



ROGERS  
**First Set**



# *U6 @Home*

a quick tennis curriculum for starting players at  
the Active Start stage, at home

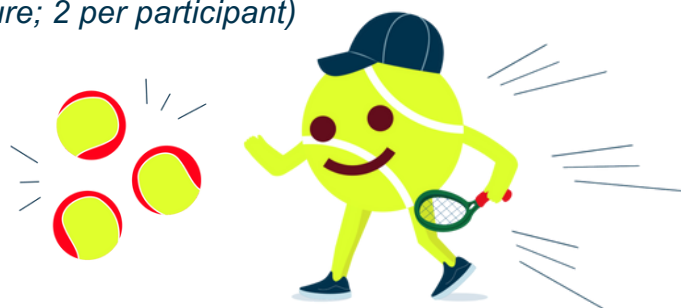


# Introduction

**U6 @Home** is a companion resource to the U6 Tennis Curriculum, designed to bring tennis fun and learning into any environment—no tennis court or coach required. Instead, activities are led by a parent or guardian, making it an engaging and inclusive way to get young players moving. The activities require minimal space and equipment, and many can be done indoors or outdoors. While some can be played individually, they're even better when the whole family joins in! We encourage parents and siblings to get active together and share in the fun.

## Sample @Home Activities Kit

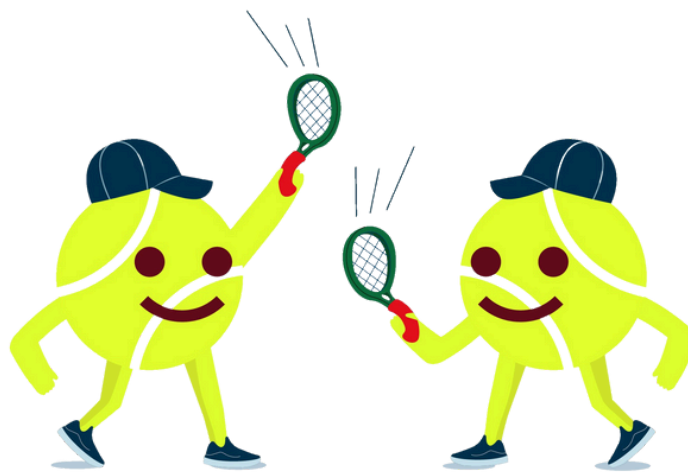
- 2 tennis racquets (1 per participant)
- 2–4 foam balls (ideal for smaller spaces with furniture; 2 per participant)
- red tennis balls (2 per participant)
- blue inflated tennis ball (per participant)
- 2–4 line markers
- 4 cones/pylons
- 4 coloured circle markers
- Pack of balloons
- 1 oversized inflatable ball (optional)
- Chalk (for drawing big outdoor targets)



**HOW TO SELECT A KIDS TENNIS RACQUET**

	SPEED 19"	SPEED 21"	SPEED 23"	SPEED 25"
HEIGHT:	35"- 39"	40"- 44"	45"- 49"	50"- 55"
AGE:	2+	4+	6+	8+
PLAYING STAGE:	Red Ball	Red Ball	Red or Orange Ball	Orange or Green Ball





## @Home Activities

1. Hand Balloon Pops
2. Racquet Balloon Pops
3. Egg on the Pan
4. Around the World
5. Traps
6. Alligator Sandwich
7. Sticky Strings
8. Pops Graduation
9. Ninja Chops
10. Bowling Rally
11. Floor Tennis
12. Double Trouble
13. Trap & Tap
14. Pirate Catch
15. Switch Catch
16. High 5 Pop Rallies