

U.S OPEN RALLYING CHALLENGE

LEVEL 1



Using a balloon – can you:

- A) keep tapping the balloon up in the air on your own. You can use any part of the body.
- B) working with a partner, hitting the balloon to each other.

How many tap-ups/rally of hits can you do in 1 minute?

Using your hand or racket and using a tennis ball. Either:

- A) Rally against a wall on your own
- B) Rally with a partner in the garden or on a tennis court

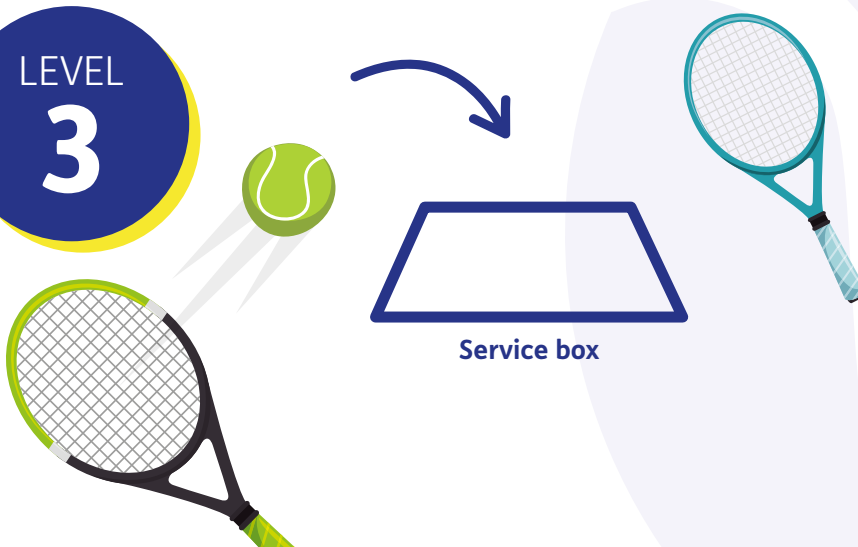
You can have 2 bounces if needed.

How many hits can you do in 1 minute?



LEVEL 2

LEVEL 3



Using your racket and using a tennis ball. Either:

- A) Rally against a wall on your own
- B) Rally with a partner in the garden or on a tennis court in the service box

You can only use 1 bounce.

How many hits can you do in 1 minute?