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## Homeworks for Ages 5-6

- Drop and Catch** – Practice dropping and catching a small ball seven times after the bounce, with both hands. Practice dropping the ball to either side of you and in front of you. Bounce it close and then far away from you. How many times can you get to seven (consecutive)? Score: \_\_\_\_\_  
Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Train Crash** – Practice rolling two balls along the ground between you and a partner, each of you rolling a ball at the same time. How many times can you keep the balls rolling without losing them? Can you roll them to the side of your partner? Can you make the ball go faster and slower? Do you get behind and to the side of the ball just like you do when you hit the ball? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Catches in a Row** – Practice catching the ball with both hands after someone else has thrown it with a big space between the two of you. Each time you must catch it at waist height after just one bounce. Try to get seven catches without a mistake. Try to move closer together so you have less time to get to the ball. \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Catch to the Side** – Throw and catch a ball after one bounce that a partner has thrown to you. You must throw and catch it with your one hand and to the side of you. Make sure you try to catch on both sides of your body and with different hands so you will change your catching hand. Can you catch 10 times in a row? Can you move and catch a ball that is two or three steps away from you? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Target Throws** – Put a large target, like a hoop, on the ground about 15 feet away from you. Throw the ball underhand to hit the target at least 10 times. See how many times you can get 10. Move farther away and still hit the target. How far can you throw and still hit the target? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Three Targets in a Row** - Put three small targets in a row, with at least 6 feet between them. Get someone to tell you which target to aim at, and then make the ball land on the target with an underhand throw. How many times can you hit without missing? Increase the distance you stand away from the first target and still hit the right target. \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Over the Barrier** – With a partner, throw a ball overhead as high as possible over a high barrier for your partner to catch. Can you make the ball go straight and high for the partner to catch before it bounces? How far can you throw it and still reach the partner? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- Target Tennis** – Put large and small targets on the ground about 10 feet away from you. Throw the ball underhand to hit each target as many times as you can. See how many times you can get 10. Then do the same thing but with overhead throws. Which are you best at? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_



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