

## Judy Murray Tennis Resource – Tennis at Home

[Tennis at Home](#) is suitable for primary and secondary learners and families.

A series of fun exercises and games that Jamie and Andy Murray used to develop the skills that they needed to be able to play tennis. There's something for everyone in the family to enjoy. All you need is a small space, some simple play equipment and household items.

Title and Link	Description
<a href="#">Tennis at Home Introduction</a>	<p>Learn how to cooperate, compete and control – body, bat and ball. Start with individual skill, add movement and then add partner. Develops physical competencies, such as, tracking, sending and receiving, rhythm and timing, control and coordination. Introduce cooperation in pairs first, and competition second. Both options can be created at each stage.</p> <p>Fact: Tennis was first played with the hand and a ball so it makes sense to start with the hand and then add the racket. If children experience mirroring what tennis demands with their hands, it is much easier for them to have to success when they try with a racket.</p>
<a href="#">Tennis at Home - Racket Tricks</a>	<p>This may be the first time that children have held a racket. Learn to handle the racket. Tennis is a 2-sided sport. Use left and right sides to develop coordination and body awareness to mirror-movements that tennis will demand of you.</p>
<a href="#">Tennis at Home – Balloons</a>	<p>Balloons move slowly so everyone can experience success. This section introduces challenges that work both sides of the body, at all heights and can be performed using hands or rackets. Develops tracking, sending and receiving skills and allows kids to experience their first rally.</p>

<a href="#">Tennis at Home - Chiffon squares</a>	<p>Slow moving equipment – colourful, bright and great fun! Tracking, sending and receiving at different heights. Exercises that develop concentration and build confidence.</p>
<a href="#">Tennis at Home – Beanbags</a>	<p>Bean bags are ideal for developing tracking, sending and receiving skills, as they do not roll away and are more easily trapped than a ball. Start with the hand and mimic the movements required to send the beanbag upwards, using the left and right side. Build confidence through success and then add the racket when appropriate.</p>
<a href="#">Tennis at Home Challenge 1</a>  <a href="#">Tennis at Home Challenge 2</a>  <a href="#">Tennis at Home Challenge 3</a>	<p>Challenge 1: A variety of throw and catch progressions within a small target area (hoop/ chalk circle/ piece of rope).</p> <p>Challenge 2: Add racket and repeat throw and catch progressions. Opportunity to introduce competitive (family) challenges.</p> <p>Challenge 3: Introduces the concept of the self-rally with racket and ball.</p>
<a href="#">Tennis at Home – Parent/ Carer &amp; Child /Young Person</a>	<p>Paired activities (parent/child/sibling/s) using balloons, chiffons squares, bean bags and balls to help build confidence, concentration and cooperation. Develops aiming skills and helps to judge distance, direction, speed and height. Let the games do the teaching for you.</p>