



Grand Slam Skills Challenge

Wimbledon Skills Log

Challenge	Achieved (tick once done)	Comments on your performance (e.g. completed easily/took me several attempts/I changed my stance/I altered my body position/I slowed down my racket head/I changed the angle of my racket face/I kept the ball further out in front of me etc)	
1. "Pancake Flip" x 10			
2. Walking "flick-kick" pick-up			
3. Stand-Kneel "keepy-uppies" x 5			
4. "Drop 'n pop" target practice (6/10)			
5. Flick-kick pick up plus 5 "keepy-uppies"			
6. Elevator x 10			
7. Research a female & male pro tennis player currently in the world top 100: 7 facts per player	<u>Female Player</u>		<u>Male Player</u>
	Name:	Name:	
	1.	1.	
	2.	2.	
	3.	3.	
	4.	4.	
	5.	5.	
6.	6.		
7.	7.		

Stretch & Challenge

<p>Once you are able to do all 6 challenges (task 7 is a written task), time yourself to see how quickly you can do them all successfully in one go. TARGET: less than 2 minutes</p> <p>Tip: when doing “pop ‘n drop” target practice, unless you have 10 balls, either ask a family member to stand by target and throw ball back to you to save time or set the target up near a wall so the ball doesn’t go too far.</p>	<p>Your personal best time:</p>
<p>Can you do task 1 and 6 (pancake flip and elevator) whilst jogging?</p>	<p>Yes/No</p>
<p>What does an “ace” mean in tennis?</p>	
<p>At Wimbledon what is the fastest all time serve by:</p> <ol style="list-style-type: none">1. a man2. a woman <p>(give name and speed in mph)</p>	<ol style="list-style-type: none">1.2.
<p>What is the longest match in Wimbledon history? (give the full score, who competed and the duration in hours and minutes)</p>	