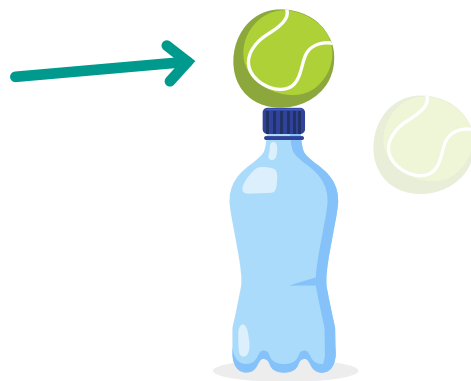


FRENCH OPEN SERVING CHALLENGE

LEVEL 1



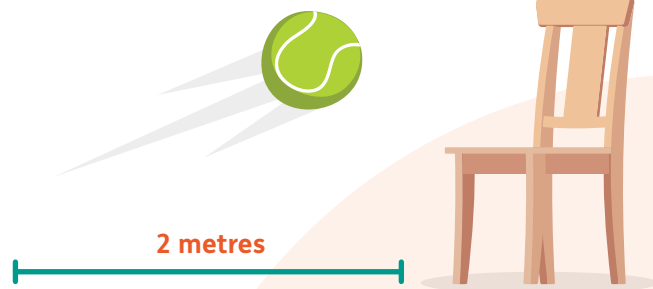
Place a ball on top of a bottle or table next to you. Can you knock a ball off the top of a plastic bottle or a table?

Out of 10 balls, how many can you knock off?

In your garden or tennis court.

Using a tennis ball, use your hand or a tennis racket. Stand 2 metres away from a garden chair. Hit an underarm serve to hit the ball over the chair.

How many serves out of 10 can you hit the ball over the chair?



LEVEL 2

In your garden or tennis court.

Stand 2 metres away from a chair.

Using your hand or tennis racket, hit the ball with an underarm serve over the chair.

How many serves out of 10 can you hit over the chair into a 1 metre square target area?

LEVEL 3

