

RED BALL **COMPETITION** **FORMATS**



INTRODUCTION

This guidance is designed to support the delivery of Red Ball tennis competitions for Secondary school students.

Red Ball tennis may be the most appropriate format for students as it is a fun modified version of the game, played on a smaller court using red felt or sponge balls, which makes the game accessible to all abilities.

A red court can be set up across full size tennis courts, inside on a badminton court or anywhere there is enough space to put up a net.

The following guidance document demonstrates how you can support young people before, during and after the competition to have a positive experience. There are example formats for both inter and intra competitions involving games and match play, based on the time available. All formats are flexible and can be amended to suit the students involved, and the time and space available.

There are additional Red Ball resources on the schools website [here](#).

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SELECTING STUDENTS

Think about your young people first! Which young people in your school could benefit from the opportunity of a positive experience of competition that could support their personal development?

Try to understand their motivations for taking part before you enter them into or create competitions to make sure that the opportunity meets their needs. To support you in your planning, consider the following:



SPACE	Number of Courts	You can play Red Ball activities across 1, 2, 3, 4 courts or more.
	Court Size	A Red Ball court can be set up across full size tennis courts, inside on a badminton court or anywhere there is enough space to put up a net.
	Environment	Consider what space you have available to you and how they best match the environment that is right for your young people. Consider if the space is visible to others watching and the impact this might have.
TASK	Selection of activities	Full List of Red Ball Tennis games can be found here When choosing the activities, consider involving young people in deciding which games they would most want to play.
	Selection of values	Identify which values you would like to focus on as part of your scoring system.
	Selection of delivery format	Aim to choose a format that best fits the young people you are working with, space and time available. You could play in curriculum time, during a lunchtime, or before or after school. You can also play as an intra or inter competition.
EQUIPMENT	Selection of equipment	Nets, Rackets, Balls - select the equipment that is readily available and most suitable for the selected students taking part.
PEOPLE	Number of young people participating	2-32 young people – the format can be adapted to accommodate how many young people are in attendance.
	Selection of young people	The competition format is designed to increase engagement in tennis for those not currently engaged.
	Roles available	A young person could take on a variety of roles in your competition - Player, Young Leader, Coach, Official, Event Manager, Scorers, Reporters etc. For more support with young leaders, including the free Tennis Leaders course, click here

PREPARING STUDENTS

A competition is much more than an isolated event.

Ensuring time is spent building confidence and knowledge as well as developing physical competence will help young people to thrive and grow in competitive situations. To support you in your planning, consider the following:



SPACE	Court Size	Allow young people to practice on the same size court that will be used in the competition. This will help young people increase their confidence and competence prior to competition.
	Safety	Ensure prior to participation the area is considered safe and fit for purpose.
TASK	Purposeful practice	Sharing the activities with young people prior to a competition provides them with opportunities to practice the specific games and build confidence and competence. Full List of Red Ball Tennis games can be found here
	Understanding the values	The values that you focus on in your competition should be shared with young people beforehand. Think about how you can best demonstrate what the values mean and how they relate to young people.
	Selection of delivery format	Share the delivery format with young people before the competition. This will improve their knowledge and understanding of the event, whilst lowering any anxieties they may have.
EQUIPMENT	Use of equipment	Allow young people to play with the equipment prior to the competition if possible.
PEOPLE	Readiness of the learner	Spend time understanding the motivation, confidence, competence, knowledge & understanding of your young people. From this, you can help consider how best to prepare them to have a positive experience.
	Building teamwork	Allowing young people time to practice and play together before a competition encourages social interactions and develops their teamwork skills.
	Roles available	Ensure young people understand the different roles they are assigned and provide training where appropriate to support young people's preparation.

SUPPORTING A POSITIVE EXPERIENCE

Through creating a supportive environment that focuses on the process as opposed to final standings, teachers, parents/carers and peers can help a young person to understand and perceive an experience to be positive.

To support you in your planning, consider the following:



SPACE	Create a welcoming environment	Consider how you can make the space you have available welcoming for young people. You could use the space to celebrate the values you are focusing on or create areas for young people to relax or practice in different marked out zones. You could let the young people choose music to play.
	Spectators	Be aware of whether or not your space is viewable by spectators. Some young people may prefer to play without others watching them.
	Safety	Ensure that you review the space being used during competition so that it is safe and fit for purpose throughout.
TASK	Celebrate Success	Use the competition scorecard to celebrate different successes in your event. Consider how you use the after event de-brief, assemblies or newsletters to celebrate a variety of successes and profile the values included.
	Opportunities to improve	The games played within your competition can continue to be played after the event. Challenge young people to keep playing the games and try to improve their scores.
EQUIPMENT	Be ready to be flexible	You may need to quickly adapt the equipment you are using to better meet the needs of the young people taking part. For example, lowering the net.
PEOPLE	Provide positive feedback	Ensure you live out the values of your competition by providing positive feedback and support to young people.
	Spectators	If you have spectators at the event, ensure they understand the format of the competition and encourage them to provide positive support where appropriate to young people.
	Roles available	Consider how young people can be involved in creating a positive experience for everyone.

CHOOSING YOUR ACTIVITIES

Populate your competition format with the Red Ball games that best meet the motivations, confidence and competence levels of your young people.

There are some suggested ways of scoring below. Involving young people in choosing the activities and deciding how to score the game can be a great way to help co-create your competition. All Red Ball Tennis games can be found [here](#).

GAME	SUGGESTED SCORING
Jailor	5 points for last remaining hitter, 1 point for a catch
Home	5 points to winning team. 1 additional point for each cone hit.
Dingles	First team to 7 points, or the team that has the most points after a set time.
Switch	First team to 7 points, or the team that has the most points after a set time.
39ers	Play first to 39 points, or the team that has the most points after a set time.
Tug of war	First student to 6 points wins 5 points and the game is started again.
8s	First team to 7 points, or the team that has the most points after a set time.
Waves	If they win at the net, they score a point for their team. The game then resets and both teams start again at the baseline.
Triples	First team to 7 points, or the team that has the most points after a set time.
Black Hole – Teams	Play first team to 5 points or the team with the most points after a set time.
Black Hole – Champion	The champion at the end of a set time wins 5 points for their team.

GAME	SUGGESTED SCORING
Round the World	The winner scores 5 points and runner up scores 3 points for their team.
Up & Down Ladder	Winning team scores points for how many rackets they still have in play.
Bobsled	Winning team scores 5 points.
Wipeout	Winning team scores 5 points.
Volleyball	The first team to 15 points wins, or the team that has the most points after a set time.
Coffee Pot	Play first team to 5 points, or the team that has the most points after a set time.
Texas 4 Court	The team with the fewest number of balls wins 5 points or the difference between the number of balls on each side is the number of points scored.
Bump	Each team scores the number of points that match their target number where they are on court after a set time.
Snakes & Ladders	At the end of the set time all students who won their match move up to the next half court and score 5 points.
Champion of the Court – Singles	The champion at the end of a set time scores 5 points for their team. Bonus point for every point won whilst being the champion.
Champion of the Court – Doubles	The champions at the end of a set time scores 5 points for their team. Bonus point for every point won whilst being the champions.
Match Play – Red Matches	Play first to 7 points (tie-break). Students must win by 2 clear points so continue to play if they reach 6-6.
Match Play – Team Challenge	At the end of the session the team with the highest number of points / cones wins a bonus 5 points.



WHAT IS MATCH PLAY?

Match Play is included on the competition format to encourage opportunities for young people to play competitive matches against each other. These are ideally played as doubles.

SCORING

Included in this resource is a template score card for young people to use during the competition. This score card includes space to capture a player/pair's individual score for each game, the team points scored for each game, and also space to self-score and score the opposing team against your chosen values that you incorporate into the competition.

The score cards could be used:

- By young people to capture their scores during competition
- To give various different points totals to celebrate different successes
- To encourage creativity by young people choosing their own team name
- And be adapted to suit the format that you choose for your competition

CELEBRATING SUCCESS

The post competition briefing you provide to those who attend your competition is important in reinforcing your key messages including the demonstration of values and positive behaviours. It can also help young people to focus on the positive experience they have had and encourage them to continue taking part in their own challenges and activity in the future.

To ensure you reward and recognise a range of young people through your competition you may want to consider the following ideas:

- Reward the team and individuals who demonstrated the values you included as part of your competition alongside the overall team winners using the score cards available
- Celebrate the use of young leaders or officials who supported your competition taking place
- Get teams to set their own points target at the start of the competition and celebrate how close they come to reaching their target
- Award a prize for the most creative team name

RED BALL COMPETITION FORMAT

INTER SCHOOL

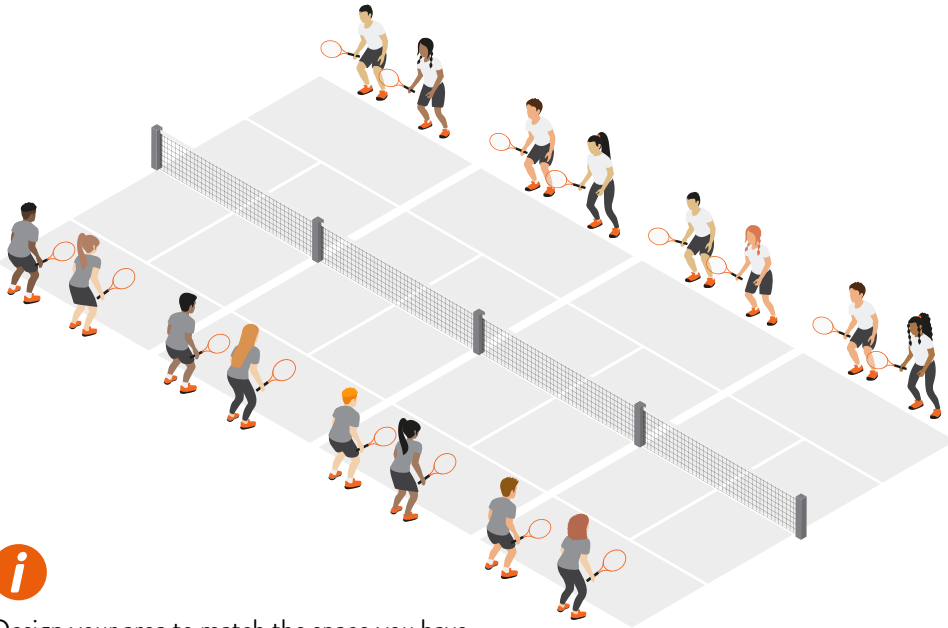
TOTAL DURATION: 90-120 MINS

Full list of Red Ball games can be found [here](#)

PART 1

Red Ball Games

Duration: approx. 62 mins



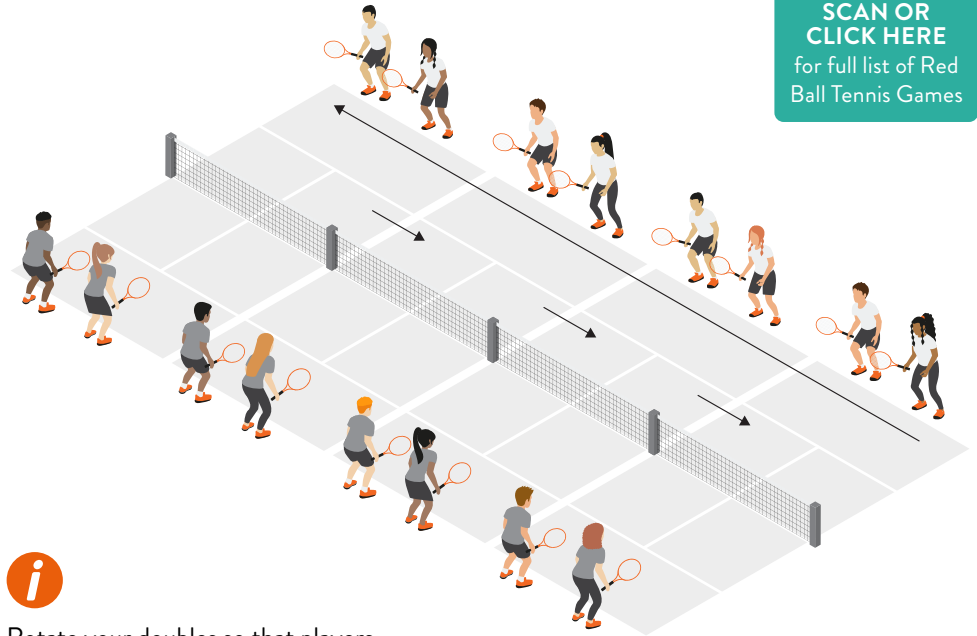
Design your area to match the space you have available and the number of young people playing

10 minutes:	Warm Up, Welcome & Introduction
8 minutes:	Game 1: Select a game Value: Choice of value
5 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 2: Select a game Value: Choice of value
5 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 3: Select a game Value: Choice of value
5 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 4: Select a game Value: Choice of value
5 minutes:	Team reflection time and preparation for next game

PART 2

Match Play Doubles

Duration: approx. 58 mins



Rotate your doubles so that players get the chance to play different teams

8 minutes:	Match Play Doubles 1 Value: Choice of value
4 minutes:	Reflection time and rotation
8 minutes:	Match Play Doubles 2 Value: Choice of value
4 minutes:	Reflection time and rotation
8 minutes:	Match Play Doubles 3 Value: Choice of value
4 minutes:	Reflection time and rotation
8 minutes:	Match Play Doubles 4 Value: Choice of value
4 minutes:	Reflection time and rotation
10 minutes:	Closing, Reward & Recognition



SCAN OR
CLICK HERE
for full list of Red
Ball Tennis Games

INTER SCHOOL: RED BALL COMPETITION

TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss

- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

GAME AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Game 4: Value:			1 2 3 4 5	1 2 3 4 5
Total:				
GAME AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Game 4: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTER SCHOOL: RED BALL COMPETITION

TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss

- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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GAME AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Game 4: Value:			1 2 3 4 5	1 2 3 4 5
Total:				
GAME AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Game 4: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

RED BALL COMPETITION FORMAT

INTRA SCHOOL

Full list of Red Ball games can be found [here](#)

RED BALL COMPETITION FORMAT

INTRA SCHOOL

These options are designed for when there is slightly less time available, for example during a lunchtime, breakfast or after school club.

OPTION 1

Red Ball Games

Duration: approx. 35 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 2: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Game 3: Select a game Value: Choice of value
2 minutes:	Reflection / feedback to teacher

OPTION 2

Red Ball Games & Match Play

Duration: approx. 45 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
8 minutes:	Game 2: Select a game Value: Choice of value
2 minutes:	Team reflection time
8 minutes:	Match Play Doubles 1 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 2 Value: Choice of value
4 minutes:	Doubles reflection / feedback to teacher

OPTION 3

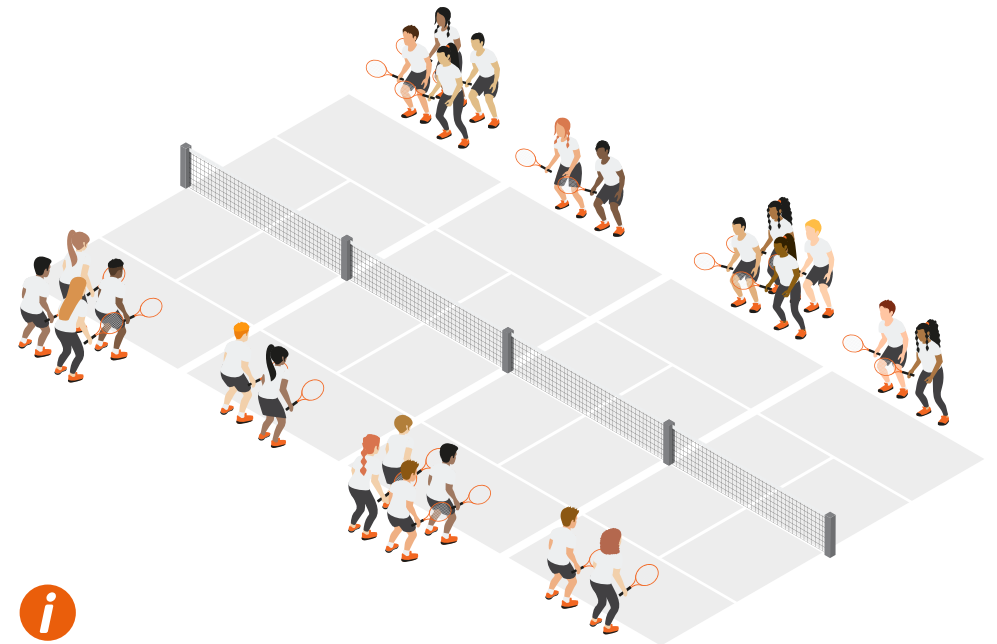
Warm Up Game & Match Play

Duration: approx. 45 mins

5 minutes:	Warm Up
8 minutes:	Game 1: Select a game Value: Choice of value
2 minutes:	Team reflection time and preparation for next game
8 minutes:	Match Play Doubles 1 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 2 Value: Choice of value
2 minutes:	Doubles reflection
8 minutes:	Match Play Doubles 3 Value: Choice of value
2 minutes:	Doubles reflection / feedback to teacher



SCAN OR
CLICK HERE
for full list of Red
Ball Tennis Games



Design your area to match the space you have available and the number of young people playing

INTRA SCHOOL 1: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTRA SCHOOL 1: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Game 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTRA SCHOOL 2: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTRA SCHOOL 2: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
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ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Game 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTRA SCHOOL 3: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

INTRA SCHOOL 3: RED BALL COMPETITION TEAM SCORECARD

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
- **Team Points** – 45 points for a win, 30 points for a draw, 15 points for a loss
- **Values Scoring (Opponents)** – Rate your opponent's value score from 1 to 5 (5 being excellent)
- **Values Scoring (Our Team)** – Fill in what your opponent's scored you from 1 to 5 (5 being excellent)

ACTIVITY AND VALUE	TEAM SCORE	TEAM POINTS	VALUES SCORING OPPONENTS	VALUES SCORING OUR TEAM
Game 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.

Player Names: _____

Team Name: _____

How to fill it out the scorecard:

- **Team Score** – This is the score your team achieved during each game
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Match Play 1: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 2: Value:			1 2 3 4 5	1 2 3 4 5
Match Play 3: Value:			1 2 3 4 5	1 2 3 4 5
Total:				

This scorecard should be carried with your team and be filled out after each activity.



LTA
YOUTH SCHOOLS

LTA
The National Tennis Centre
100 Priory Lane, Roehampton
London SW15 5JQ

www.lta.org.uk