



Road to Eastbourne Event Pack 2014



Road To Eastbourne 2014

What: An introductory festival style competition to introduce players to mini tennis. The Road to Eastbourne competition is a badged event under the Sussex Schools Games.

Who: School Years 3 & 4 (Teams can be a mix of both years or a team from either school years 3 or school years 4)

Teams: A team consists of 4 boys and 4 girls. If you would like to enter more than one team please speak to your local organiser.

Eligibility: This is an entry level event to tennis.

Players who have a British Tennis Membership Rating and who already play and compete should not take part. Please adhere to this in fairness to all schools participating. If you are unsure if any of your players are eligible please email Tennis Sussex at sussex@LTA.org.uk with the player's names and we can check this for you.

Format: Level 1 and Level 2 local events within partnership areas throughout April – June with a Level 3 County Final for all winning schools in each Partnership area:

When: Saturday 21st June 2014

Where: Devonshire Park, Eastbourne

This event takes place on grass courts alongside the final of the AEGON International!

Organisers – This pack contains the activity cards, formats and score sheets each event should be run to.

Please ensure you run your event following this pack so that players and schools know what to expect as they progress through the competition.

To Enter: Contact your local School Games Organiser who will be able to tell you when your local event is taking place.

Registers: School Games Organisers **must submit a completed form** which will be provided stating how many events have taken place in their partnership area with a total number of students who have participated **by the end of June 2014.**

Rewards: All pupils who take part in a level 2 event or above will receive a sports bag with goodie pack.

Other: Tennis Sussex will provide certificates for all Level 1 and Level 2 local competitions.

Contacts: Tennis Sussex – sussex@LTA.org.uk
Becci Camis (Road to Eastbourne Coordinator) – becciallan@hotmail.com

Event Checklist

- Two teachers or coaches
- 12 Tennis Leaders
- 8 Mini Tennis Nets (dependant on number of teams)
- 1x clipboard and pen per team
- Team score sheet per team
- Round robin draws for timed tennis matches
- Tennis racquet for each pupil
- Bucket of mini red balls (sponge for indoor, felt for outdoors)
- 1 x ladder or set of cones per team
- Additional 1 x cone per team
- Certificates
- Form to complete to report on numbers participating at each event.

PLEASE READ THIS PACK BEFORE YOUR EVENT TO MAKE SURE YOU UNDERSTAND THE FULL FORMAT AND SCORING.

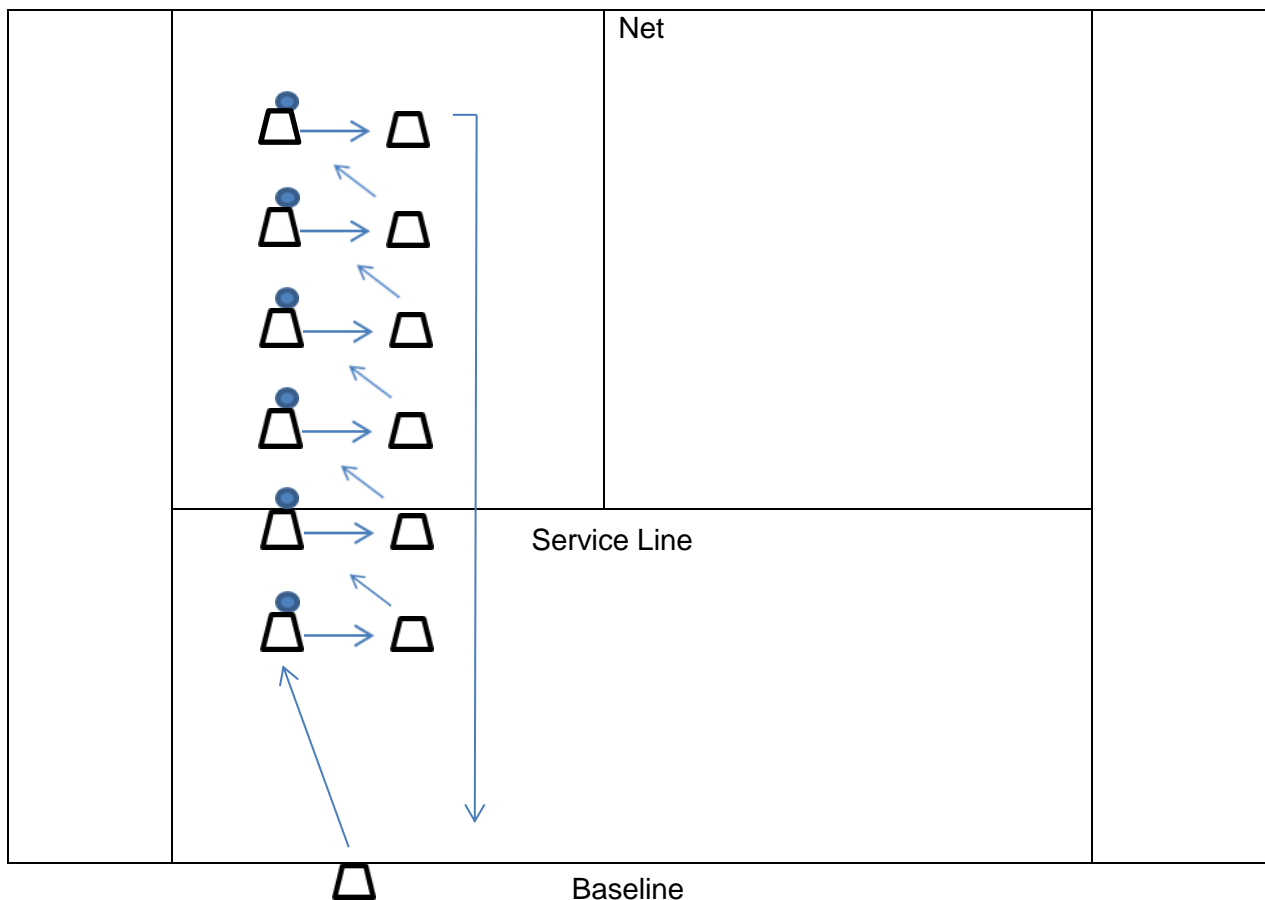
YOUR EVENT SHOULD TAKE THE FOLLOWING FORMAT:

- 1) **Welcome – All schools to complete a register**
- 2) **Group warm up**
- 3) **All players to take part in relays 1 – 4**
- 4) **Schools to split into two teams each with two girls and two boys – 1 team to play mini red timed matches, 1 team to take part in tennis activities.**
- 5) **Scores to be totalled and final placings announced, certificates presented**
- 6) **Winning schools details sent to Becci Camis.**

RELAY 1 – SWITCH (8 PLAYERS)

Equipment / Resources Needed:

13 cones per team, 6 tennis balls per team, 1 Tennis Leader per team.



- 1) Mark out 6 cones spread evenly from the baseline to the tennis net, then mark out 6 additional cones about two metres apart from the cones just laid.
- 2) Place a tennis ball on all the cones on the left hand side.
- 3) Repeat this across the court for the total number of teams you have (you should be able to fit approx. 6 sets across one side of a tennis court).
- 4) Place a cone on the baseline in the middle of each set of cones for the teams to line up behind in single file.

Activity Description:

Each team to stand in single file behind a cone on the baseline. On the whistle player 1 moves between the cones, picks up one ball at a time from the left hand side and puts the ball down on the cone on the opposite right hand side. After the last cone the player runs back to tag their next player to go to repeat the exercise and sits down at the end of their team line.

The winning team is the one to finish first with all their players sitting down single file in their line.

Tennis Leaders should be used to stand at the net for each team to make sure that players correctly place all the balls on the cones. If a ball falls off a cone players should be made to go back and correct it. If a player fails to do this they should be stopped at the net and made to wait for 5 seconds before being able to run back to their team.

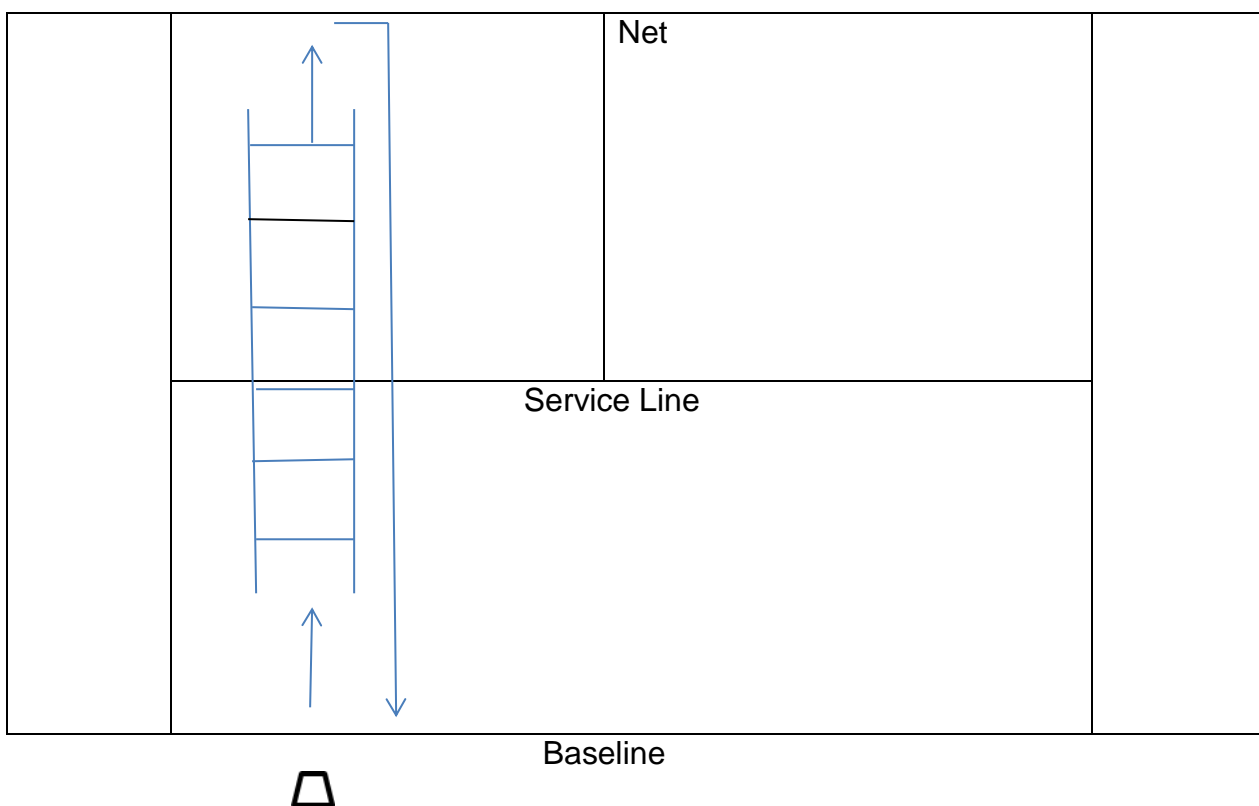
Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1 pt.

TOP TIP!

RELAY 2 – CONE LADDERS (8 PLAYERS)

Equipment / Resources Needed:

1 ladder (or set of cones) per team, 1 cone per team, 1 Tennis Leader per team.



- 1) Mark out one ladder for each team. Try and ensure the ladders all have the same amount of steps if you use a mixture of ladders and cones.
- 2) Place a cone on the baseline in the middle of each set of cones for the teams to line up single file behind.

Activity Description:

Player 1 moves through the ladder making sure they have one foot in each rung of the ladder. When they reach the end they should touch the net and then run back to tag the next player to go.

The winning team is the one to finish first with all players sitting down single file in a line.

Top Tip!

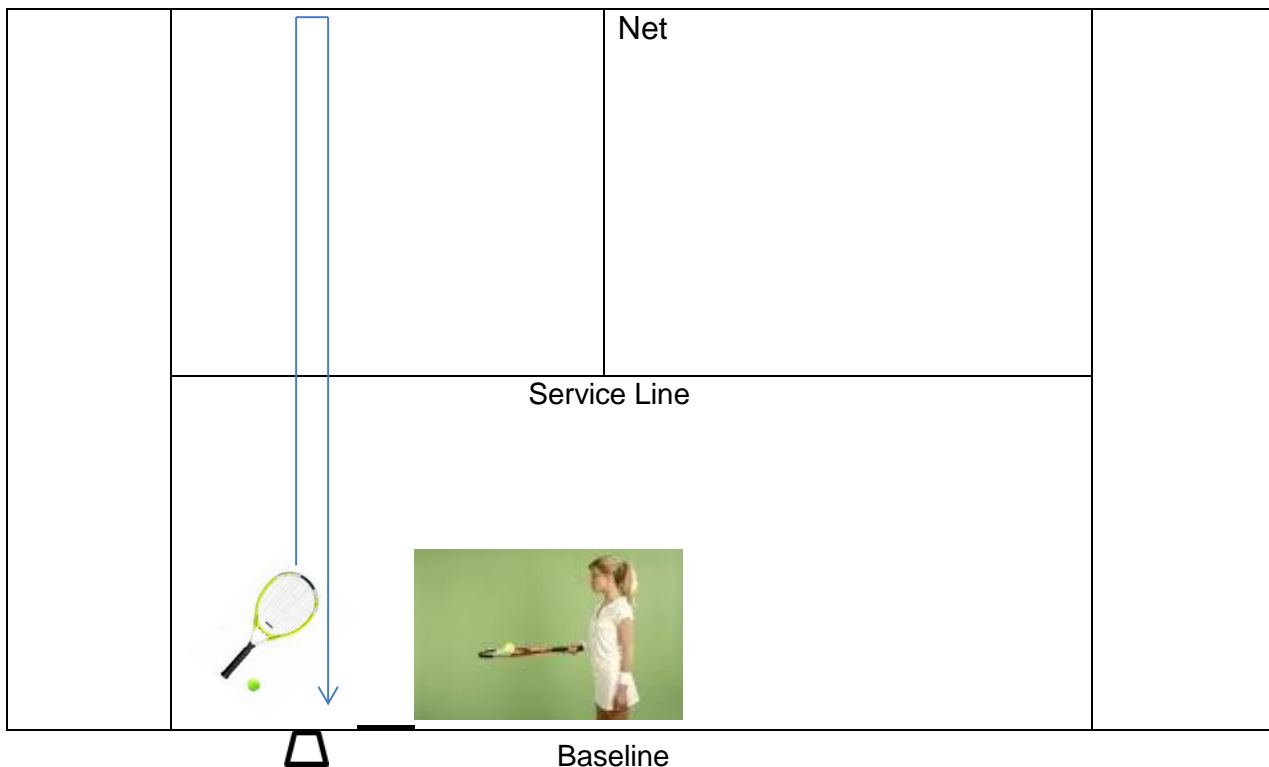
Tennis Leaders should be used to stand at the net for each team to make sure that players correctly place one foot in each rung of the ladder. If a player deliberately or consistently misses rungs they should be stopped at the net and made to wait 5 seconds before being able to run back to their team.

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1 pt.

RELAY 3 – EGG AND SPOON TENNIS (8 PLAYERS)

Equipment / Resources Needed:

1 tennis racquet per team, 1 tennis ball per team, 1 cone per team, 1 Tennis Leader per team



- 1) Place a cone along the baseline for each team to sit behind in single file.
- 2) Give player 1 in each team a racquet and one tennis ball.

Activity Description:

Players sit in their team in a line behind the baseline. On the whistle player 1 picks up the racquet and ball and runs to the net in an 'egg and spoon' race. The player must touch the net before returning to their team still balancing the ball on the racquet. When they reach their team they must pass the ball and racquet to the next player to go.

The winning team is the one to finish first with all players sitting down in a line.

Top Tip!

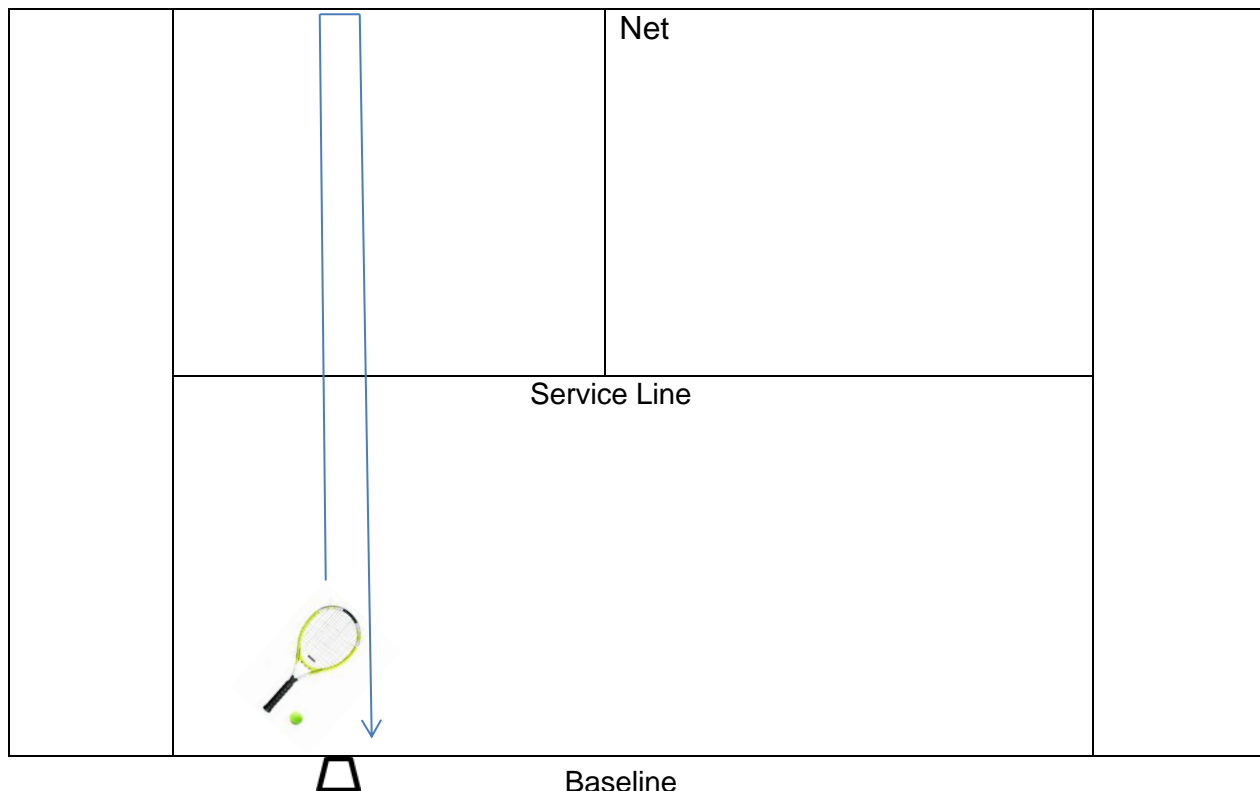
Tennis Leaders should be used to ensure that each player touches the net before returning to their team.

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1 pt.

RALLY 4 – TAP DOWN TENNIS (8 PLAYERS)

Equipment / Resources Needed:

1 tennis racquet per team, 1 tennis ball per team, 1 cone per team, 1 Tennis Leader per team



- 1) Place a cone along the baseline for each team to sit behind in single file.
- 2) Give player 1 in each team a racquet and one tennis ball.

Activity Description:

Players sit in their team in a line behind the baseline. On the whistle player 1 picks up the racquet and ball and moves as quickly as they can bouncing the ball to the ground with the racquet. The player must touch the net before returning to their team still bouncing the ball down with their racquet. When they reach their team they must pass the ball and racquet to the next player to go.

The winning team is the one to finish first with all players sitting down in a line.

Top Tip!

Tennis Leaders should be used to ensure that each player touches the net before returning to their team.

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place- 1 pt.

**THIS IS THE END OF THE FIRST PART OF THE EVENT,
READ ON FOR THE FORMAT IN PART 2**

After relay 4 you need to ask the teacher from each school to split their team into two, each with two boys and two girls. Two boys and two girls will play timed mini red matches and two boys and two girls will take part in some tennis themed activities.

The tennis themed activities and the timed red matches will offer the same number of points for teams so all players will contribute fairly towards their overall team score.

TIMED MINI RED MATCHES (4 PLAYERS – 2 BOYS / 2 GIRLS)

Equipment / Resources Required:

Required number of mini tennis courts, 1 racquet per pupil, 2 balls per court, 1 Tennis leader per court to score, 1 overall organiser, clipboards, pens and scoresheets.

4 mini tennis courts should be set out on each full size tennis court. If you are in sports hall, nets can be lowered and badminton courts can be used. Ideally you will have all the girls teams being able to play at the same time and then all the boys teams to play at the same time alternatively (this will depend on the number of teams you have).

Activity Description:

Run a boys doubles timed tennis round robin competition and a girls doubles timed tennis round robin competition. Matches should be timed for 5 minutes.

Round Robin Draw sheets for 3, 4, 5 or 6 teams can be printed from the Tennis Sussex website.

Please Note!

- 1) Tennis Leaders should be used on each court to score. Ideally pupils will play a traditional tennis tiebreak but Leaders should not worry too much if players forget which side to serve from or if the scoring gets slightly out of sync, as long as it is as fair as realistically possible.
- 2) Players should be encouraged to serve overarm but they can serve underarm if necessary.
- 3) Players get two chances to serve each point (ie a first and second serve).
- 4) All players and Tennis Leaders should be shown the court markings before starting each match so that everyone is clear what is in and out.
- 5) Encourage Tennis Leaders to call out the score after each point.

Team Scores

At the end of each 5 minute round Tennis Leaders to give the scores to the organiser to record on the score sheet. Once all the boys and the girls matches are played:

Allocate points as follows: 1st – 10 pts, 2nd – 8 pts, 3rd – 6 pts, 4th – 4 pts, 5th – 2 pts, 6th – 1 pt on both the boys and the girls draw sheet.

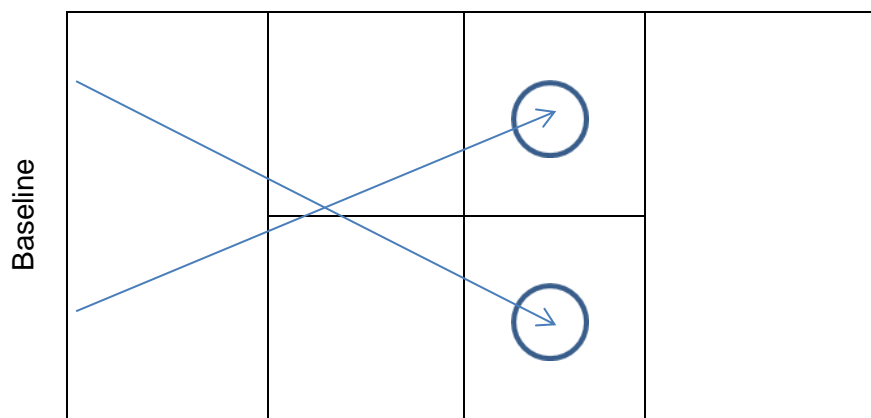
Add the totals together of the boys and girls scores for each team and then allocate them the following points:

1st place – 40 pts, 2nd place – 32 pts, 3rd place – 24 points, 4th place – 16 pts, 5th place – 8 pts, 6th place – 4 pts and record these on the teams individual overall score sheets.

TENNIS THEMED ACTIVITY 1 – TARGET THROW (4 PLAYERS)

Equipment / Resources Needed:

1 mini tennis net per team, bucket of balls, 2 hoops, 1 Tennis Leader per team



- 1) Place two hoops in the service boxes one end of the each court.

Activity Description:

Split the teams into boys and girls, the boys and girls will take it in turn to have a go. For the first round ask the girls from each team to stand on the baseline of their court, one on the right hand side and one on the left hand side of the court, the end without the targets.

Place a bucket of balls in between the players.

Each player takes a turn to stand behind the baseline to throw 6 consecutive balls one by one over arm into the diagonal service box aiming to hit the hoop target.

Over the Net but Out = 5 pts

Over the Net and In Hoop = 10 pts

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1pt.

TENNIS THEMED ACTIVITY 2 – ACE SERVER (4 PLAYERS)

Exactly the same as tennis themed activity 1 (Target Throw) but this time the players hit an overarm serve aiming to hit the diagonal hoop target.

Over the Net but Out = 5 pts

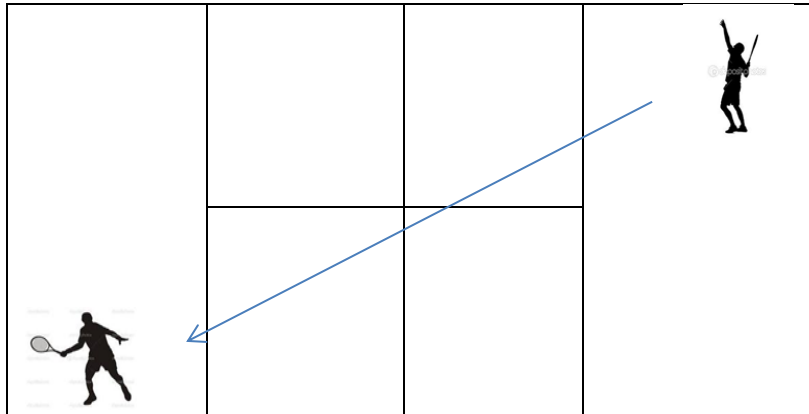
Over the Net and In Hoop = 10 pts

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place 1 pt.

TENNIS THEMED ACTIVITY 3 – RETURN THE SERVE (4 PLAYERS)

Equipment / Resources Needed:

1 mini tennis court per team (or a full size court with the net lowered), 4 tennis racquets per court, a bucket of balls, 2 Tennis Leaders per court.



Activity Description:

Boys and girls in each team to take it in turn to have a go.

First pair (for example, two girls from each team) stand one end of the court just inside the baseline ready to receive serves. Two helpers to stand at the opposite end of the court who will feed serves in to the player opposite diagonally to them. Players to return as many serves as they can within two minutes.

Use Tennis Leaders to serve / feed the ball in (this can be underarm)

Over the net but Out = 5 pts

Over the Net and In = 10 pts

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1 pt.

TENNIS THEMED ACTIVITY 4 – TENNIS RALLY (4 PLAYERS)

Equipment / Resources Needed:

1 mini tennis court per school, each player requires a racquet and a bucket of balls.

Activity Description:

The girls and boys from each school to take it in turn to have a go. Ask the two girls from each school to get ready on the court to play a rally against each other, one at either end of the court. On the whistle the players should work together to try and rally as many shots as they can together in one consecutive point. Players have two minutes to play as many rallies as they can with their highest rally total being taken at the end of the two minutes. Players should be encouraged to call out and count the shots in the rally as they play.

**Pair reach highest rally of 1–4 = 2 pts / Pair reach highest rally of 5–9 = 5 pts /
Pair reach highest rally of 10+ = 10 pts**

Scoring: 1st place – 10 pts 2nd place – 8pts, 3rd place – 6 pts, 4th place – 4 pts, 5th place 2 pts, 6th place – 1 pt.