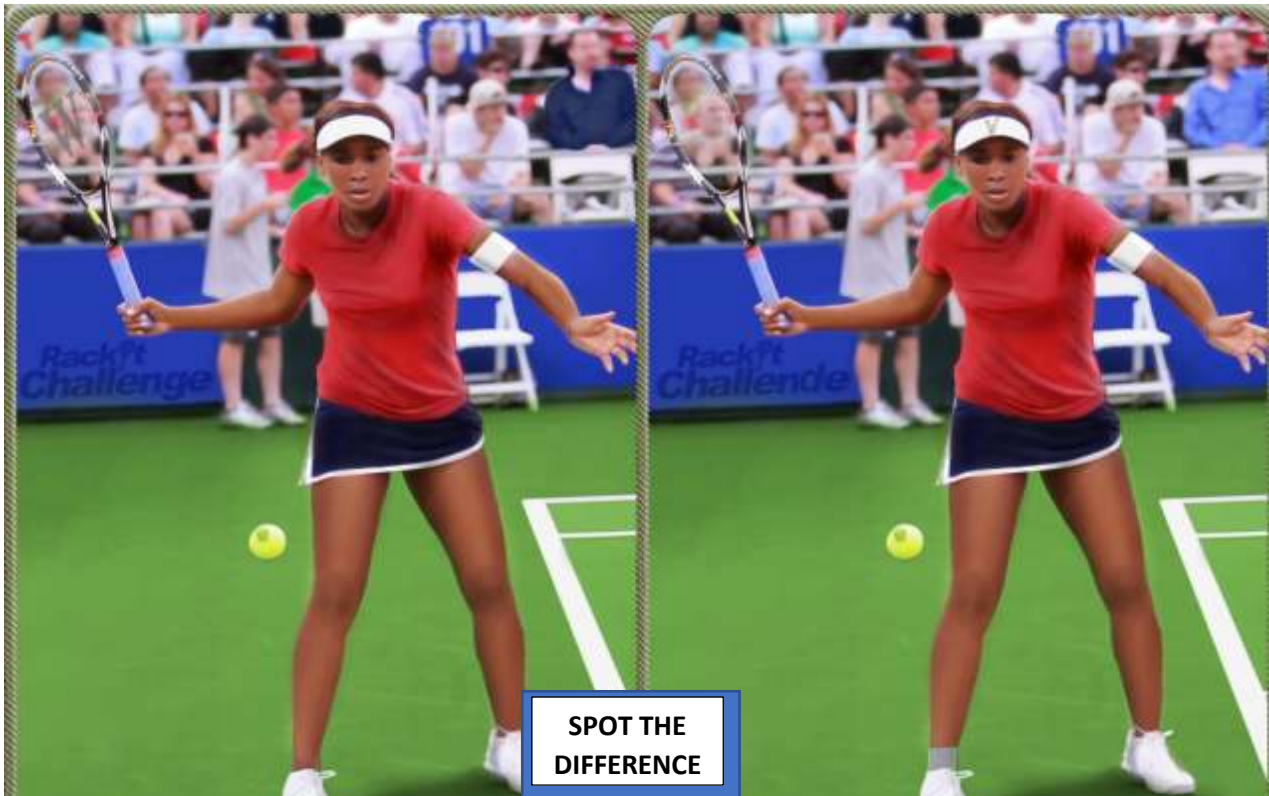


NUMBER OF TENNIS BALLS =

ACTIVITY 3: COLOURING IN SHEET



ACTIVITY 4: SPOT THE DIFFERENCE There are 5 differences - can you spot them!

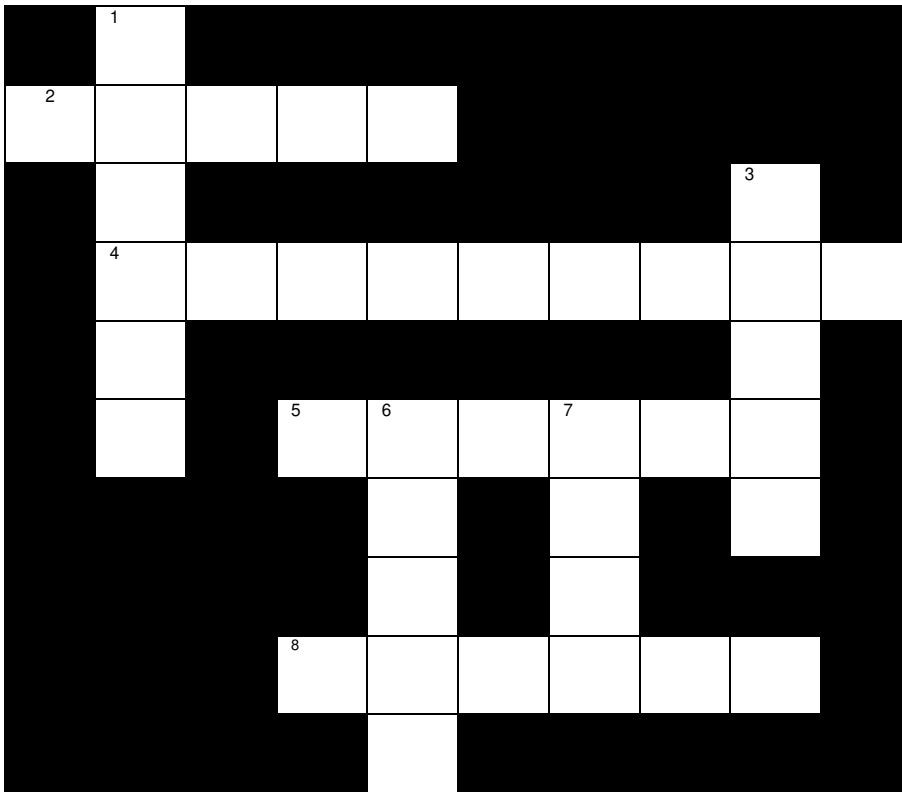


Venus Williams

The Picture on the Right has 5 differences from the one on the Left -
Can you spot them?

- 1.
- 2.
- 3.
- 4.
- 5.

ACTIVITY 5: PUZZLE Answer the Wiltshire Tennis questions and put in the grid.



Across

2. Name of the tennis centre on Welton Road, Swindon.
4. Tournaments often take place at this Wiltshire club in the south of the County.
5. A tennis ball colour.
8. A tennis ball colour.

Down

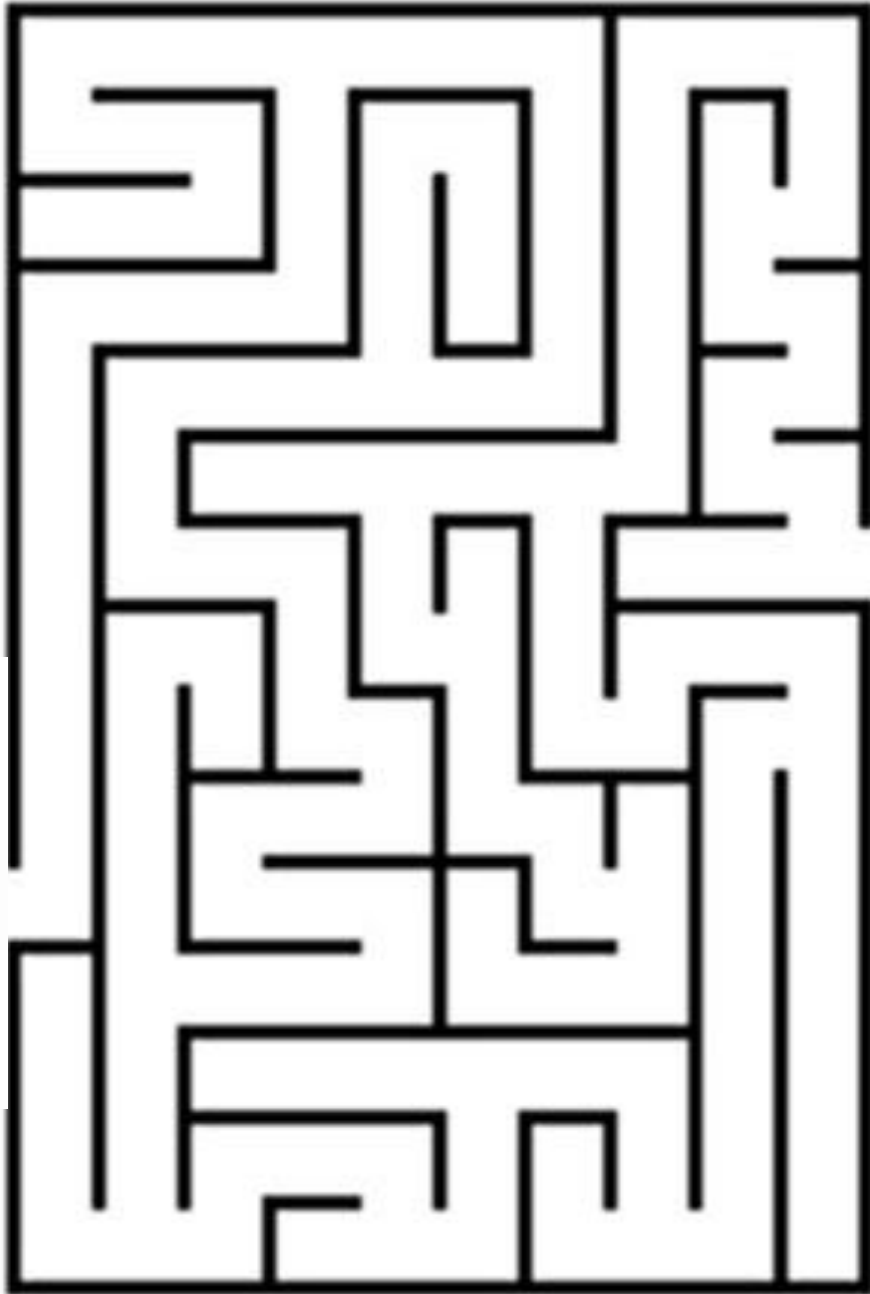
1. The 2019 Junior County Chamionships were held here.
3. A tennis ball colour.
6. HENRY, Wiltshire's Head of Tennis.
7. WATTS, Wiltshire's Head Coach.



ACTIVITY 6: THINGS I LOVE ABOUT TENNIS List everything you LOVE about tennis!



ACTIVITY 7: MAZE Can you help the tennis player find a path through the maze to get his ball



ACTIVITY 8: TENNIS WORDSEARCH Find the tennis related words hidden words in the wordsearch below.

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

MINITENNIS

RACKET

NET

SINGLES

BALL

LOVE

DOUBLES

GAME

UMPIRE

SPIN

BACKHAND

PLAYER

SERVE

RETURN

MATCH

FOREHAND

COACH

STROKE

COURT

SMASH



ACTIVITY 9: HISTORY OF TENNIS – WHICH DECADE? See if you can match the tennis player to the right decade. Draw a line to the correct decade.



1990's



2000's



1980's



2010's



1930's

ACTIVITY 10: QUIZ Test your knowledge!

1. How many days are the Wimbledon Tennis Championships normally held for?
2. What is a sequence of shots called?
3. What is the least number of points that a tennis player needs to win a game?
4. What surface is the French Open played on?
5. How many points does 'love' mean?
6. What is the shot called if you hit a ball before it hits the ground?
7. What are the four main important tennis tournaments in the world collectively called?
8. What is it called when the score is 40 - 40?
9. What is an ace?
10. What part of the body can go before the word 'fault' to make the name of a infringement encountered in tennis?

ACTIVITY 11: GRAND SLAM TOURNAMENTS AROUND THE WORLD There are four Grand Slam Tennis tournaments around the world. Fill in the blanks below to name the Grand Slam and then draw an arrow to its location on the map.

	I		B		E	D		N
--	---	--	---	--	---	---	--	---

	S		O			N
--	---	--	---	--	--	---

	U	S			A		I		N		p		
--	---	---	--	--	---	--	---	--	---	--	---	--	--

	R	E		C			O		E	
--	---	---	--	---	--	--	---	--	---	--



ACTIVITY 12: NAME THE TENNIS PLAYER Who are in the photos below?



1.



2.



3.



4.



5.

ACTIVITY 13: ANAGRAMS Unscramble the words to make a tennis word or a tennis player

		ANSWER
1	Sinnet	
2	Ogre Referred	
3	Mind Below	
4	Verse	
5	Animal Wireless	
6	kits entrance	
7	Band Hack	
8	Mage	
9	Corse	
10	Min its nine	
11	Bean Lies	
12	Pink Scab	
13	Bold use	
14	Bike Rate	
15	Lovely	

ACTIVITY 14: CRYPTIC CLUE NAMES See if you can work out the name of the tennis player from the clues below:



+



=

1.



+



=

2.

KT

+



=

3.



+



S

=

4.



+



=

5.



WILTSHIRE
TENNIS

ACTIVITY 15: TENNIS BALL CHALLENGES

1. Tennis ball challenge

Get into a press-up position, arms straight, tennis ball in one of your hands. Throw the ball up, let it bounce once and catch it with your other hand whilst remaining balanced and in your press up position. Test your core stability and see how many you can do consecutively.

2. Tennis Ball challenge with a partner or parent

In a press up position do the same as above but face another person 1/2 metres away and try to have the highest rally you can throwing and catching the ball together after one bounce.

3. Wall Challenge

For this challenge you need a racket, ball colour of your choice and a wall. Stand around 2 meters away from the wall in a good 'Ready' position, using a chopper grip feed the ball against the wall and challenge yourself to have the highest volleying rally you can.

4. Wall Challenge 2

Do the same as above but stretch yourself further and to start with you are only allowed to do forehand volley's, then only backhand volleys. Finally, to make it even tougher you have to alternate from forehand to backhand.

5. Extra Challenges

Tennis is a sport that needs high levels of co-ordination. Making sure we do exercises using our non-playing hand is essential to improving our hand eye co-ordination, improves our backhands and helps turn athletes in to tennis players. With any of the challenges above try to do them all using your non-playing hand. Also, again using just a racket, ball and wall, try to have the highest rally you can using the non-playing hand.



ANSWERS

ACTIVITY 2: HOW MANY TENNIS BALLS?

35

ACTIVITY 4: SPOT THE DIFFERENCE

Sock

Different colour blue shirt in crowd

V on headband

W logo on Racket

Challenger not Challender on the advertising hoarding

ACTIVITY 5: PUZZLE

Across

2. Delta
4. Salisbury
5. Orange
8. Yellow

Down

1. Pewsey
3. Green
6. Roger
7. Neil

ACTIVITY 8: TENNIS WORDSEARCH

R	E	T	U	R	N	M							E	S
						I	C	O	A	C	H	R		I
S	E	R	V	E		N	B				I			N
S		N				I	A			P				G
M		E		S		T	C		M					L
A		T		T		E	K	U						E
S				R		N	H							S
H	P			O		N	A	B	P		G	A	M	E
		I		K		I	N	A	L					M
			N	E		S	D	L	A			L		A
D	O	U	B	L	E	S		L	Y			O		T
F	O	R	E	H	A	N	D		E			V		C
			C	O	U	R	T		R			E		H
			R	A	C	K	E	T						



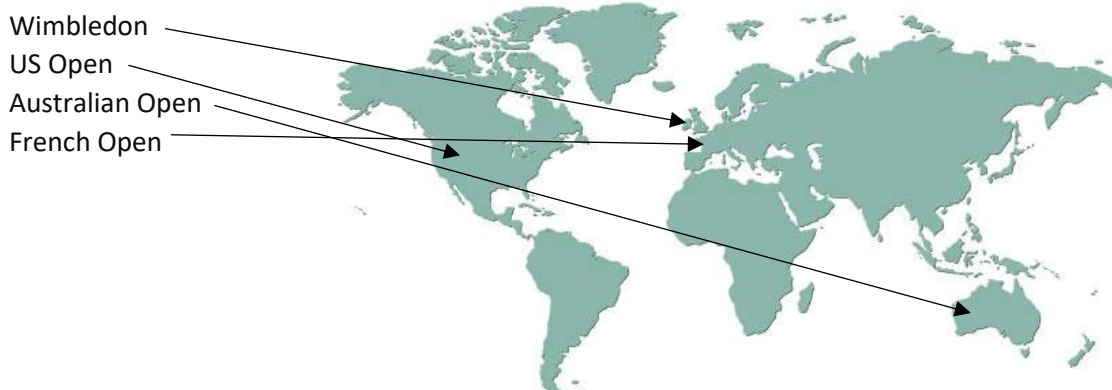
ACTIVITY 9: HISTORY OF TENNIS – WHICH DECADE?

John McEnroe – 1980's
Johanna Konta – 2010's
Fred Perry – 1930's
Pete Sampras – 1990's
Venus Williams – 2000's

ACTIVITY 10: QUIZ

1. 13 days
2. Rally
3. 4
4. Clay
5. 0
6. Volley
7. Grand Slam
8. Deuce
9. A Serve that is not returned by the receiver
10. Foot

ACTIVITY 11: GRAND SLAM TOURNAMENTS AROUND THE WORLD



ACTIVITY 12: NAME THE TENNIS PLAYER

1. Ashleigh Barty
2. Rafael Nadal
3. Gael Monfils
4. Maria Sharapova
5. Dan Evans



ACTIVITY 13: ANAGRAMS

1. Sinnet - Tennis
2. Ogre Referred - Roger Federer
3. Mind Below - Wimbledon
4. Verse - Serve
5. Animal Wireless - Serena Williams:
6. kits entrance - Tennis Racket
7. Band Hack - Backhand
8. Mage - Game
9. Corse – Score
10. Min its nine - Mini Tennis
11. Bean Lies - Baseline
12. Pink Scab - Backspin
13. Bold use - Doubles
14. Bike Rate - Tiebreak
15. Lovely - Volley

ACTIVITY 14: CRYPTIC CLUE NAMES

1. Pat Cash
2. Andy Murray
3. Katie Swan
4. Venus Williams
5. Heather Watson

