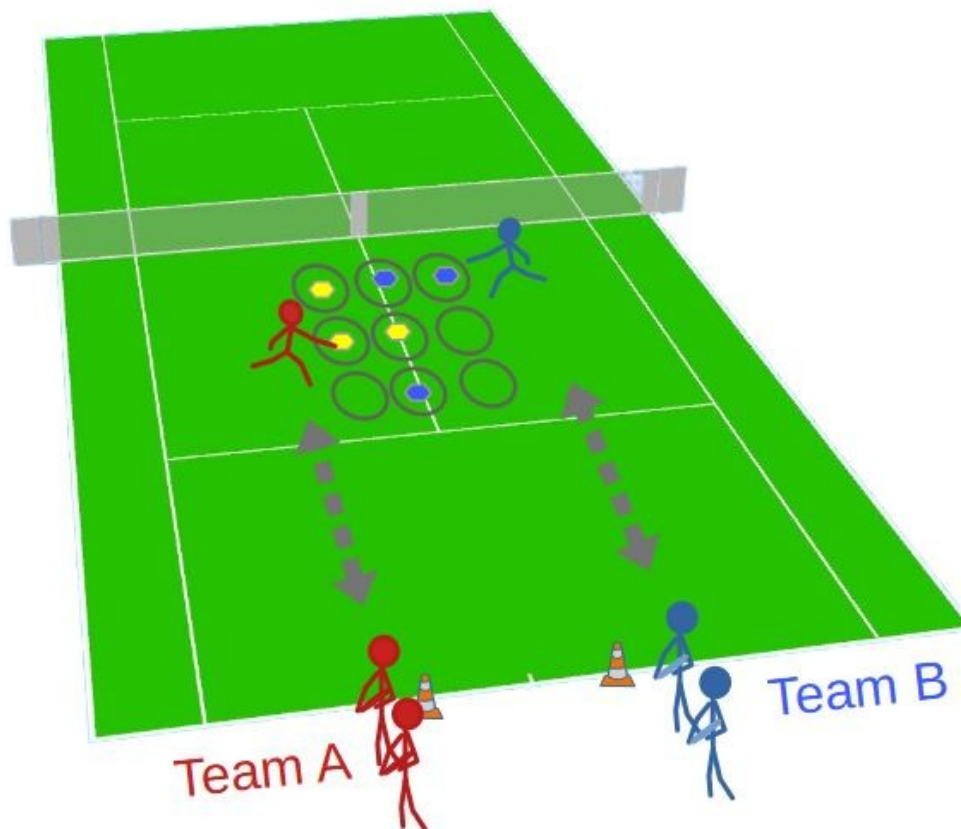


Tennis exercise: The game of tic-tac-toe tennis

Catégorie(s) :	warm-up, tic-tac-toe, reactivity, reflection
Niveau :	Yellow ball – Intermediate
Durée :	10 min
Matériels :	hoops, colored t-shirt



Hi

A fun and nice little game to use as an example during group lessons: the game of tic-tac-toe tennis

Description and purpose of the exercise:

The goal is to line up 3 jerseys like tic-tac-toe.

Each team plays in relays, the first to succeed wins. This exercise works on speed and reflection/

Organization of the exercise:

9 hoop and 2 x 3 jersey in 2 colors

Each player will relay place/move 1 jersey

Benefits of exercise:

Speed, Reflection, Concentration



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>