

RED BALL COMPETITION FORMAT

INTER SCHOOL

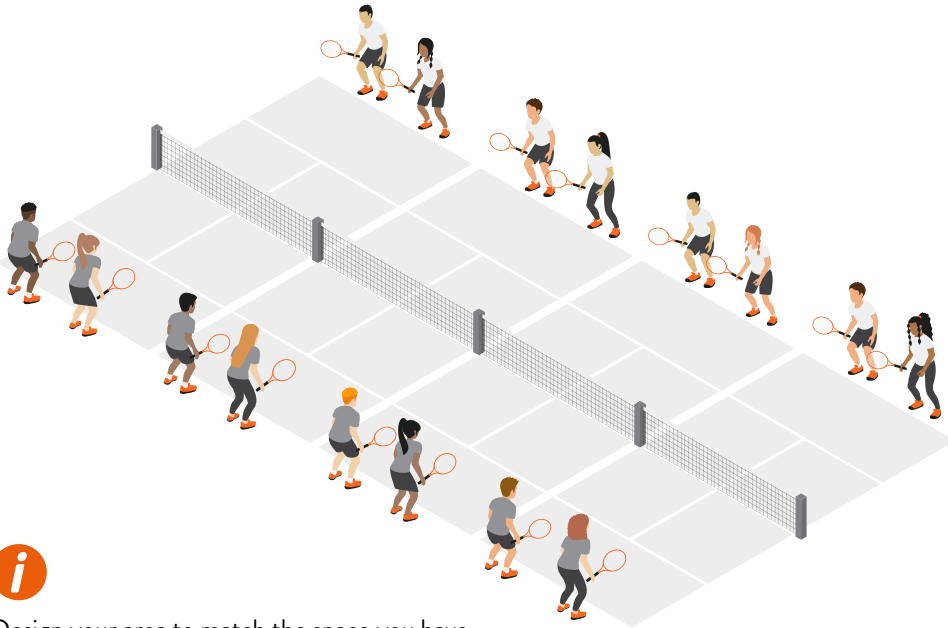
TOTAL DURATION: 90-120 MINS

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

PART 1

Red Ball Games

Duration: approx. 62 mins



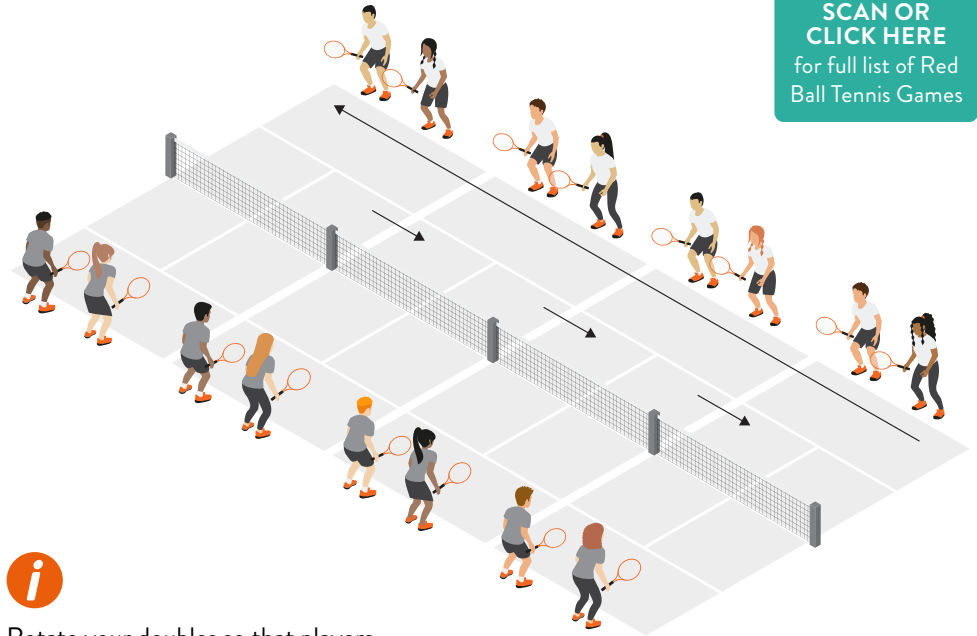
Design your area to match the space you have available and the number of young people playing

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