



Week 6. US Open Tennis Championships

“It’s time for tennis! The US Open is one of the four biggest tennis events in the world, bringing together the world’s best tennis players in New York City, over two weeks as the summer comes to an end. It’s going to be ace!”



Lucy Shuker
British no.1 wheelchair tennis player and LTA Youth Ambassador

Your challenge: **Tap-up Tennis**

How many times can you tap up the ball in a row? Try this challenge from LTA and put your hand-eye coordination and agility to the test!

What you’ll need:

- A tennis racquet or something you can use like a racquet (you could use your hand, frying pan or book – but check with a grown-up first)
- A tennis ball or any bouncy ball
- A wall or partner



Let's play!

1. Stand 2-3 metres away from a wall or your partner – tap the ball up, then hit the ball against the wall, or have your partner throw you the ball.
2. Make it more challenging by increasing or decreasing the distance between your partner or the wall.
3. Try to keep a rally going – can you reach 20 shots on both sides of your body?

Tips for success

Come back to a central position after each shot, so you can be ready to hit from either side of your body

Keep your eyes on the ball as you tap, bounce and hit back to your partner or the wall

When tapping up the ball and hitting it, try to make contact in front of your shoes

Change to suit you

Space – Increase or decrease the distance between your partner or the wall.

Task – Try bouncing the ball on your racquet more than once before hitting it back, you can also try letting the ball bounce twice before tapping it up.

Equipment –

Try using different size balls.

People – You could make it more difficult by your partner playing the tap-up as well with their own racquet, or easier by taking it in turns to receive the ball and reach your rally target together.

