

AT HOME TENNIS CHALLENGE

During this time when group class is paused, and we are home more than ever before, we challenge you to a series of activities that will improve your game and keep you sharp for when you return to the courts. You don't have to complete every challenge each day. Do as many as you like or just 1 or 2 a day. Set goals for the week and have a planned time to work on your tennis. Share your progress on Instagram or Twitter by tagging @gopherranch #StayAtHome #TennisAtHome #SRPLimitlessShelterInTennisChallenge #NetGeneration #ScottsdaleRanchTennis or send us your progress via email. Most of all have fun with it!

Racquet Skills

Create a court of any size, using anything, inside or in your yard, and play a match against someone in your house.

Day 1	2	3	4	5	6	7

Play Half-Lobster (trap and tap) forehands and backhands

Day 1	2	3	4	5	6	7

Rally volleys against the wall (no bounce!)

Day 1	2	3	4	5	6	7

Rolling rally tennis (cooperatively and competitively)

Day 1	2	3	4	5	6	7

Longest self rally (forehands, backhands, edgies)

Day 1	2	3	4	5	6	7

Set a personal record for your longest rally against a wall

Record 1	2	3	4	5	6	7

Toss for serve and catch in cone above head

1	2	3	4	5	6	7

Athletic Skills

Play make 'em move different ways

Day 1	2	3	4	5	6	7

Play the Racquet Quickness game different ways

Day 1	2	3	4	5	6	7

Jump rope different ways

Day 1	2	3	4	5	6	7

Play Big Ball Tennis (cooperatively and competitively)

Day 1	2	3	4	5	6	7

Play All Fours Catch (cooperatively and competitively)

Record 1	2	3	4	5	6	7

Write a note or send a text thanking someone who displays great sportsmanship. Pass it on.

Day 1	2	3	4	5	6	7

Play wall ball (toss and catch against a wall, progress to 1 hand catch)

Day 1	2	3	4	5	6	7