

## Judy Murray Tennis Resource – Developing Tennis Skills

Title and Link	Description
<a href="#">Developing Tennis Skills Programme 1</a>	20 individual exercises that will develop the physical skills that are needed to be able to play tennis in whatever space is available.
<a href="#">Developing Tennis Skills Programme 2</a>	20 individual exercises that develop some of the skills, movement patterns, shadow strokes needed to be able to play tennis.
<a href="#">Developing Tennis Skills Programme 3</a>	Programme 3 is for families/ lesson/clubs. There are 10 games that can be set up and carried out at home using household objects.

You can create your own playlist from any of the exercises according to your class size, ability, lesson time and equipment available.