



Coach Eric Pascualdo, USPTA

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### Homeworks for Ages 7- 8

- 1. Grand Canyon** – Find a long line on the ground (like a sideline of the tennis court or your garden path) and walk along it, placing one foot in front of the other all the way along, as if you are in a tightrope. Try not to wobble. It will help to keep your arms by your sides. How far can you go without losing your balance? Can you go backward, too? Try to look at the line a distance in front of you, not underneath you.  
\_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 2. Hot Hopping** – Put 10 markers on the ground with a space about 2 feet between them. Try to hop on one leg around the markers as fast as you can, making sure you keep your balance. You can change legs. It helps to keep your head up and eyes forward. \_\_\_\_\_ Date accomplished: \_\_\_\_\_  
Parent helping: \_\_\_\_\_
- 3. Foot Skills** – Put 10 markers on the ground with about 3 feet between them. Try to move in and out of the markers with a ball close to your feet. You must keep the ball close and you must not touch the marker with the ball. How far around can you get? How fast can you go? Can you do this with both feet?  
\_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 4. Racquet Balance** – Put two balls on your racquet and see how far and how fast you can run without them falling off. \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 5. Keepie-Uppies** – How many keepie-uppies can you do? The ball must go up in the air from your racquet and not touching the ground or your hand at all. Try to do at least 20 without stopping.  
\_\_\_\_\_. Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 6. Uppies and Downies** - Do “keepie-uppies”, changing the side of the racquet between each tap. Can you get at least 25 without stopping? Try to tap the ball up in the air and down on the ground with the edge of the racquet. How many times can you do of each? Which is easier? \_\_\_\_\_  
Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 7. Sideways Keepie-Uppies** – Do “keepie-uppies”, changing the side of the racquet between each tap. Can you get at least 25 without stopping? Can you get to at least 20 without stopping? If you get really good, try and hit the ball with the edge of the racquet as well. \_\_\_\_\_  
Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_
- 8. Up and Down** – Do “keepie-uppies”, alternating each time between the ball hitting the ground and being hit up in the air. Can you get at least 20 without stopping? Can you do it while moving around? \_\_\_\_\_ Date accomplished: \_\_\_\_\_ Parent helping: \_\_\_\_\_



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