



Home work Skill Development 7-8

- 1) **The 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 on 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 backwards, too? Try to look at the line a distance in front of you, not underneath you.
- 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.
- 3) **Foot Skills-** Put 10 markers on the ground with about 3 feet between them. Try to move in and out on 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?
- 4) **Racquet Balance-** Put two balls on your racquet and see how far and how fast you can run without them falling off.
- 5) **Keepie-Uppies-** How many “keepie-uppies” can you do? The ball must go up in the air from your racquet and not touch the ground or your hand at all. Try to do at least 20 without stopping.