Tennis is a sport that offers a wide range of physical, mental, and social benefits. Here are some of the key advantages of playing tennis:

**1. Physical Fitness:**

* **Cardiovascular Health:** Tennis is an excellent aerobic exercise that promotes cardiovascular fitness, helping to improve heart health and stamina.
* **Strength and Endurance:** The sport involves a combination of short sprints, lateral movements, and quick changes in direction, contributing to overall muscle strength and endurance.

**2. Improved Coordination and Agility:**

* Tennis requires quick reflexes, hand-eye coordination, and precise footwork. Regular play enhances these skills, leading to improved overall coordination and agility.

**3. Weight Management:**

* Engaging in regular tennis activities helps burn calories and maintain a healthy weight. It can be an effective component of a weight management or weight loss program.

**4. Social Benefits:**

* Tennis is often played in pairs or doubles, promoting social interaction and teamwork. It provides an opportunity for individuals to build friendships, foster teamwork, and develop good sportsmanship.

**5. Stress Reduction:**

* Physical activity, including playing tennis, triggers the release of endorphins, which are natural mood lifters. Regular participation in tennis can help reduce stress and improve mental well-being.

**6. Mental Sharpness:**

* Tennis involves strategic thinking, concentration, and problem-solving on the court. The mental aspects of the game contribute to cognitive development and help keep the mind sharp.

**7. Lifelong Activity:**

* Tennis is a sport that can be enjoyed throughout one's life. It is accessible to people of different ages and skill levels, making it a sustainable and lifelong recreational activity.

**8. Discipline and Time Management:**

* Tennis requires commitment to practice and improve skills. Regular training sessions instill discipline and time management skills in players, helping them balance academics, work, or other responsibilities.

**9. Confidence Building:**

* Success in tennis, whether in mastering a stroke or winning a match, can boost self-esteem and confidence. Overcoming challenges on the court can translate to improved resilience in various aspects of life.

**10. Sense of Achievement:**

* Setting and achieving goals in tennis, whether related to skill improvement or match performance, provides a sense of accomplishment and motivation to continue learning and growing.

Overall, tennis is a well-rounded sport that not only contributes to physical health but also offers a range of mental and social benefits. Whether played recreationally or competitively, tennis is a sport that can enrich the lives of those who participate in it.

**Exercises we recommend!**

*At Grafton we recommend to be doing as many of these exercises outside lesson participation. Tennis is a difficult sport to learn with many different skill sets being used which requires more repetitions than most activities. Doing as many of these as possible will increase the chance of your child enjoying the sport for as long as possible.*

When introducing tennis exercises to children it's important to keep the activities fun, engaging, and age-appropriate. Here are some tennis exercises and activities tailored for young children and can be done in a small space:

* **Underam Throwing and Catching**- making sure there is 1 bounce before each catch. You can increase the difficulty by:
1. throwing the ball slightly to the left or right
2. throwing the ball slightly higher or lower
3. increasing the distance between you and the child
* **Overarm Throwing and Catching** (larger space required) – technical tips for overarm throwing:
1. Standing sideways
2. Dominant hand behind the ear
3. Non dominant arm stretching upwards

 **Racket Exercises**

1. Balancing ball on the racket face
2. Circling ball around the racket face
3. Floor Tennis- rolling ball on the floor with the racket to a target
4. Tap ups (self rally) – bounce and tap to themselves
5. Racket Catches – ball bounces and child has to catch the ball onto the racket face without it falling off
6. Volleys- child hits without the ball bouncing on the floor.
7. Tap downs – tapping down the ball with or without a racket
8. Rallying in a small space with parent