

POINTS TO NOTE ABOUT

TENNIS

FOR CHILDREN

Benefits



Tennis can improve children's decision-making skills, strengthening their cognitive control.



It can help in the development and tuning of their gross motor skills.



The sport may also aid in establishing better communication skills and teamwork.

Ways to make tennis interesting



Let them invite their friends to play in teams. Interaction in groups can make it a more fun experience.



Try to invent or discover new ways to play the sport with different skills and equipment for fun.



Include a bit of competition with set challenges to make the game interesting.