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Homeworks for Ages 9– 10

- 1. Around the Back** – Practice hitting a ball up in the air after each bounce. Between each hit, pass the racquet behind your back and to the other hand. How many can you do without losing the ball?
_____ Date accomplished: _____ Parent helping: _____
- 2. Around the World** – Standing still and not moving your feet, bounce the ball so that you move it right around your body and back to the front without losing it. Make sure you go around both ways. _____ Date accomplished: _____ Parent helping: _____
- 3. Fast Reactions** – With a partner, practice your quick reactions. One of you has two balls and drops one of them for the other person to catch. You can catch it after one bounce, but see if you can catch it before it hits the ground. As you get better, move farther away from your partner.
_____ Date accomplished: _____ Parent helping: _____
- 4. Target Choice** – Put five targets in a row with at least 6 feet between them and 12 feet from you. Get someone to throw you a ball and tell you which target to aim at. You need to hit the ball with a forehand to land on the target. How many targets can you hit without missing? Can you do it with a backhand?
_____ Date accomplished: _____ Parent helping: _____
- 5. Spinning Balls** – With a racquet and a ball, first practice tapping the ball straight up in the air at least 20 times. Then do the same thing, but each time the ball hits the racquet, spin the ball with the strings so that the ball spins as it leaves the racquet. _____
Date accomplished: _____ Parent helping: _____
- 6. Marker Speed** - Make sure you are really warm. Put 10 markers down on the ground with a space about 2 feet between them. Try to run in and out of the markers as fast as you can and come back to the start. Keep as close as you can to the markers. Try and get someone to time you. See if you can do better next time. _____ Date accomplished: _____ Parent helping: _____
- 7. Jump Rope** – How far can you get with different skills? Practice 10 times with alternate feet, without stopping change to 10 sideways jumps, then 10 backward jumps, then 10 with both feet together. Go back to the beginning each time you make a mistake. _____
Date accomplished: _____ Parent helping: _____
- 8. Target Ball** – Practice throwing tennis balls overhead at targets that are different distances away. How far can you throw? How close can you get to the target? _____
Date accomplished: _____ Parent helping: _____



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