

Power Skills



Great Games

Moving skillfully and thinking strategically

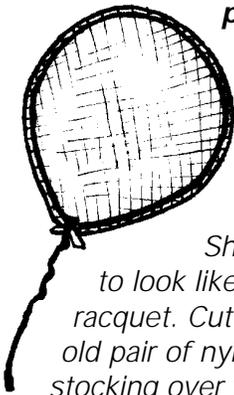
TERRIFIC TENNIS!

Ready!

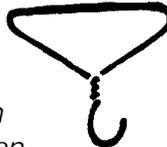
Find a racquet to play with or make your own!

Materials:

- Wire hanger
- Nylon stockings
- Tape



Shape the hanger to look like a short tennis racquet. Cut out the leg of an old pair of nylons. Pull the nylon stocking over the wire racquet so it is tight. Use tape to cover rough or sharp edges on the handle.



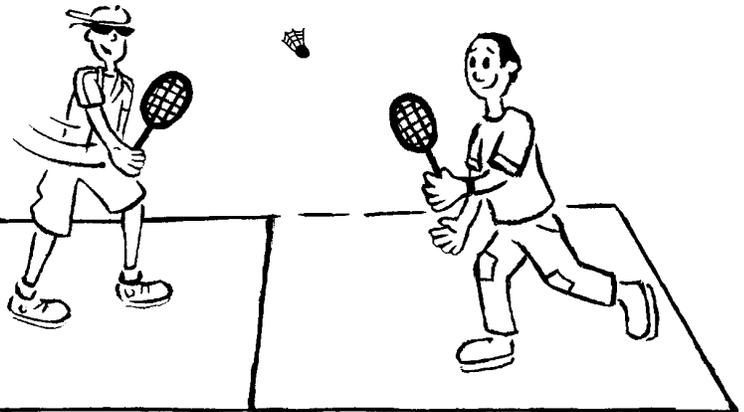
GO!

Play the game to 20 points, then make the game more challenging by adding new rules, changing the size and shape of the court or using another type of ball. Think of variations on the game that could be played with 4, 6 or even 8 players!

Turn up the heat!

You add the challenge!

- Play on a tennis court.
- Increase the speed. How many times can you hit the ball back and forth in 3 minutes?
- Add rules to increase the intensity.



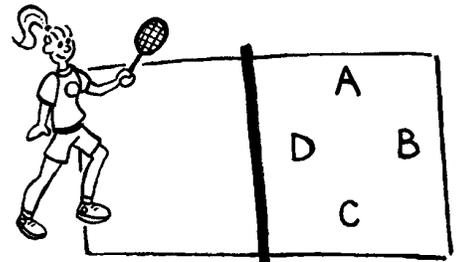
Set!

- Set the boundaries for a court using chalk, shoes, mittens, etc.
- Start with a smaller court and make it bigger as you get better.
- Divide the court into two areas.
- Make a net by using string or a blanket.

Learn the Game

- The object of the game is to keep the ball in the air for as long as possible without letting it drop.
- Each player can only hit the ball once before sending it over the net.
- If the ball lands in your opponent's court, then you get a point.
- If you hit the ball out of bounds, then your opponent gets a point.

Strategic Thinkers: THINK, PLAN, DO!



- A. Try to hit the ball to places on the court away from your opponent.

If your opponent is in position:

A
B
C
D

You should aim the ball at position:

- B. Try to use a variety of 'fakes' to outsmart your opponent. For example, fake a shot to the left and then hit it right, or fake a hard shot and then hit it really light, etc.