



Tennis Ball Skills

ACTIVITY

Now here's a challenge: How many different games can your class play with a tennis ball?

Game #1: Air Toss

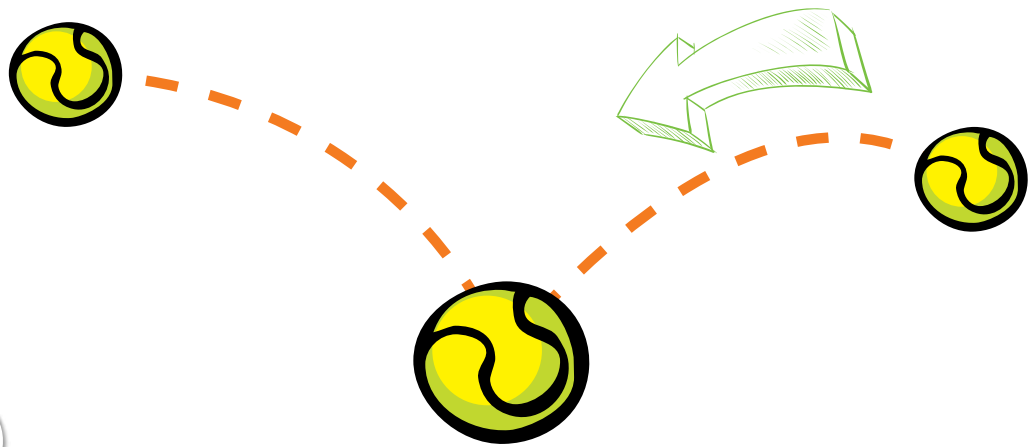
Too simple for words: Have students lie on the grass and throw a tennis ball straight into the air, and catch it! Or, in the classroom, have students stand up near their desks, hold the ball straight in front of them, and toss it straight up in the air.

Game #2: Skill Drills

Have your students make signs with different skill challenges (e.g., "Dribble like a basketball" or "Bounce and catch," or "Toss from hand to hand"). Give 1 tennis ball to each person, and at the mark of "go," hold up a sign and have everyone practice that skill. After a minute or so, blow the whistle and hold up a different card.

SKILLS

These fun games help build hand-eye coordination, motor skills, and agility.



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