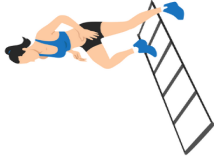


This is what I learned at Tennis today

Agility



Ready Position



Footwork



Moving to the ball in tennis is:

- Athletic skills like agility, balance, acceleration, and deceleration
- Footwork techniques like “ready position” and “split step”
- Positioning ourselves so the ball is in our “striking zone”
- Concentration, alert focus, and LOTS of **effort**