

excerpts from:

Munchkin

Tennis

**A Parent's Guide to
Teaching Tennis Fundamentals**

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**By the United States
Professional Tennis Registry**

TRIUMPH BOOKS
Chicago

2. Beat the Clock

Description: Players form a straight line between baseline to net with a stack of balls behind baseline. First player puts a ball on racket and passes it to racket of next player in line without handling the ball. The last player in line at the net flips the ball over the net and runs to the baseline to get a ball. This player starts the next ball as every player moves up one position toward the net. Repeat this until all balls are over the net. First team seated in line wins.



Variations: 1. Game is over when all players return to starting position. 2. Hit forehand, backhand, or serve when at the net.

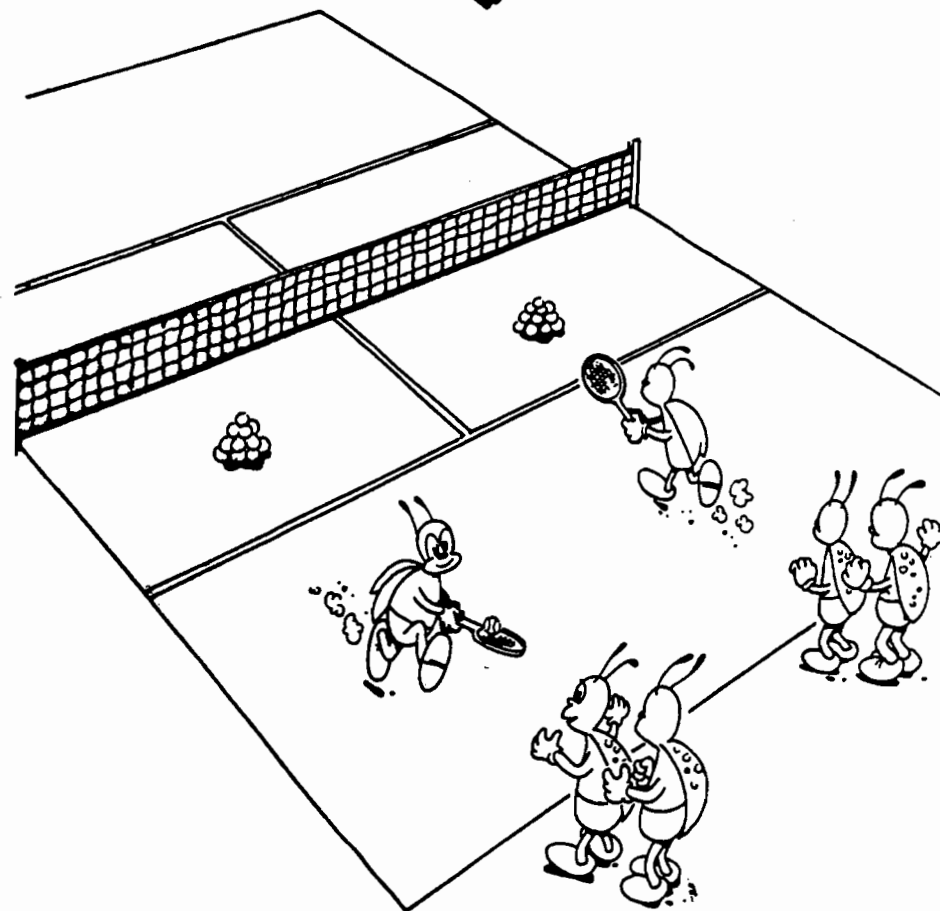
Players: 3-6 players per team in relay formation with 2 to 5 teams per court.

Equipment: Tennis balls, rackets.

Objectives:

1. Develop wrist and arm strength.
2. Racket and ball control.
3. Balance ball on racket.

BEAT THE CLOCK



6. Bowling Tennis

Description: Tennis cans, painted white with stripes to look like bowling pins, are set up on one side of the net. Players get two shots from the other side of the net to knock down all the pins (cans). They can drop hit the ball with self-feeds or reduce the distance from the “pins” depending on skill level. Players have cards on which to keep their own score like bowling. Players receive one point for each pin felled and a strike when all 10 cans are felled on the first ball. Player or team with the highest score after 5 to 10 frames wins.

Variation: 1. Place a set of pins in each service court and practice the serve. 2. Place two sets of pins in each backcourt or near the baseline and have four teams hit groundstrokes from behind baseline.

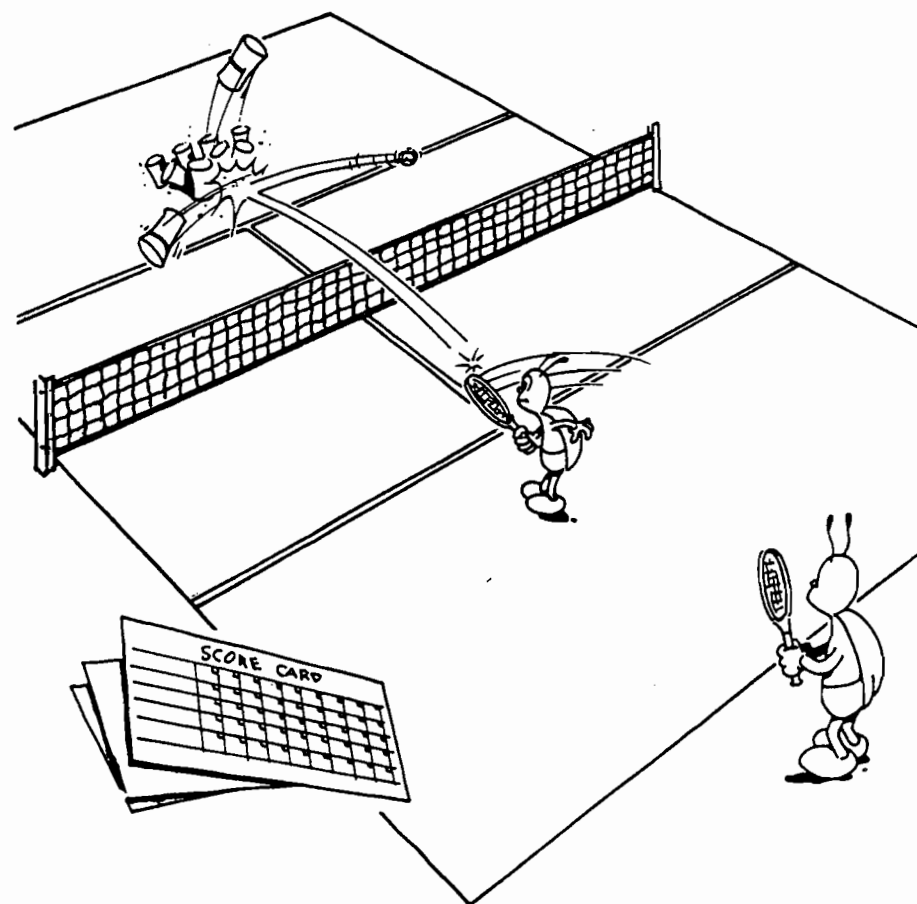
Players: 3-5 players per team in relay formation with 2 to 4 teams per court.

Equipment: Tennis balls, rackets, tennis cans, scorecards. Use also quart milk or soft drink bottles with about one-half inch of sand in the bottom.

Objectives:

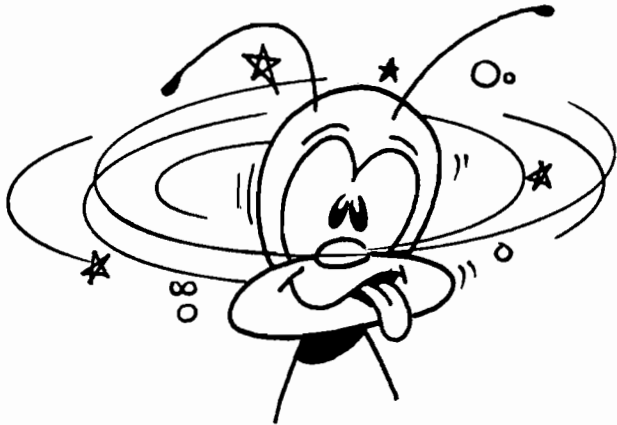
1. Self-feed to start play.
2. Hit a specific target.
3. Use groundstroke or serve with accuracy.

BOWLING TENNIS



16. Dizzy Lizzy

Description: Players form lines of teams on the baseline facing the net. At the net there is a stack of balls, a marker and a racket for each team. The first player in line runs up to the marker, places the racket head on top of the marker, and places their forehead against the butt of the racket. Players then spin once around the marker, pick up one ball, and hit it over the net. Once the ball clears the net, player runs back across the baseline and the next player goes. The first team with all balls across the net wins.



Variations: 1. Require that ball be hit to specific area of court.

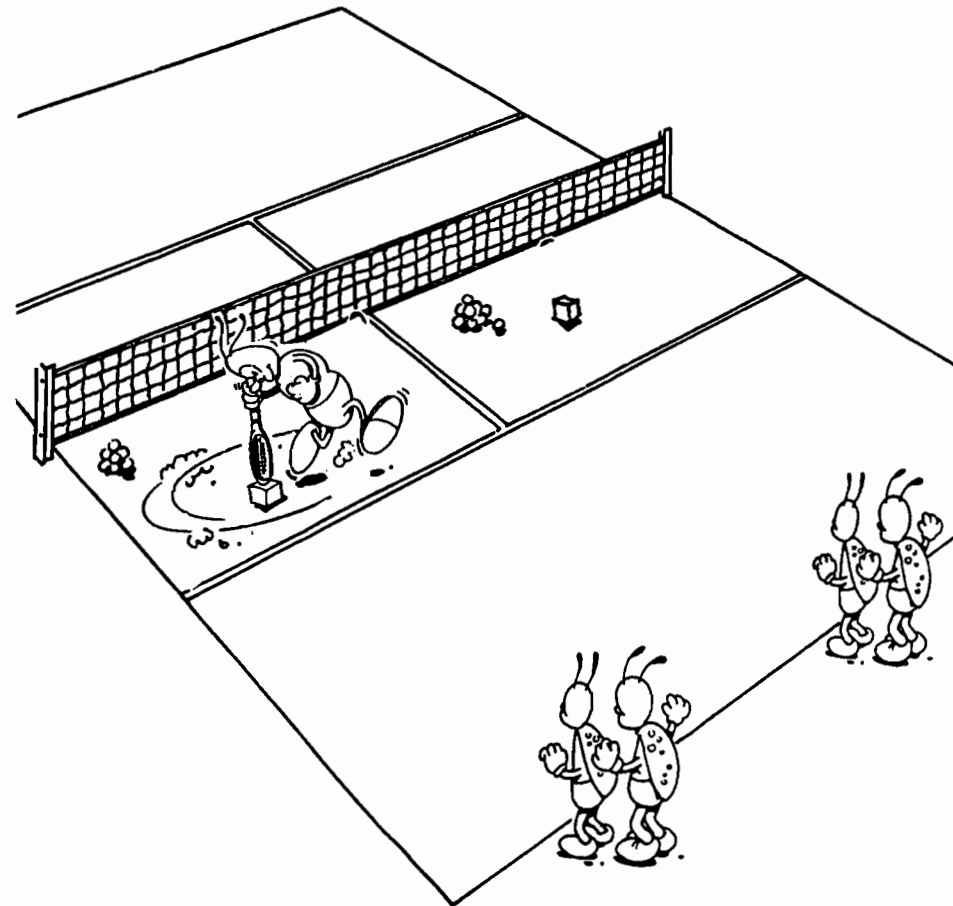
Players: 3-6 players per team in relay formation with 2 to 5 teams per court.

Equipment: Tennis balls, rackets, markers.

Objectives:

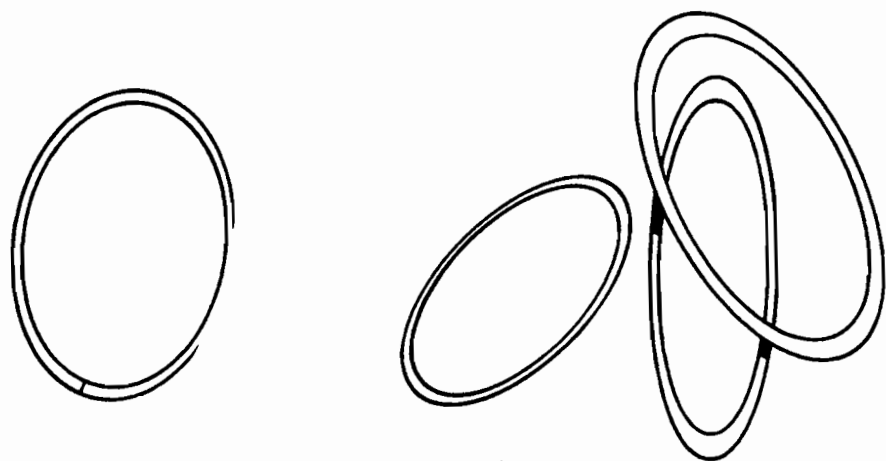
1. Hit the ball over the net.
2. Run fast and stop quickly.

DIZZY LIZZY



31. Hula Tennis

Description: Players form lines of teams on the baseline facing the net. Hula hoops (2-4) are placed in a straight line in front of each team with a stack of balls and racket at the net. Players hop to the net through each hula hoop. At the net, pick up a ball and racket and hit ball over the net. Place racket by the stack and return to baseline hopping through each hoop.



Variations: 1. Place on the court from which to hit can change from net to service line to baseline in order to increase difficulty. 2. Hit forehand, backhand or serve.

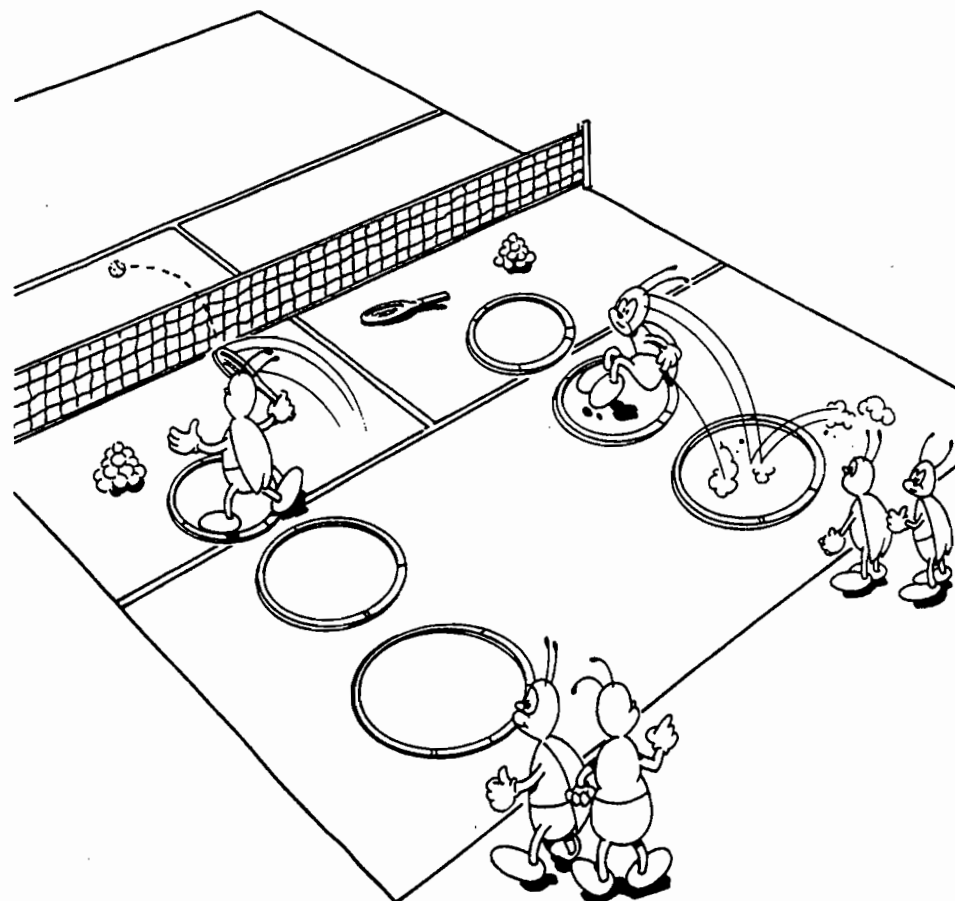
Players: 3-6 players per team in relay formation with 2 to 5 teams per court.

Equipment: Tennis balls, rackets, hula hoops.

Objectives:

1. Run fast and stop quickly.
2. Hit ball over net with control.

HULA TENNIS



35. Kick the Bucket

Description: Players form two teams in relay formation behind the baseline facing the net. Parent stands at the service line "T" with some balls and a plastic bucket or tennis ball can for each team. A racket is placed near the net for each team. Parent says "go" and first player on each team runs forward and picks up their bucket. Parent feeds a ball in the air to each player. Players catch one ball in the bucket, run to the net, place the bucket down, kick the bucket, pick up the ball, take a racket placed near the net and hit the ball over the net. First team to have all players catch a ball, hit it over the net and be seated at baseline wins.

Variations: 1. Players hit forehand, backhand or serve.

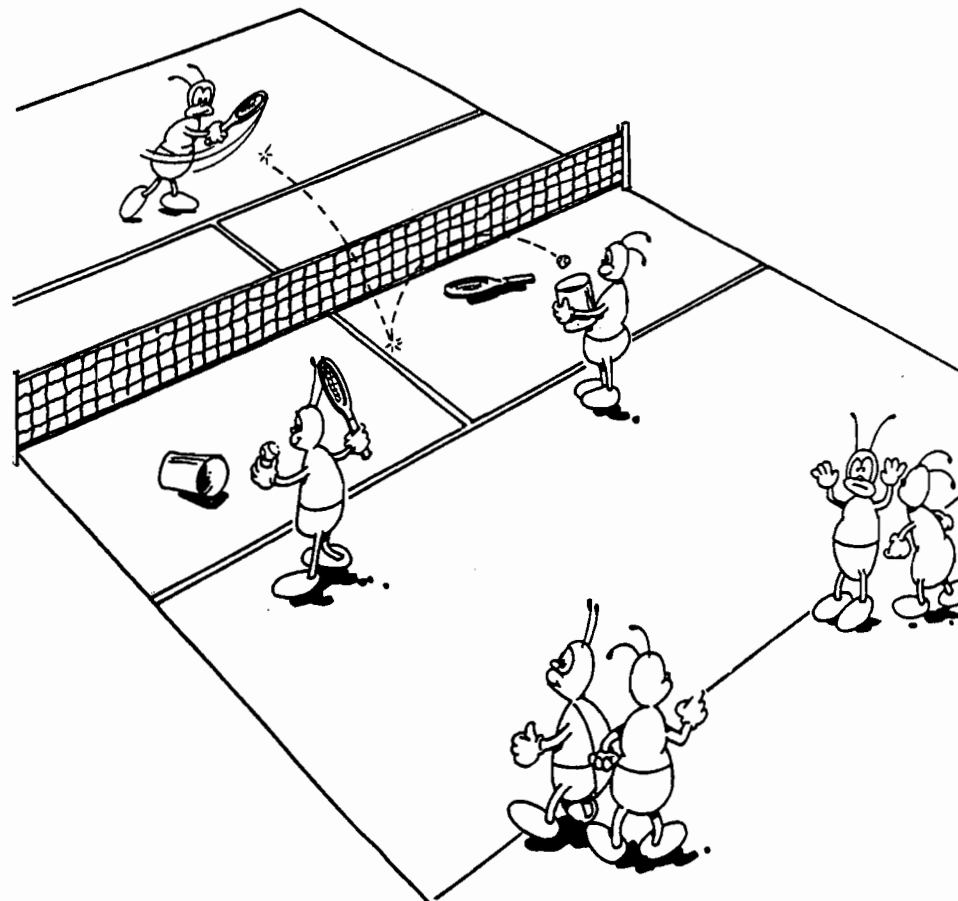
Players: 3-6 players per team in relay formation with 2 teams per court.

Equipment: Tennis balls, plastic buckets or tennis ball cans, tennis racket for each team.

Objectives:

1. Develop hand-eye coordination.
2. Track ball in flight.
3. Move to the ball.

KICK THE BUCKET



36. Knock it Off

Description. Players form two equal teams, one on each side of net. Place one basketball (or other ball) on tennis ball can in each backcourt. Players drop-hit forehands across net from behind service line or baseline. Object is to knock ball off can.

Variations: 1. Throw tennis balls to practice overhand serve motion. 2. Drop-hit backhands. 3. Serve from service line, any place in backcourt, or baseline. 4. Place any number of tennis ball cans in the service court or backcourt. Hit until one team knocks all balls off can. 5. With ball machine, players hit in turn until time is up. Others retrieve balls, fill machine, then take their turn.

Players: 3-6 per team, 2 teams per court.

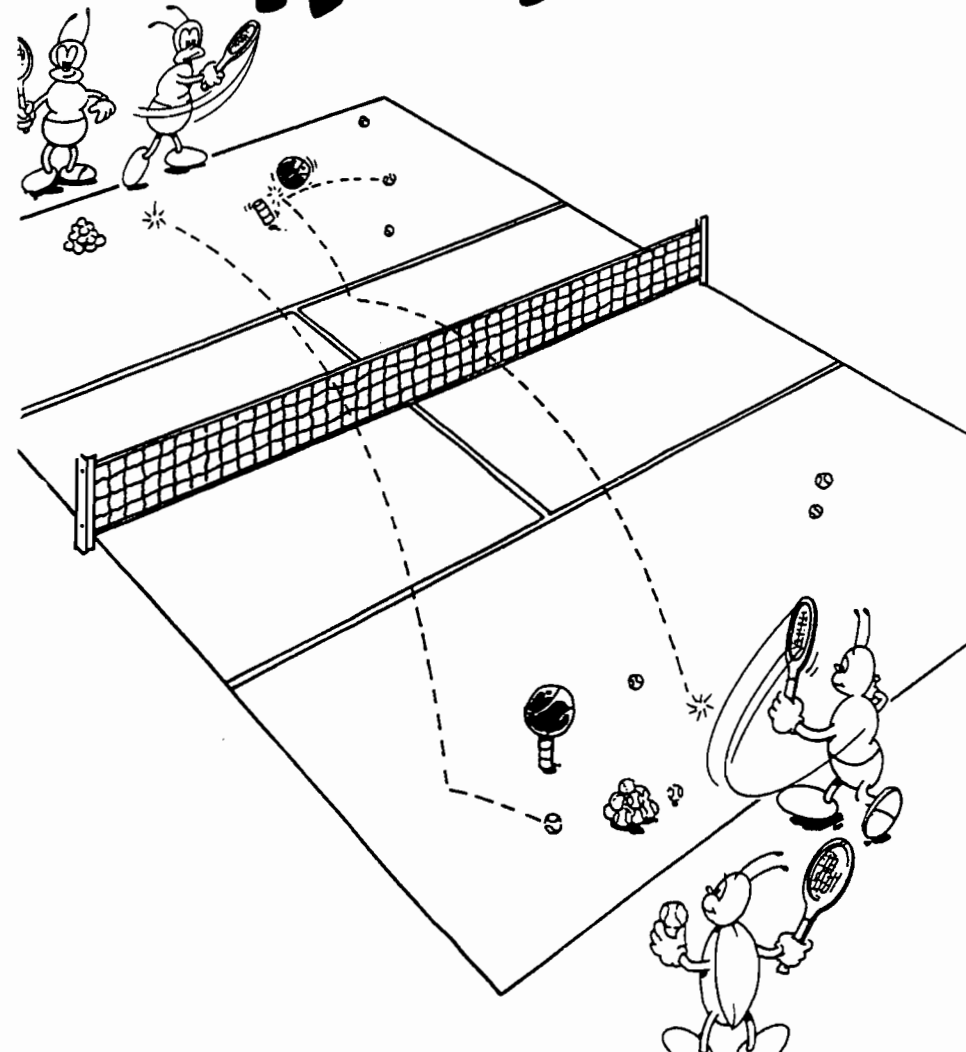
Equipment: Rackets, basketballs or tennis balls, tennis ball cans. Ball machine too.

Objectives:

1. Hit a specific target or area.
2. Learn overhand throwing motion for serve.

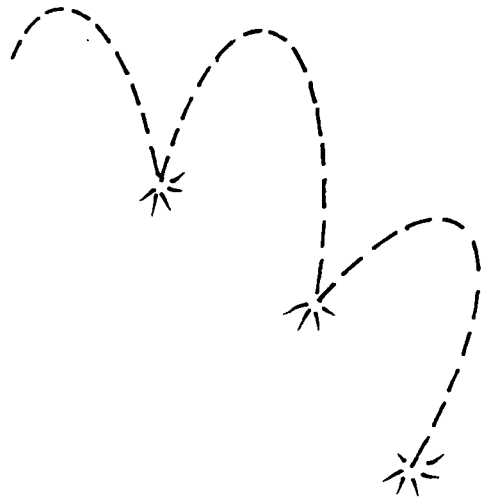


KNOCK IT OFF



38. Munchkin Relay

Description: Players form two teams in relay formation in each alley behind the baseline facing the net. Place 3 to 5 rackets on edge spaced evenly apart in each alley on the other side of the net. Players, in turn, run to the net and bunny hop over each racket. Circle the court and return to starting position. Next player may go when relay touch (e.g., high five) is made. First team to complete the circuit and be seated at baseline wins.



Variations: 1. Use each of the eight fundamental locomotor movements to circle the court. They are: walk, run, skip, gallop, slide, jump, hop and leap. 2. Place pairs of tennis rackets (flat or on edge), balls or jump ropes spaced apart in alleys as long jump hurdles.

Safety Note: Caution players to jump vigorously to clear hurdles.

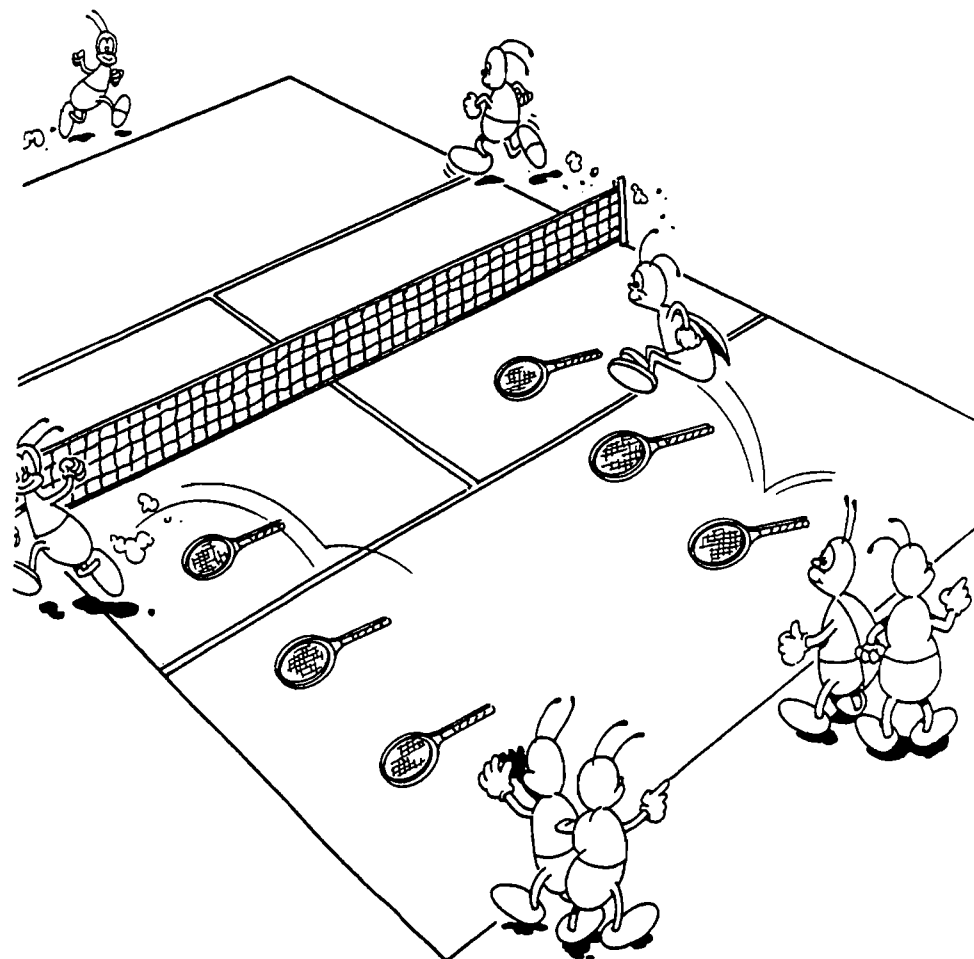
Players: 3-6 players per team in relay formation with 2 teams per court.

Equipment: 3-6 markers/team, tennis rackets.

Objectives:

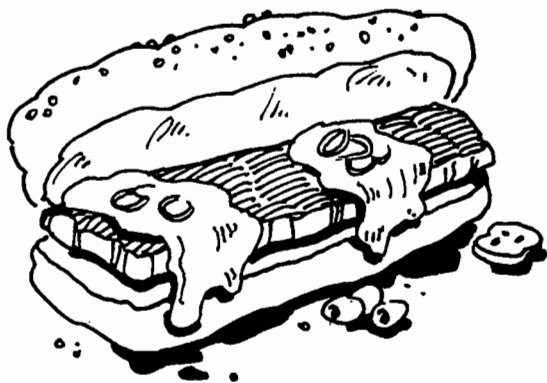
1. Develop leg strength and power.
2. Improve speed and endurance.

MUNCHKIN RELAY



49. Sandwich Tennis

Description: Players form two teams in relay formation behind baseline facing net. Each team has a stack of balls. First two players put one ball between their two rackets, race forward and flip the ball over the net. Next pair may go when both relay touches (e.g., high five) are made. First team to complete circuit and be seated at baseline wins.



Variations: 1. Partners hold rackets horizontally (flat) or vertically (up). 2. Carry 2-3 tennis balls between rackets. 3. Teams divided on each side of net. Partners take ball to net and pass it over net to next pair without using hands. Go to end of opposite line or return to same baseline. 4. Hands not permitted to touch tennis balls.

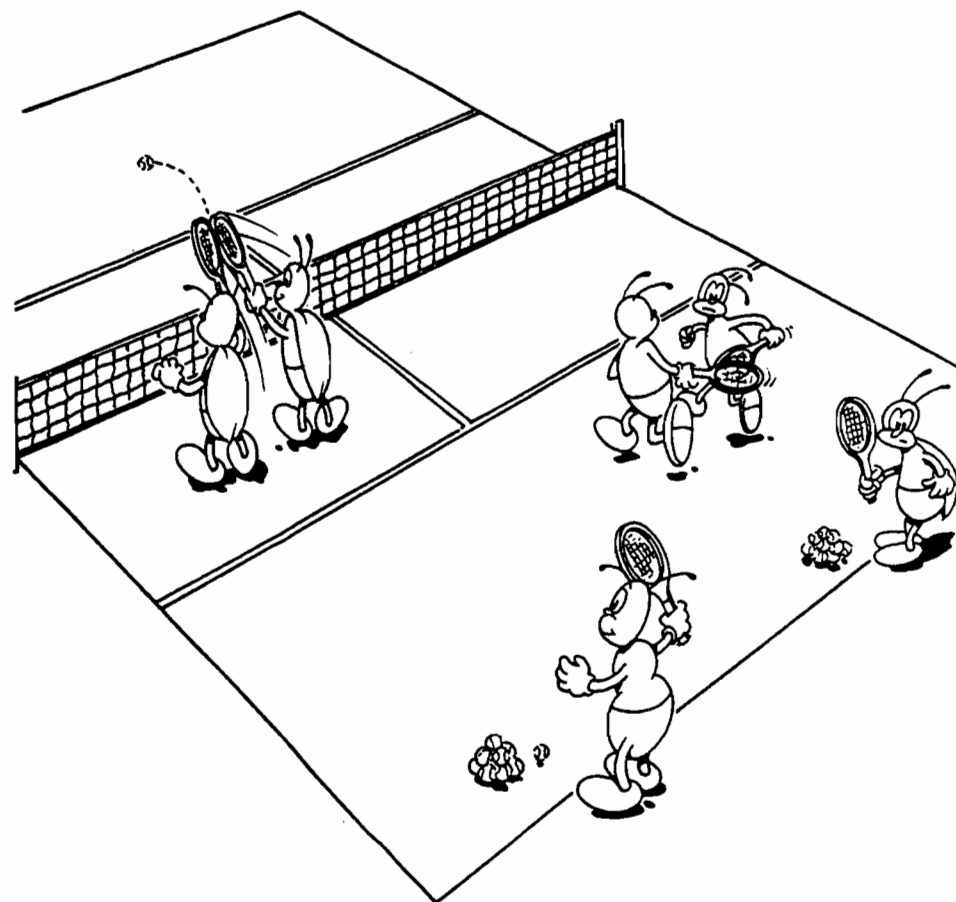
Players: 2-6 players per team in relay formation with 2-3 teams per court.

Equipment: Rackets, tennis balls.

Objectives:

1. Racket control.
2. Cooperation.
3. Have fun.

SANDWICH TENNIS



55. Team Toss

Description: Players are scattered about the area in random order. Leader tosses a ball to one player who tosses it to another until each player has received the ball with no repeats. Remember who the ball was tossed to each time and follow that order. Repeat. Start a second ball, third ball. See how many balls the group can send at one time.



Variations: 1. Use game as an ice breaker. Say your name and player to whom ball is passed. 2. Use a variety of balls. 3. Mix two groups of players together but toss only to your group.

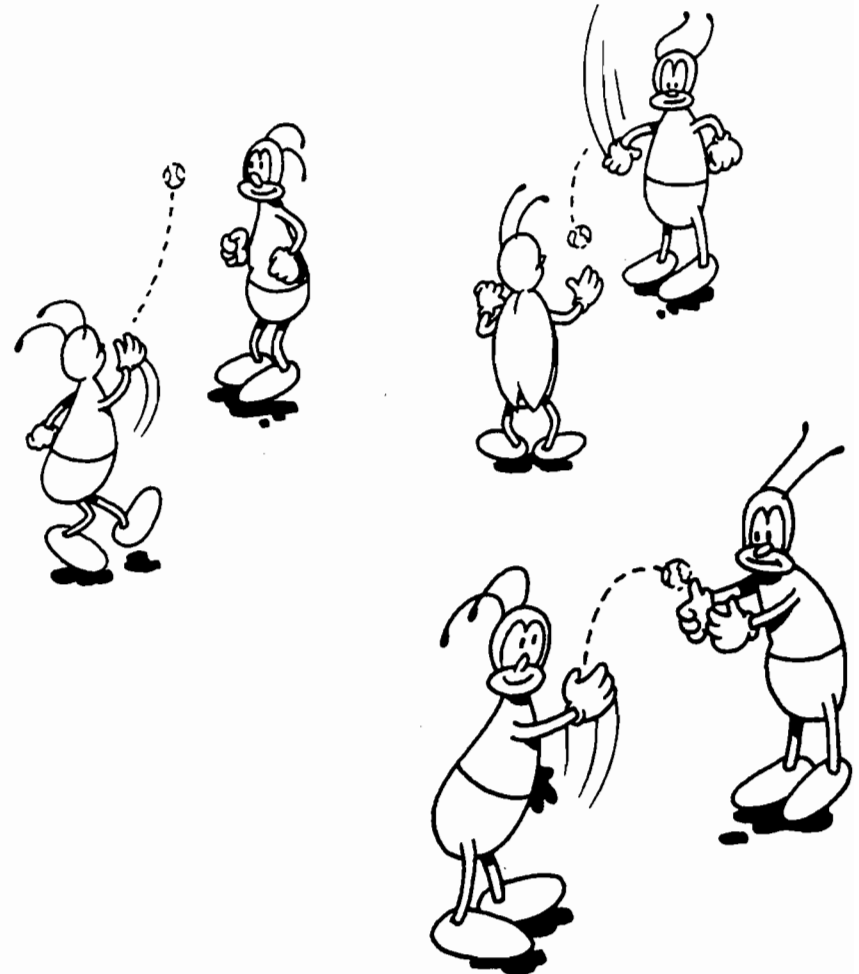
Players: One or two groups, any size.

Equipment: Tennis balls or a variety of balls.

Objectives:

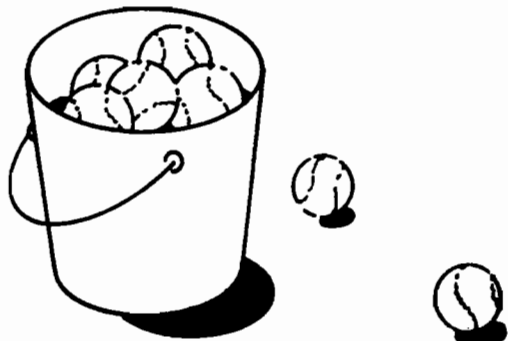
1. Develop hand-eye coordination.
2. Track ball in flight.
3. Fast reaction to ball.
4. Memory and remembering.

TEAM TOSS



57. Tennis Bucket Brigade

Description: Players on teams line up one behind another in relay formation. There is basket or stack of balls at one end of the line and empty basket at other end. First player on each team puts a ball on racket and passes it to next person in line with a drop-bounce. Each ball is passed this way (bucket brigade) until all balls are in other basket. First team to complete task and be seated in line wins.



Variations: 1. Place players far apart, baseline to baseline, so ball must be hit accurately from one player to the next. 2. Pass balls with air bounce. Players: 3-6 players on 2-6 teams per court.

Equipment: Rackets, tennis balls, baskets.

Objectives:

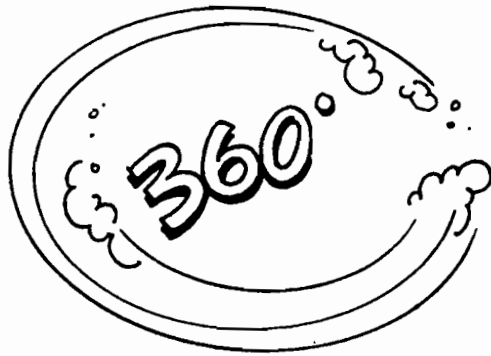
1. Racket and ball control.
2. Track ball in flight.

TENNIS BUCKET BRIGADE



63. Volley Spin Race

Description: Players form two teams behind the baseline facing the net. Parent is across the net. First two players run to the net, make a volley, spin 360 degrees, and receive a second volley feed from the parent. When both volleys are successfully completed, players return to the baseline and the next player follows in turn. First team to make all their volleys and be seated wins.



Variations: 1. Take one forehand and one backhand volley. 2. Require that volley go into backcourt. 3. Plays shuffle from one side of net to other taking one volley in each service court.

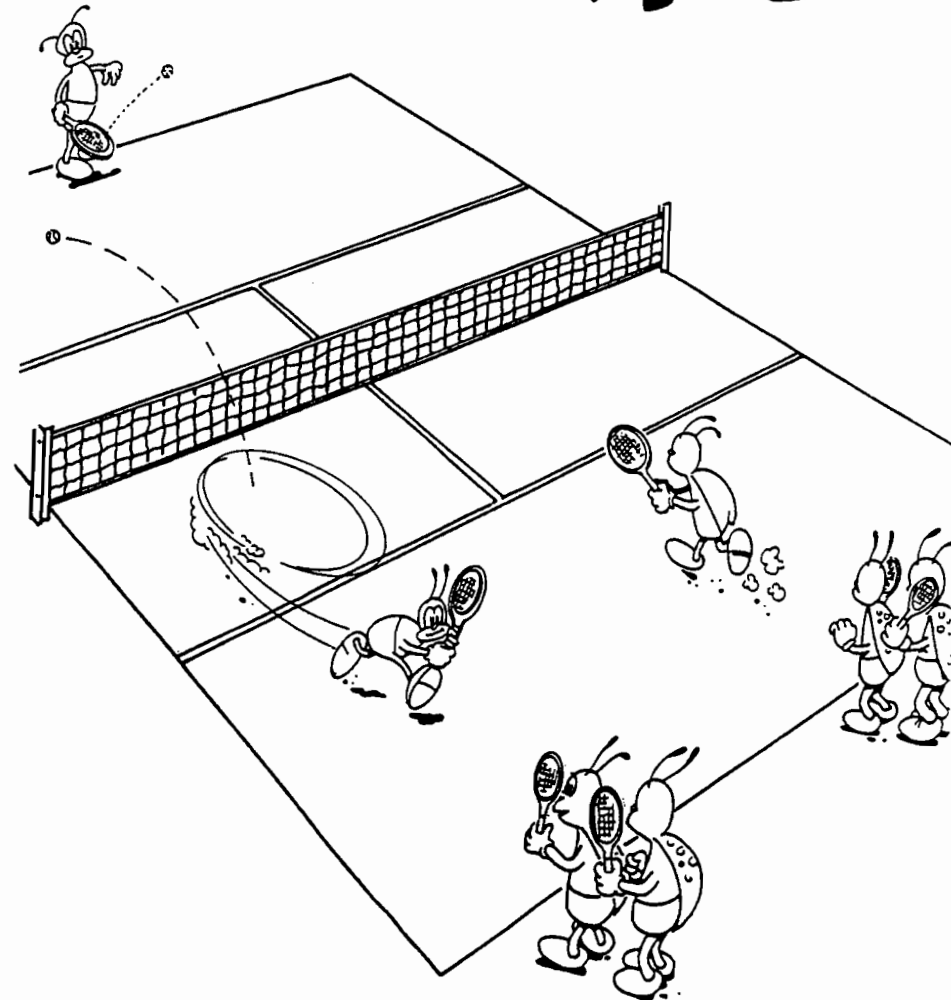
Players: 3-6 players per team in relay formation with 2 teams per court.

Equipment: Tennis balls, rackets.

Objectives:

1. Run fast and stop quickly.
2. Stop and volley.

VOLLEY SPIN RACE



65. Wacky Knees

Description: Players form lines of teams on the baseline facing the net. Tennis balls are stacked at the service line and a tennis racket is placed at the net in front of each team. Players run in turn to the stack, pick up one ball, place it between their knees, and run to the net. At the net, they pick up a racket, drop the ball and hit it over the net. Next player may go when relay touch (e.g., high five) is made. The first team to hit all their tennis balls over the net wins.



Variations: 1. The location on the court from which to hit can change from baseline to service line to net in order to increase difficulty. 2. Hit forehand, backhand, or serve.

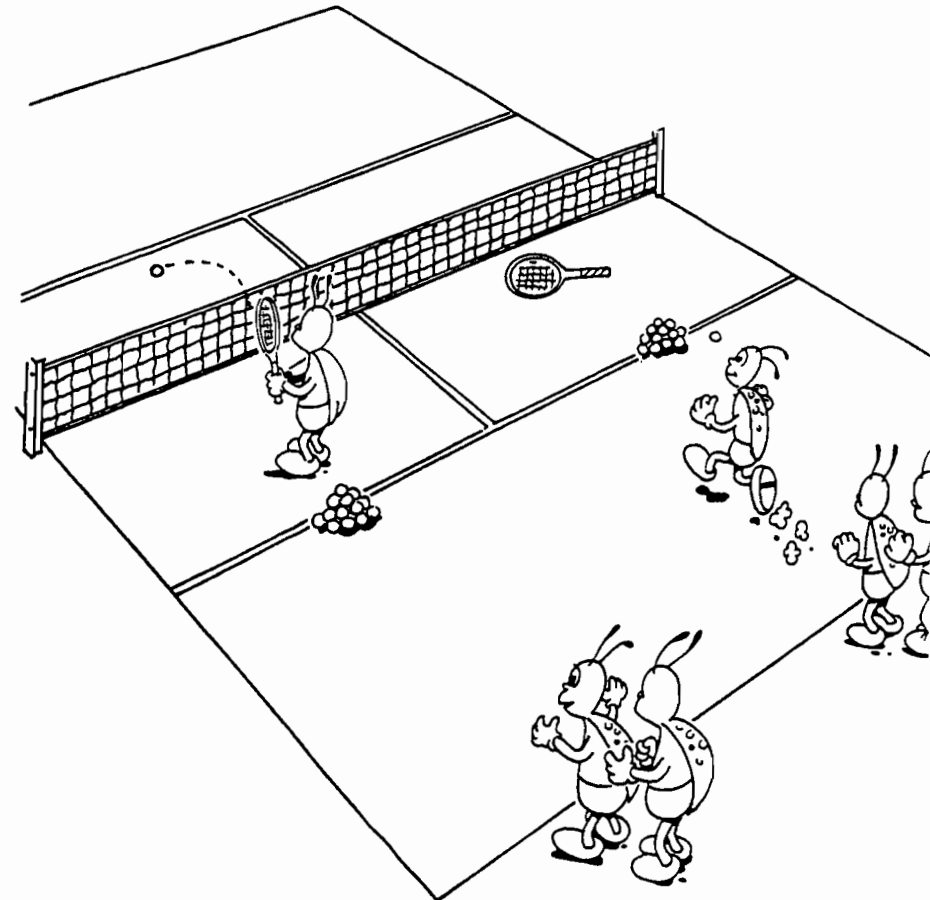
Players: 3-6 players per team in relay formation with 2 to 5 teams per court.

Equipment: Tennis balls, rackets.

Objectives:

1. Run fast and stop quickly.
2. Stroke ball across net with control.
3. Have fun.

WACKY KNEES



66. Waiter and Waitress

Description: Players form lines on the baseline facing the net. Players on each team run, one at a time, with the tennis ball on their racquet around a marker (e.g., cone, racket, ball can) and back to their team before the other team. The team that completes the relay first with all players sitting in a line at the baseline wins.



Variations: 1. Carry more tennis balls on racket and in hand to increase the level of difficulty. 2. Add other obstacles. 3. Drape towel over non-racket arm. 4. Carry racket overhead. 5. Dribble ball on court or in air.

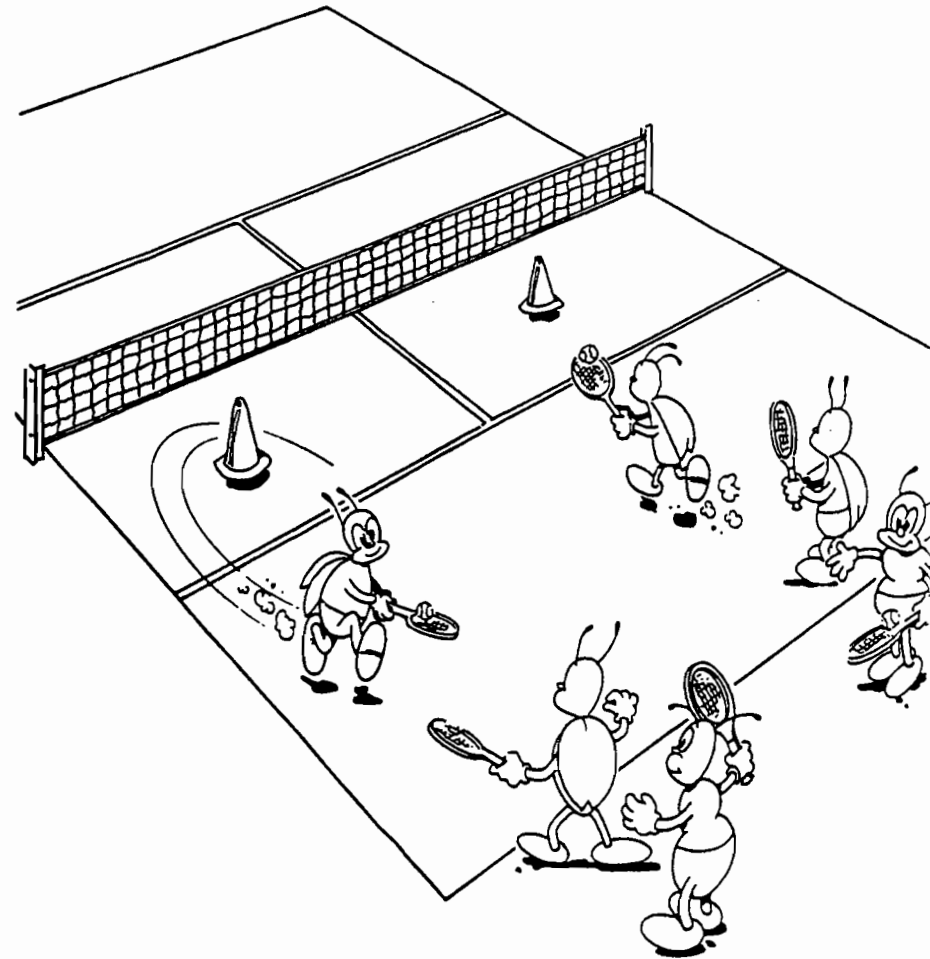
Players: 3-6 players per team in relay formation with 2 to 5 teams per court.

Equipment: Rackets, tennis balls, markers.

Objectives:

1. Develop wrist and arm strength.
2. Move quickly with racket control.

WAITER AND WAITRESS



70. Around The World

Description: Players form two equal teams, one on each side of net in relay formation behind the service line. Play Munchkin Tennis using service courts. Players, in turn, hit the ball over the net into the opposite service court and go to the end of their line. Next Munchkin moves forward to play the return. Begin with a drop-hit serve. Players may not hit ace on serve. Team scores 1 point when opponent fails to return the ball. First team to 4 points wins. *or: team vs. parent.*

Variations: 1. Use only one racket per team. 2. Eliminate players who do not make successful returns. 3. As singles game, players sprint to end of the line across net after their turn. Eliminate players as in Variation 2. Last two players "stay home" and conclude the game as a singles match. 4. For more advanced Munchkins, use the entire court with the most appropriate variation.

Players: Any number on two equal teams.

Equipment: Tennis rackets, tennis balls.

Objectives:

1. Watch the ball.
2. Learn to play tennis.
3. Court position and coverage.
4. Learn tennis scoring system.
5. Have fun.

71. Baseball Knockout Tennis

Description: Players line up in the alley with rackets and take turns batting as in baseball. Parent on the other side of the net throws or feeds the ball to each player at baseline. When players hit the ball in the designated areas, they are safe and can return to the dugout (alley) and await their next turn. When players miss, they must put their racket in the other alley and come to the side of the net with the parent. Player can rejoin the hitting side in the dugout by catching a ball. Start game with three or four players in designated area. The last remaining batter wins when all other players are in the designated areas trying to catch the ball.

Variations: 1. Batter's place on court can change from service line to baseline in order to increase difficulty. 2. Designate backcourt, frontcourt or alleys as only areas for safe hits. 3. Hit forehand, backhand, or volley. 4. Ball may bounce one, two or three times before catching it depending on skill level of players. 5. Parent can deflect or pop up (with racket) hits so it can be caught more easily or direct ball away from fielders to protect batters.

Players: 6 to 12 players per court.

Equipment: Tennis balls, rackets.

Objectives:

1. Stroke ball with control, not power.
2. Develop hand-eye coordination.
3. Track ball in flight.
4. Move to the ball in order to catch it.

86. Tennis Volleyball

Description: Players form 2 equal teams on each side of net. Volley large beachball back and forth across net. Any number of hits per side with one or two hands or rackets are permitted. Ball must be hit upward. Use tennis serving and scoring system.

Safety Note: *Remind players about safety when rackets are used.*

Variations: 1. Adjust height of net, number of bounces, and one or two hand hits to the developmental level of players. 2. Must play ball in air before it bounces. 3. When played at tennis net, each hit that crosses the net must go upward.

Players: Any number on two teams.

Equipment: Tennis or volleyball net, large beachball.

Objectives:

1. Watch the ball.
2. Track ball in flight.
3. Develop hand-eye coordination.
4. Teamwork.
5. Have fun.

87. Towel Tennis

Description: Players are in 2-6 groups of 5 each with one racket, one large towel and 5 tennis balls. Of the players, 1 hits, 2 players hold towel and catch tennis balls, 1 feeds hitter, 1 retrieves misses. Hitter at baseline, catchers with towel in service court. Each player in turn hits one ball upward which is caught in towel on fly or bounce. Continue until each player hits one ball that is caught in towel. Take turns hitting, retrieving and catching until each player has a turn.

Variations: 1. Throw and catch a larger volleyball or playground ball for younger children. 2. Ball may bounce more than once. 3. Use 6-8 players for large blankets. 4. See Blanket Tennis on page 223.

Players: Groups of 5.

Equipment: Rackets, tennis balls, blankets or towels.

Objectives:

1. Develop hand-eye coordination.
2. Track ball in flight.
3. Teamwork.
4. Hit the ball in a specific direction.