

Crazy 8's (Tennis)

Objective: To hit ball into diagonal court and down the line to opposite court, moving side to side to receive and return balls and using forehand and backhand strokes

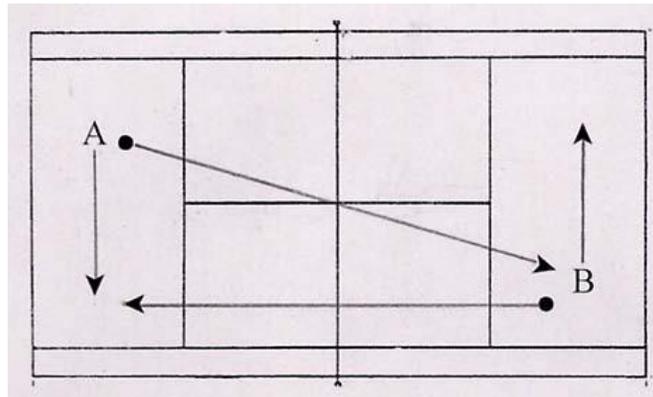
Facility: One tennis court per two students

Level: Ages 10 and up

Time: 8 minutes

Equipment: 1 tennis racket per player; 1 tennis ball per two players.

Organization: Two players in diagonal opposite sides of net; the boundaries of the court are the singles tennis court lines



Directions:

1. Players determine who will hit ball diagonally across court (A) and who will hit it down the line to opposite court (B).
2. Player A drops ball in her/his back court and hits it diagonally to opposite court, then quickly moves to opposite side of court (see diagram above).
3. Player B returns ball down the line to opposite court and moves quickly to opposite side of court (see diagram above).
4. Play continues with ball moving in a figure 8 pattern.
5. If the players can keep the ball moving in this pattern for eight strokes, they win.
6. Change serves and roles (cross court or line) every serve. Change sides every four games.
7. This is a cooperative game with emphasis on ball control and hitting ball while moving.



Variation:

* Play a specified number of rounds. Score is the number of consecutive hits made in each round. Each pair totals his/her score for these rounds. Teacher records scores and determines place finish of each pair.

* Expand boundaries to doubles court.

* Score each round. Object is to try to beat your best score each round.

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Submitted by Debra Sension-Hall, January 2009