



Family Tennis and Health Sports-Educational Program

Project 101184234

ERASMUS-SPORT-2024



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1. Introduction

As an integral part of the INSPIRA project, the **Family Tennis and Health (FTaH)** sports-educational program was developed with the goal of providing grassroots level tennis players with a free, high-quality source for self-coaching and health information. Through 186 individual lessons – so-called *INSPIRATIONS* – it offers insight into the areas: basic tennis technique, coaching strategies, efficient health-focused club management, health literacy through tennis (including a mental health module), and soft skills development through tennis.

FTaH is directed at anyone interested in improving their health and well-being through tennis, with a focus on ages 10 to 60. One of the program's main components will concern winning strategies for sports and tennis that are also applicable for life in a broader sense, by building a healthy body and a successful mindset.

INSPIRA strives to facilitate the accessibility of tennis, attract and engage more people to tennis clubs, enhance a healthy lifestyle, and create local community social hubs within the tennis clubs (Figure 1). The project mission is to change lives by providing tennis and education opportunities. This can be achieved through a commitment to building character and confidence through tennis and education, teaching life-skills via sports, forming partnerships that optimize community resources, fostering an inclusive environment that emphasizes healthy competition, and making tennis accessible to everyone. With this in mind, FTaH addresses people of all ability levels and backgrounds.



Figure 1: Guiding principles of the INSPIRA project and the Family Tennis and Health program

The following sections provide details on the focus areas and structure of FTaH, the intended dissemination channels, as well as the interconnection of the sports-educational program with the INSPIRA App *FORWARD*.

1.1. Overview

The focus of FTaH lies on the health and overall well-being effect that tennis has on all age groups, based in the *EU Sports Clubs for Health* (SCforH) and the *EU Health-Promoting Sports Clubs* (HPSC) principles. Additionally, tennis is promoted as a social and family-oriented community activity. FTaH is designed as an open-source sports-educational program, freely available for download on the INSPIRA website: <https://inspira-project.eu/resources-2/>.

Overall, the program is divided into three modules, according to the intended users: **A. Coaches**, **B. Club Managers**, and **C. Recreational Tennis Players**. Within these modules, user-specific subject areas are covered. For some lessons, players are differentiated by skill level and/or age (Figure 2).



Figure 2: User categories within the Family Tennis and Health sports-educational program (FTaH)

- **Module A. Coaches:** Consists of educational material to help tennis coaches become *Tennis and Well-Being Coordinators*. Content includes lessons on FTaH coaching methodology, specified by skill level (beginner, intermediate, advanced) and age group (children 10-14, juniors 15-20, adults 20+). The *Tennis and Well-Being Coordinators* are essential in introducing the FTaH program to tennis players and other coaches as well as providing guidance and encouragement.
Subject areas: **Family Tennis, Coaching Tennis, Teaching Health and Well-Being**
- **Module B. Club Managers:** Designed for aiding tennis club administrators in becoming *Health Tennis Managers*. The content of this module provides a guideline for realizing and promoting INSPIRA's *Tennis Social Clubs for Health* model (**TSCH**). *Health Tennis Managers* learn methods for attracting people to local tennis clubs and encouraging health and well-being through tennis.
Subject areas: **Sports Clubs and Health, Expanding the Reach of Your TSCH**
- **Module C. Recreational Tennis Players:** Next to an introduction to the main INSPIRA tools, lessons cover tennis drills that can be performed without a coach, including technique, warm-up/cool-down, as well as strength and conditioning. Another section offers specific family tennis exercises. A big focus is also directed towards health literacy, covering the areas nutrition and hydration, mental well-being, safety and sustainability, as well as motivation. Each lesson is designed for players of a specific skill level (beginner, intermediate, advanced) and age group (children 10-14, juniors 15-20, adults 20+).
Subject areas: **INSPIRA Project and Tools, Tennis Training, Health and Sustainability**

1.2. Dissemination of FTaH

The dissemination of the FTaH sports-educational program and INSPIRA App *FORWARD* constitutes a central pillar of the INSPIRA project. Dissemination activities are designed to ensure broad awareness, practical uptake, and long-term integration of FTaH within European grassroots tennis clubs. The dissemination strategy adopts a differentiated approach, recognizing the distinct roles, motivations, and operational contexts of three principal target groups: coaches, club managers, and recreational tennis players. While the overarching objective remains the same—namely, to promote FTaH as a comprehensive, health-oriented tennis education framework—the communication methods, emphasis, and engagement mechanisms are tailored to each category.

In the initial **Training the Trainers Seminar**, two coaches and two sports club managers from each partner country engage in a training workshop. Upon completion of the seminar, the coaches are designated as **Tennis & Well-Being Coordinators**, and the club managers assume the role of **Health Tennis Managers**. This initiative is designed to enhance the capacity of coaches and club managers to promote health-oriented tennis activities within their local communities, contributing to the overall objectives of INSPIRA.

FTaH and *FORWARD* are presented to representatives of additional tennis clubs at the **International Virtual Sports Clubs Staff Seminar** and to grassroots tennis coaches at **National Grassroots Coaching Seminars**.

The participating managers and coaches then disseminate the INSPIRA tools and principles within their respective clubs. Multiplier events organised in partner countries further support transnational dissemination and stakeholder engagement.

INSPIRA is additionally promoted through the official project social media accounts (via Instagram and Facebook) as well as through the respective channels of the participating organisations.

To ensure sustainability beyond the funded project period, the FTaH materials as well as the INSPIRA App *FORWARD* will remain openly accessible. Both will be continuously available in the resources section of the INSPIRA project website (<https://inspira-project.eu/resources-2/>), for at least 3 years after the end of the project runtime. Partner organizations, including tennis federations and local clubs, are encouraged to embed the program within their regular educational and operational structures.

Through this structured, audience-specific, and multi-channel dissemination strategy, FTaH is positioned to achieve substantial visibility, meaningful uptake, and long-term impact within the European tennis community.

1.3. The INSPIRA App: *FORWARD*

Section 3 of this document presents the structure of the FTaH content alongside introductory lessons (*INSPIRATIONS*) to each FTaH subtopic. All 186 *INSPIRATIONS* can be accessed through INSPIRA's hybrid digital tool *FORWARD*. This application is compatible with PC, via any internet browser, as well as Android and OS devices. It will be available for download at <https://inspira-project.eu/resources-2/> as of April 2026. The FTaH lessons can be found by navigating to the section *Training Inspirations* of the hybrid digital tool (Figure 3).

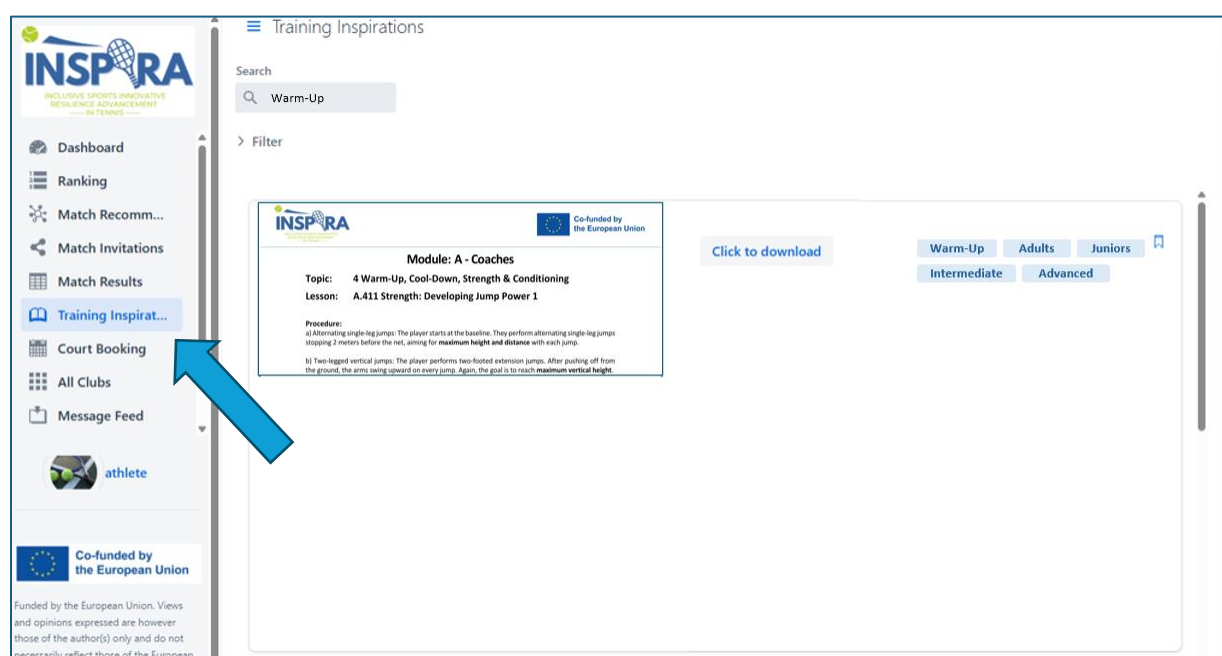


Figure 3: The blue arrow indicates how to navigate to the Training Inspirations area within the INSPIRA App.

2. Tennis Social Clubs for Health (TSCH)

At the individual level, the FTaH sports-educational program seeks to upskill tennis coaches as *Tennis & Well-Being Coordinators* and reposition club managers as *Health Tennis Managers*. At the organisational level, it aims to support the transformation of tennis clubs into **Tennis Social Clubs for Health (TSCH)**. Through the TSCH model, INSPIRA introduces an innovative sports engagement paradigm that constitutes a central pillar of the project's theoretical framework. The model promotes health through active lifestyles, placing social connection, community engagement, and family involvement at its core.

The TSCH concept builds upon the established European approaches of **EU Sports Clubs for Health (SCforH)** and **Health-Promoting Sports Clubs (HPSC)**, as outlined in Section 2.1, adapting and extending their principles to the tennis environment. Further conceptual input for the development of the TSCH model derives from the findings presented in INSPIRA's *Integrated Research Report*. A detailed presentation of the TSCH model is provided in Section 2.2.

2.1. Background

EU Sports Clubs for Health (SCforH):

The SCforH initiative (<https://www.scforh.info/>) is a program aimed at promoting health through sports and physical activity. Its origins trace back to the recognition of the need to enhance public health by increasing physical activity levels across different populations in Europe. Goals of the SCforH initiative include:

1. Promoting regular physical activity among all age groups through sports clubs.
2. Integrating health promotion strategies into sports club activities.
3. Enhancing the capacity of sports clubs to serve as health promotion agents.
4. Encouraging community participation and social inclusion via sports.
5. Contributing to the reduction of lifestyle-related health issues, such as obesity, cardiovascular diseases, and diabetes.

The EU promotes health-enhancing physical activity (HEPA) through sports clubs for several reasons. Sports clubs provide accessible, community-based environments that encourage people of all ages to participate regularly in physical activities, helping to combat sedentary lifestyles.

Regular physical activity is linked to numerous health benefits, including reduced risk of chronic diseases such as cardiovascular disease, diabetes, obesity, and mental health disorders. Furthermore, sports clubs often serve diverse populations, and implemented correctly, can benefit social inclusion, gender equality, and reaching groups that might not engage in physical activity otherwise.

For tennis clubs the **benefits of HEPA** are especially apparent. Encouraging regular physical activity through tennis helps improve cardiovascular health, strength, flexibility, and mental well-being, leading to healthier, happier members. Promoting HEPA can attract health-conscious individuals and encourage existing members to stay active and engaged, boosting member retention and attracting new players. Emphasizing health and wellness aligns the club with modern public health priorities, positioning it as a responsible and health-focused community space. Further, incorporating HEPA principles allows clubs to diversify activities, such as fitness classes, training programs, or wellness events, attracting a broader demographic. HEPA-friendly activities foster a sense of constant health betterment and motivation among members, encouraging continued engagement with the club.

Health-Promoting Sports Clubs (HPSC):

HPSCs (<https://healthpromotingsportsclub.com/>) are defined as non-profit organizations that intentionally and systematically integrate health promotion into their activities. These clubs aim to encourage participation in organised sports, which not only fosters physical activity but also enhances social, mental, and physical health among their members. Goals of the HPSC approach include:

- 1. Comprehensive Health Promotion:** HPSCs strive to create an environment where health is inherently linked to the club's structure and culture, ensuring that health considerations are embedded in every aspect of club operations.
- 2. Social Unity:** By promoting health, these clubs also aim to strengthen social cohesion and community ties. They recognize that sports can serve as a platform for building relationships and fostering inclusivity among diverse groups.
- 3. Multi-faceted Health Approach:** The HPSC model moves beyond focusing on a single health topic; it addresses various aspects of health and well-being, creating a holistic approach that encompasses physical, mental, and social health.
- 4. Investment in Health Potential:** HPSCs encourage sports clubs and national sport organizations to leverage the health benefits of their activities. This involves promoting practices that maximize positive health outcomes for individuals and communities.

5. Evidence Generation: HPSCs aim to generate evidence on health promotion within sports clubs by developing tools, resources, and interventions that stakeholders can use to enhance health outcomes effectively. This evidence-based approach ensures that initiatives are relevant and impactful.

What does this mean for tennis clubs? To transition from mainly competitive environments to health-oriented settings, several strategies can be implemented based on health promotion frameworks and practices. Tennis clubs should actively promote the physical, mental, and social health benefits of playing tennis. Coaches and club managers should be trained to integrate health promotion into their coaching and management practices. Clubs can create programs that target health enhancement rather than just competitive success. Implementing standardised preventive health checks for members can help identify health issues early and promote a culture of health awareness within the club.

2.2. INSPIRA's Vision of the TSCH

INSPIRA's TSCH promote tennis as a tool for lifelong well-being, community building, and social inclusion. Its core idea is to transform tennis environments into welcoming spaces where people of all ages and backgrounds can enjoy the physical, mental, and social benefits of the sport. The ideal TSCH focuses on creating accessible, friendly, and health-oriented tennis communities. The vision is to move beyond competitive tennis and highlight the sport's broader value—fitness, stress reduction, social interaction, and active lifestyle habits. Clubs are encouraged to offer inclusive activities that bring people together, regardless of skill level.

Objectives

- Promote tennis as a health-enhancing activity for all ages.
- Create social environments that encourage regular community connection.
- Support beginner-friendly and mixed-ability programs.
- Reduce barriers to entry through flexible formats and welcoming club culture.
- Strengthen the link between sport, well-being, and social engagement.

By integrating **physical, mental, and social dimensions**, TSCH can become vibrant community hubs where everyone can enjoy the full benefits of an active and supportive tennis environment. **Multigenerational engagement** amplifies this effect. An inclusive tennis club thrives when parents, children, and seniors all feel welcome and involved. Family engagement strengthens the club community and promotes lifelong participation in the sport. Clubs can offer family tennis days, parent/child sessions, mixed-age doubles, and beginner-friendly social events. Seniors can

participate through adapted drills, walking tennis, or mentoring younger players. The goal is to create shared experiences where everyone—regardless of age or level—can play together.

Strong social connections are at the heart of any TSCH. By organizing events, mentoring programs, and community outreach, clubs create a welcoming atmosphere that encourages regular participation and long-term engagement. Social tournaments, family days, mixed-level matchplay, and seasonal gatherings bring members together beyond regular training. These **social events** help players meet new people, form friendships, and feel part of a supportive community. Pairing experienced players with beginners or juniors in **mentoring programs** fosters learning, confidence, and cross-generational connection. Mentorship strengthens club culture, builds leadership skills, and gives members a sense of purpose and belonging. Collaborating with schools, local organizations, or health groups expands the club's visibility and social impact. **Community outreach** through open days or charity events make tennis accessible to new audiences and invite more people to join the club community.

TSCH become true community hubs by making tennis **accessible** to underserved communities such as **low-income families**, **diverse demographic** groups, and people with **disabilities**. Strategies may include offering reduced fees, equipment lending, scholarships, and free introductory sessions to low-income groups. Diverse demographics can be included by offering multilingual communication, a culturally friendly climate, and outreach through schools and local community organizations. Finally, entry barriers through disabilities can be reduced by ensuring accessible facilities, providing adaptive tennis options (e.g., wheelchair tennis), and training staff in inclusive coaching methods. By lowering barriers and creating a welcoming atmosphere, TSCH attract new demographics and build a more vibrant, diverse, and socially responsible tennis community.

First steps towards your TSCH:

Launching a TSCH begins with clear planning and small, practical actions that set the foundation for long-term success. Club managers can start by **assessing** their **current environment**, **testing pilot activities**, and **implementing quick improvements** that build momentum. Evaluate the club's facilities, member demographics, coaching capacity, and community needs. Identify barriers to participation (cost, accessibility, scheduling) and opportunities to promote physical, mental, and social well-being. Introduce small-scale test activities such as beginner-friendly open sessions, family tennis days, cardio tennis classes, or social matchplay events. Pilot programs help

measure interest, gather feedback, and refine the TSCH approach before expanding. Immediate actions can include:

- Create a welcoming atmosphere with signage, staff training, and inclusive language.
- Offer affordable equipment options: rental rackets and balls, low barriers for newcomers.
- Start building partnerships with schools, local communities, and health organizations.
- Improve communication channels (bulletin boards, social media).

3. Family Tennis and Health Inspirations

This chapter provides a comprehensive introduction into the three modules comprising the INSPIRATIONS content of the FTaH sports-educational program. Section 3.1 outlines **Module A – Coaches**, Section 3.2 presents **Module B – Club Managers**, and Section 3.3 introduces **Module C – Recreational Tennis Players**.

Each module is structured into two to three thematic content categories, further divided into specific subcategories to ensure clarity, coherence, and practical applicability. Following the description of the overall structure, introductory INSPIRATIONS are provided for each subtopic, offering guidance and practical orientation for implementation.

In total, 186 individual INSPIRATIONS are available through *FORWARD*, the hybrid digital tool developed by INSPIRA, which can be accessed and downloaded at: <https://inspira-project.eu/resources-2/>, as of April 2026.

3.1. Module A – Coaches

Tennis coaches represent one of the most influential actors and key multipliers within the FTaH program and the TSCH model. As the primary point of contact with players, families, and the wider club community, coaches are uniquely positioned to translate the project's health-enhancing and social objectives into everyday practice on court. Beyond their technical role, they act as educators, mentors, and role models, shaping attitudes towards physical activity, well-being, inclusion, and community engagement.

Through their direct and continuous interaction with participants, coaches can embed health-oriented values, foster positive behavioural change, and strengthen social bonds within the club environment. By assuming the role of *Tennis & Well-Being Coordinators*, they become strategic agents of change, ensuring that the principles of FTaH and the TSCH model are sustainably integrated into club culture and operational practice.

Module A of FTaH is directed at this crucial group, offering resources in the categories *Family Tennis*, *Coaching Tennis*, as well as *Health and Well-Being*. An overview of the broad structure of categories and subcategories is depicted in Figure 4. Details on each category are presented below. A full listing of all Module A *INSPIRATIONS* is attached to this document as [Appendix \(A\)](#).

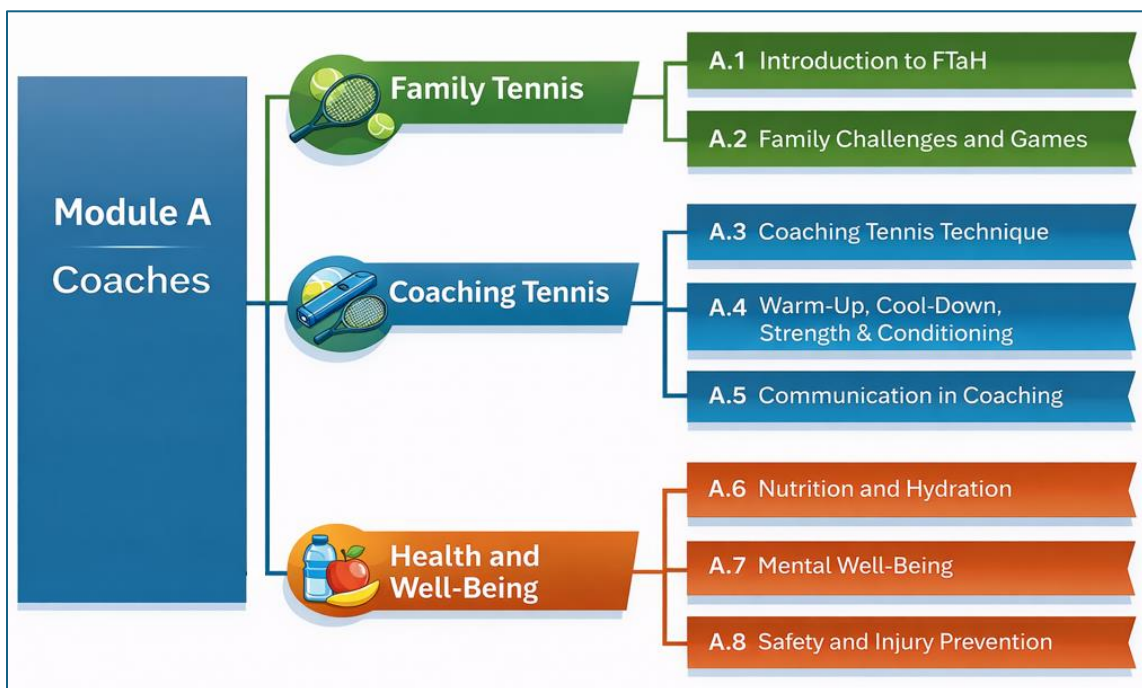


Figure 4: Overview of Module A (Coaches) of the FTaH sports-educational program.

3.1.1. Module A, Category: Family Tennis

This category is divided into two subtopics. One offers coaches an introduction into FTaH and the science behind tennis as a health benefit. The other contains family-specific challenges and games, which can be integrated in a multigenerational coaching setting.

Subtopic A.1 - Introduction to Family Tennis and Health

The introductory subtopic of Module A contains three individual *INSPIRATIONS*, presented on the following pages.

A.101 What is Family Tennis and Health?

Why Family Tennis and Health?

As part of the EU co-funded INSPIRA project, FTaH is grounded in the recognition that tennis clubs are not only spaces for sport participation, but also important community environments that can actively contribute to physical, mental, and social well-being. By expanding the traditional performance-oriented focus of tennis, FTaH promotes a more holistic approach that integrates health-enhancing physical activity, social connection, and inclusive participation.

The FTaH program is organised into three target group-specific modules (Coaches, Club Managers, and Recreational Tennis Players), each structured into two to three thematic categories that are further divided into practical subcategories, ensuring a logical pathway from theoretical foundations to applied actions within the club environment.

The Role of the Coach

Within FTaH, coaches evolve from purely technical instructors to **Tennis & Well-Being Coordinators**. This expanded role includes:

- Promoting health-oriented values through coaching practice.
- Encouraging inclusive and supportive group dynamics.
- Acting as positive role models for active and balanced lifestyles.
- Collaborating with club management to align sporting activities with broader health objectives.

Main Ideas

1. Facilitating accessibility to tennis for everyone.
2. Attracting and engaging more people to tennis clubs.
3. Promoting a healthy lifestyle through tennis.
4. Creating local community social hubs within tennis clubs.

Creating Tennis Social Clubs for Health

FTaH aims to transform grassroots tennis clubs into **Tennis Social Clubs for Health** by translating its theoretical principles into practical coaching actions. Coaches play a central role in embedding these principles into daily training sessions, club events, and participant interactions.

Key Message

Ask yourself: How can my coaching practice better promote overall well-being, beyond competitive development? FTaH is not an additional task layered onto coaching responsibilities; it is an enhanced perspective on coaching. By adopting this approach, coaches become catalysts for healthier individuals, stronger communities, and more sustainable tennis clubs.

A.102 Benefits of Tennis and Physical Activity in General

Game, Set, Health: The Benefits of Playing Tennis

Tennis provides a range of positive health benefits, including improved aerobic fitness, a leaner body composition, a more favourable lipid profile, better bone health, and a reduced risk of cardiovascular disease and mortality (Pluim et al., 2007).

Since tennis requires at least one other person to play, its benefits extend beyond physical activity. The psychological, social, and environmental aspects of the sport also contribute to its overall positive effects. Participation in tennis has additionally been associated with enhanced psychological well-being, such as increased self-esteem and reduced stress levels (Spring et al., 2020). These effects are likely related to the sense of belonging and social interaction that come with playing with others while being physically active (Schnohr et al., 2018).

The advantages of tennis are not limited to health outcomes, since the sport can be played at almost any age, making it unique in promoting social inclusion and physical activity among older adults (Spring et al., 2020).

If these specific health-related findings haven't sparked your interest in tennis, the results of Schnohr et al. (2018) might. They found that people who play tennis regularly live almost ten years longer than those who don't—one of the strongest links between any sport and longevity.

Move More, Live Better: The Powerful Benefits of Being Active

With strong evidence supporting the impact of general physical activity on various health outcomes, the following findings should come as no surprise. Overall, engaging in regular physical activity at different intensities improves objective sleep quality and duration, enhances cognitive function and memory, supports mental well-being, and helps alleviate symptoms of mental health conditions such as depression and anxiety. It also improves overall quality of life and has a significant impact on physical function throughout the lifespan (Warburton & Bredin, 2017).

There is substantial evidence showing that higher volumes of moderate-to-vigorous physical activity are associated with minimizing excessive weight gain in adults, maintaining a healthy weight range, and reducing the risk of obesity. For many individuals, regular physical activity can lower the risk of developing new chronic diseases, slow the progression of existing conditions, and improve both quality of life and physical function. The most common conditions positively affected include osteoarthritis, hypertension, and type 2 diabetes (Warburton & Bredin, 2017).

Findings by Vítor et al. (2023) demonstrate that greater volumes of physical activity reduce the risk of vascular dementia and enhance various aspects of cognitive function. In addition to lowering cardiometabolic risk factors, regular physical activity improves bone health across all age groups, with the greatest benefits occurring during childhood and adolescence, which plays an important determinant of bone health in older adulthood (Bruyère et al., 2025).

Although regular physical activity plays a crucial role in reducing cardiovascular mortality among older adults (Blond et al., 2019), it also lowers the risk of falls and fall-related injuries, which are major contributors to morbidity and mortality (Sherrington et al., 2019). Current research indicates that physical

activity is associated with a reduced risk of at least 25 chronic medical conditions and an overall decrease of ~25% in premature mortality, with strong evidence that higher activity levels lead to greater health benefits (Warburton & Bredin, 2017).

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A.103 Incorporating a Healthy Lifestyle into Family Routines

Active Kids Start at Home:

About 80% of children worldwide do not meet the World Health Organization's recommended levels of physical activity. Parents play a big role, influencing their children's attitudes and behaviours toward being active. Family-based interventions that encourage physical activity can therefore be especially effective, especially when it comes to increasing children's daily step counts. Interestingly, family interventions tend to produce better improvements in physical activity than school-based programs that target only children. When family members are active together, it not only can strengthen parent-child relationships but also supports the development of long-term healthy habits (Huang et al., 2021). This is also supported by the idea that changes in a family's psychosocial environment can have a positive effect on physical activity. In other words, when a family starts spending more active time together, their relationships can improve, they enjoy their time together more and this can lead to even more physical activity (Brown et al., 2017).

It's not only the intervention that counts but rather parenting style altogether. The family environment, lifestyle choices, how we eat/sleep/act, can positively/negatively impact children's health. The level of physical activity parents engage in significantly influences how much physical activity their children undertake. Additionally, the quality of family relationships is vital for mental health, as it is closely linked to the prevalence of depression and anxiety disorders. Being active together can foster better relationships, as mentioned above. Therefore, increased physical activity among mothers and fathers and participation in family physical activities can help foster active and consistent exercise habits in youths. Parents often serve as role models. This can have mutual effects. When promoting activities together, children can act as a helper for adults to be more physically active (Maia et al., 2025).

Sports clubs can integrate family activity and physical activity providing additional opportunities beyond what is afforded in school PE. Children and adolescents who participate in sports clubs exhibit better physical fitness, higher self-efficacy and stronger social development compared to non-participants. (Golle et al., 2014). This is also seen in socioeconomically deprived areas. Participation in sports clubs was positively associated with health-related quality of life (HRQoL). Next to PA, social benefits of peers and role models could be making important contributions to HRQoL (Basterfield et al., 2021).

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Subtopic A.2 - Family Challenges and Games

Family Challenges and Games are designed to create inclusive, enjoyable, and intergenerational experiences that extend participation beyond regular training sessions. By integrating playful competition, teamwork, and cooperative tasks, coaches can foster a welcoming atmosphere that promotes physical activity, social interaction, and a strong sense of belonging for players and their families.

This subtopic consists of eight individual *INSPIRATIONS*, each providing practical guidance and adaptable activity ideas to support implementation within your TSCH. Three examples are presented on the following pages, while the full collection of *INSPIRATIONS* is available on the INSPIRA App (see Section 1.3).

[A.201-A.203](#) and [A.207-A.208](#) are available on the INSPIRA App (refer to Section 1.3 for further information).

A.204 Tennis Family Game 1: Family Rally

For: families, skill levels beginner, intermediate.

Goal:

To promote rally consistency, cooperation, and fun interaction between family members of different ages and skill levels.

Drill:

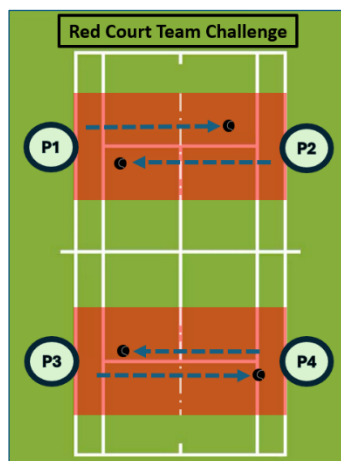
- Teams of 2 (child + parent) rally cooperatively over the net. Progress **from red, to orange, to full court**.
- Each team tries to achieve as many **successful consecutive shots** as possible without a mistake.
- Optionally, two teams can rally against each other (side vs. side) to make it more competitive. (Two teams compete to reach a 10-shot rally to earn a point for the team or maintain the rally longest).

Coaching Points:

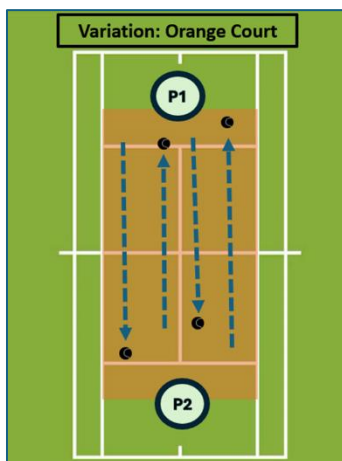
- Emphasize **cooperation, rhythm, and control** over power.
- Encourage **positive communication** between parent and child (“Good shot!”, “Your turn!”).
- Keep the tone **light and supportive** — laughter and engagement are key.
- Remind players to stay focussed on the ball, move their feet lightly, and recover to a ready position after each shot.
- Adjust ball speed and court size to ensure success and enjoyment.

Variations:

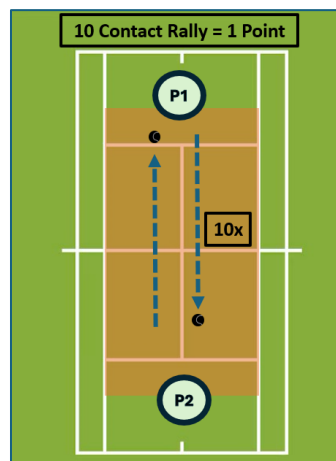
- Younger kids:** Use hand tosses or drop feeds instead of racket hits.
- Parents only:** Move to deeper court zones or full baseline rallies.
- Team relay:** Rotate family members after every 5 shots to keep everyone active.
- Time challenge:** Teams try to maintain a rally for 1 minute without error.



1: Teams of 2 (e.g. parent and child) try to keep a cooperative rally going on the “red court”.



2: With growing experience move on to the “orange” and finally “full court”.



3: Each completed 10-shot rally earns the team 1 point. Variation: the longest rally wins.

A.205 Tennis Family Game 2: Family Power & Precision Rally

For: families, skill levels intermediate, advanced.

Goal:

Develop tactical awareness, controlled aggression, and teamwork between generations while maintaining fun and intensity.

Drill:

Each rally is played with **specific tactical targets** that reward precision and smart play, not just power.

1. The **parent serves**; the **child starts the rally** (return or first baseline shot).
2. They rally cooperatively for the first 3 shots (to establish rhythm).
3. After that, the rally becomes **live** - players aim to win points by hitting to designated “scoring zones”:
 - **Down-the-line winners** = 3 points
 - **Wide corner targets** = 2 points
 - **Forced errors** or net play = 1 point
4. First to **15 points** wins the round; rotate sides and roles after each round.

Coaching Points:

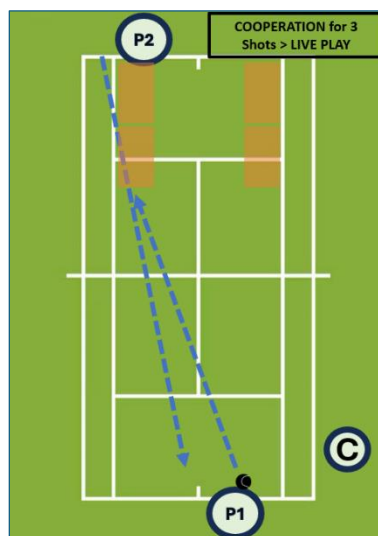
Technical: Encourage **variety and depth** - heavy topspin, slice approaches, and net transition. Reinforce **precision over raw power**: aim for defined zones, emphasize **court positioning** and **shot selection** (especially for juniors).

Tactical: Encourage smart patterns - e.g. crosscourt rallies to open space for down-the-line finishers.

Psychological: Maintain positive energy between parent and child - use encouragement instead of correction. Highlight teamwork as the winning factor (“work the point together in cooperation stage at the beginning of the point”).

Variations:

- **Time challenge:** 5-minute timed matches, count total points won.
- **Serve-and-volley version**



A.206 Tennis Family Game 3: Family Tennis Olympics

For: families, all skill levels.

Goal:

Engage the whole family in a series of fun, skill-based mini challenges that combine cooperation, light competition, and laughter - keeping everyone active, regardless of age or skill level.

Drill:

Each family (3-6 members) rotates through **4-5 mini tennis challenges**, earning points at each activity station. At the end, total points determine fun awards like *“Golden Racket Family”* or *“Team Spirit Champions”*. Each challenged is performed for 5-10 min.

Scoring & Awards:

- Each family keeps a **running total** of points.
- Emphasize fun by not only rewarding the best tennis players. For example add awards for:
 - Best Teamwork
 - Most Creative Celebration
 - Family Spirit Award

Scoring is lighthearted - the purpose is **motivation, inclusion, and smiles**.

Station 1 – Rally Rainbow

Goal: Keep the rally going for as many hits as possible.

- Parent and child keep the ball in play cooperatively.
- 1 point per successful shot.

Coaching Focus: Smooth rhythm, teamwork, encouragement between players.

Station 2 – Target Toss & Hit

Goal: Score points by hitting or tossing balls into ground targets.

- Younger kids roll or underhand toss; older players hit controlled forehands.
- Targets are worth 1-3 points, according to difficulty (size and distance).

Coaching Focus: Aim, follow-through, positive feedback for all age groups.

Station 3 – Speed Rally Relay

Goal: Fast family teamwork!

- Line up family members. Each runs to the service box, hits one shot, and runs back.
- Next family member goes immediately.
- Count total successful hits in 1 minute. Best score from total amount of time for this station counts.

Coaching Focus: Coordination, clear turn-taking, controlled tempo.

Station 4 – Over-the-Net Challenge

Goal: Work together to get the ball over the net a set number of times (e.g. 10).

- Use different feeds: hand toss, rally, or volley depending on level.
- Encourage cheering and counting aloud.

Coaching Focus: Success and cooperation over perfection; promote communication.

Station 5 – Serve & Catch Combo

Goal: Practice serving and receiving together.

- Parent serves gently; child catches the ball after one bounce inside the service box (or vice versa).
- Award points for successful serve–catch pairs.

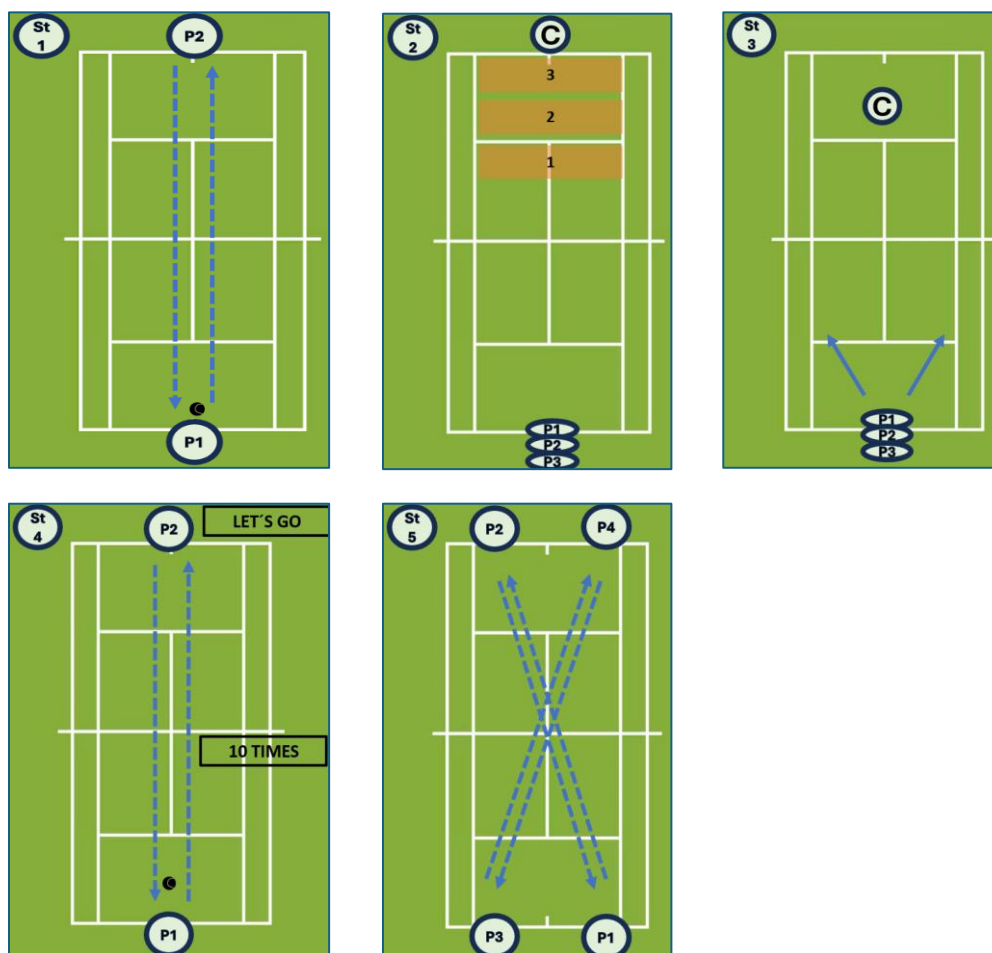
Coaching Focus: Controlled serve motion, awareness, and fun reaction play.

Coaching Points:

Technical: Simplify technique so all ages can succeed (e.g., use red balls, shorter swings). Provide easy progressions for stronger players (e.g., add targets, volleys).

Social: Encourage families to cheer for each other and other teams. Keep a festive atmosphere - use music, applause, and laughter.

Motivational: Reinforce effort and teamwork, not results. Celebrate every small success (“Great rally! That’s 5 in a row!”).



3.1.2. Module A, Category: Coaching Tennis

The second category of FTaH's Module A covers the topics *Coaching Tennis Technique*, *Warm-Up / Cool-Down / Strength and Conditioning*, as well as *Communication in Coaching*. Overview and example *INSPIRATIONS* are presented in the following subsections.

Subtopic A.3 – Coaching Tennis Technique

This subtopic provides a structured set of progressive tennis drills for children and adults, covering service, forehand, backhand, and volley techniques. The *INSPIRATIONS* offer practical, adaptable session content that enables coaches to combine technical skill development with inclusive, health-oriented coaching principles aligned with the FTaH framework.

A.301-A.313 and **A.317-A.322** are available on the INSPIRA App (refer to Section 1.3 for further information).

A.314 Coaching Adults: Forehand 1

For: juniors, adults, skill level beginner.

Goal:

To introduce and reinforce the **basic forehand swing pattern** — focusing on *grip, preparation, contact point, and follow-through* — in a way that helps adult beginners feel control and enjoyment in rallying.

Drill:

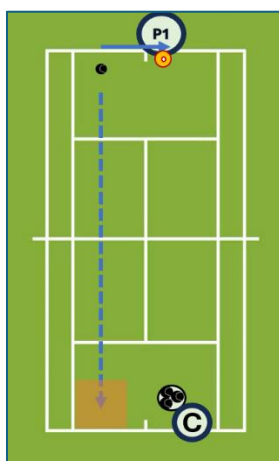
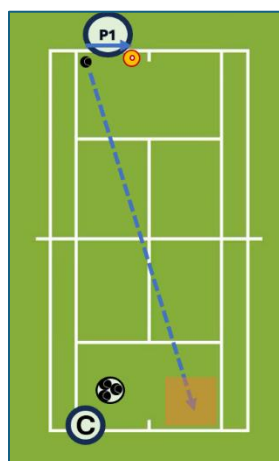
1. Coach or partner **feeds gentle balls** to the player's forehand side.
2. Player focuses on:
 - Turning shoulders and setting racket early **before the bounce**
 - Making contact **in front of the body**
 - Completing a relaxed **follow-through**
3. After each shot, the player **recovers to ready position** behind a marker cone.
4. Continue for **6–8 balls**, then switch roles or sides.

Progress from: mini court > service boxes > $\frac{3}{4}$ court > full court as consistency improves.

Mistake	Correction
Swinging only with the arm	Encourage full shoulder turn and body rotation
Late contact	Start swing earlier, prepare before bounce
Tight grip / stiff wrist	Relax hand pressure (4/10 on the grip scale)
No recovery	Add a visual cue (cone) for returning to ready position

Variations:

- **Target version:** Place cones for forehand placement goals (crosscourt, down the line).
- **Partner version:** Rally with cooperative targets — count how many forehands land in.
- **Fun challenge:** “10 clean forehands in a row”



A.315 Coaching Adults: Forehand 2

For: juniors, adults, skill level intermediate.

Goal:

To help intermediate adult players improve the **quality and consistency of their forehand swing** by refining timing, use of body rotation, and controlled acceleration through the ball. Players learn to generate topspin naturally while maintaining balance and rhythm in live rally conditions.

Drill:

1. Player starts in a ready position behind the baseline.
2. Coach feeds a sequence of 6–8 medium-paced balls to the forehand side.
3. Player focuses on:
 - Early preparation (unit turn and racket set)
 - Smooth acceleration upward and forward through contact
 - Relaxed, full follow-through
 - Recovery to ready position after each shot
4. The goal: consistent depth (landing near the baseline) with visible topspin arc.

Progress from: Static Feed > Dynamic Feed > Live Rally (10+ consistent topspin balls) > Target Challenge

Coaching Points:

- “Turn early — set the racket before the bounce.”
- “Brush up — lift the ball with your legs and body, not just the arm.”
- “Stay loose — let the racket whip naturally.”
- “Recover fast — hit and come back to balance.”
- “Finish — follow through.”

Mistake	Correction
Flat swing (no spin)	Encourage brushing up and finishing high
Tight grip / stiff arm	Relax grip, swing through with the body
Late contact	Emphasize early preparation and split step timing
Falling off balance	Reinforce small recovery steps and wide base
Overhitting	Focus on control, rhythm, and ball height over the net

Variations:

- **“Deep Zone Rally” Challenge:** Player must hit 5 forehands in a row past the service line.
- **Footwork Ladder:** Incorporate small side steps before each feed to simulate real movement.
- **Crosscourt Rally Game:** Cooperative rally, scoring points for long consistent rallies.
- **Tempo Change:** Alternate between slower topspin shots and 1–2 stronger drive forehands.

A.316 Coaching Adults: Forehand 3

For: juniors, adults, skill level advanced.

Goal:

Advanced adult players **perfect their forehand mechanics and decision-making** by combining controlled power, topspin, and tactical shot selection. Focus on executing the forehand at full speed while maintaining *balance* and *timing* across different ball situations (neutral, attack, and defense).

Drill:

1. Coach feeds a sequence of **5–6 varying forehand balls**:
 - 2 neutral deep balls (baseline)
 - 1 short ball (attack opportunity)
 - 1 wide ball (open stance recovery shot)
 - 1 defensive deep ball (high & heavy feed)
2. Player must **adjust swing shape, stance, and target** based on each feed:
 - *Neutral ball* → heavy topspin crosscourt
 - *Short ball* → attack down the line
 - *Wide ball* → recovery shot with open stance
 - *Defensive ball* → high topspin reset crosscourt or middle
3. Complete 3–4 rounds per player, alternating sides.

Progress from: predictable sequence > randomized feed (read and react) > live open rally

Coaching Points:

- “Shape the ball — high for safety, low and through for attack.”
- “Use your legs and core — not just your arm — for acceleration.”
- “Recover with intent — always expect the next ball.”
- “Adjust stance to the situation: neutral, open, or semi-open.”

Mistake	Correction
Overhitting when attacking	Emphasize spin-based power, body control, and position on the court
Late preparation on fast feeds	Encourage split-step and early unit turn
Using same swing path for all balls	Reinforce swing shape adjustment (higher for defence, flatter for attack)
Poor recovery after wide shots	Train automatic side shuffle or crossover step
Tension in arm or wrist	Relax grip (4–5/10 pressure) and focus on fluid rhythm

Variations:

- **“3-Zone Forehand Game”**: 1 point for deep neutral shot, 2 pts for attacking winner, 3 pts for successful recovery to rally
- **Serve + 1 Pattern**: Player serves, then hits controlled forehand attack on next ball.
- **Endurance Challenge**: 10-ball feed pattern — must maintain technique under fatigue.
- **Inside-Out Focus**: Add inside-out forehand target to simulate match play positioning.

Subtopic A.4 – Warm-Up, Cool-Down, Strength & Conditioning

This subtopic covers age-appropriate warm-up and cool-down routines as well as strength, speed, and tennis-specific conditioning exercises. The structured approach provides progressive activities for children, juniors, and adults, supporting safe performance enhancement while aligning physical development with the health-oriented objectives of FTaH.

A.401 - A.417 are available on the INSPIRA App (refer to Section 1.3 for further information).

Two example INSPIRATIONS (**A.418, A.419**) are shown below.

A.418 Speed: Baseline Agility Sprint

Goal:

To improve players' overall **speed, agility, and coordination**. This drill focuses on quick direction changes, controlled footwork, and explosive forward movement - core elements of effective court coverage.

Drill:

Use one half of a tennis court. Place two cones about 4 meters to the left and right of the centre mark on the baseline. The player starts in the middle of the baseline, facing the net.

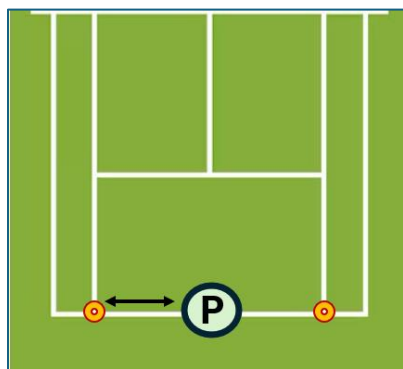
1. On the coach's signal, the player moves **as quickly as possible** to one of the cones.
2. The player **touches the cone** with the **outer hand**, then moves back to the centre using **side steps**.
3. The **first step** after touching the cone must be a **crossover step**, ensuring dynamic change of direction.
4. The player repeats the movement to the **opposite cone** in the same manner.
5. After touching both cones, the player returns to the centre and **sprints forward** past the **service line**.
6. Perform **3–5 repetitions per player**, with **30–60 seconds of rest** in between.

Coaching Points:

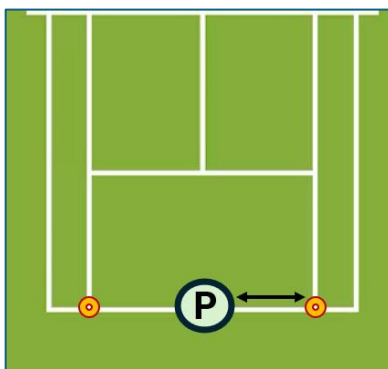
Emphasize **staying low during side movements** for balance and control. Focus on **explosive first steps** and **efficient footwork patterns**. Maintain **intensity** while ensuring correct technique.

Variations:

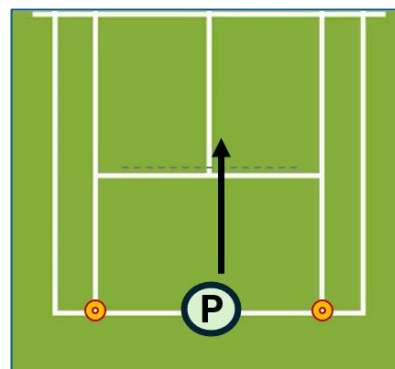
1. **Tennis-specific version:** Instead of touching the cone, the player **simulates a tennis stroke** (forehand or backhand) before returning to the centre.
2. **Partner version:** Two players perform the drill on adjacent court sides at the same time for added motivation.



1: The player (P) performs quick side steps to one cone and back to centre.



2: Repeat in the opposite direction.



3: After returning to the centre, the player sprints past the service line.

A.419 Speed: Stop-Dash

Goal:

To train players' **explosive acceleration, reaction speed, and court coverage** when transitioning between deep baseline shots and short balls. This exercise develops endurance, anticipation, and recovery skills under high intensity—ideal for intermediate to advanced players.

Drill:

The player starts at the **baseline corner** (left or right side). The coach stands at the baseline centre of the opposite court side with a basket of balls.

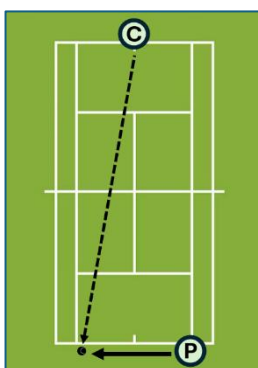
1. The coach feeds the **first ball** low and fast into the **opposite corner** of the court.
2. The player returns the ball from behind the baseline.
3. Immediately after, the coach feeds a **short stop ball** to the **other side line**.
4. The player **sprints forward** and tries to return the ball **before the second bounce**.
5. Both balls should be just reachable with **maximum effort** and quick recovery between movements.
6. Perform **4–6 repetitions per player**, resting for **30–60 seconds** between each.

Coaching Points:

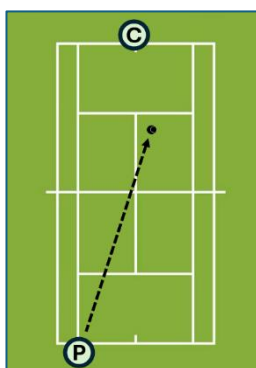
This drill simulates realistic point situations that demand **rapid change of direction** and **court awareness**. Emphasize **explosive first steps** and **efficient recovery movements** after each shot. Encourage players to stay **balanced** while accelerating and braking. Focus on **anticipation** and **footwork rhythm** when reacting to the coach's feed. Maintain **intensity and effort** throughout each repetition.

Variations:

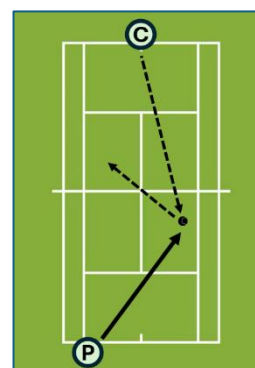
1. Lob extension: After the stop ball, the coach feeds a lob.
2. Random feeding: Player starts from centre, coach feeds ball in random corner unpredictably, to train reaction time and adaptability.
3. Rally continuation: After returning the stop ball, start a short rally to simulate real match pressure.



1: The player (P) is ready in one corner. The coach (C) feeds a ball to the other corner – low and fast.



2: The player tries to return the ball from behind the baseline.



3: The coach immediately feeds a short stop ball to the other sideline, which the player tries to return.

Subtopic A.5 – Communication in Coaching

The interpersonal and pedagogical competencies required for effective, health-oriented tennis coaching are covered in this subtopic. Lessons focus on age- and skill-level-appropriate communication strategies, trust-building, and coaching within diverse and family-based settings, equipping coaches to foster inclusive, supportive, and socially connected learning environments. The introductory *INSPIRATIONS* (A.501, A.502) are presented below.

A.501 Communicating Tennis at Different Skill Levels

Effective communication is one of the coach’s most powerful tools. Understanding how to adjust language, tone, and instruction style to a player’s skill level ensures motivation, clarity, and faster progress. Each level—beginner, intermediate, and advanced—requires a slightly different coaching approach.

1. Beginners – Simplicity and Encouragement:

Beginners need clear, simple instructions and positive reinforcement. Focus on one technical cue at a time (“watch the ball,” “follow through”), demonstrate movements visually, and celebrate small improvements. Avoid overwhelming details; instead, use fun and repetition to build confidence and coordination.

2. Intermediate Players – Feedback and Understanding:

Intermediate players are ready to handle more complex feedback. Explain *why* certain techniques matter and encourage self-correction (“what did you feel on that shot?”). Balance technical advice with tactical awareness—positioning, timing, and shot selection. Use video or shadow drills to connect body awareness with performance.

3. Advanced Players – Collaboration and Precision:

At advanced level, communication becomes more collaborative. Players seek fine-tuning, data-driven analysis, and strategic discussion. Use specific language (“load earlier,” “close the angle”) and involve players in decision-making. Keep sessions mentally challenging and performance-focused.

Tips and Tricks

- Adapt your tone: calm for focus, energetic for motivation.
- Ask open-ended questions to engage thinking.
- Use demonstrations more than words when language barriers exist.
- Always finish feedback with one actionable point.

A great coach does not speak *more*—they speak *better*, tailoring each message to the player’s level and mindset for the best learning and long-term growth.

A.502 Communicating Tennis to Children

Coaching children requires energy, patience, and clear communication suited to their age and attention span. The goal is to keep learning fun while building solid fundamentals.

Young Children (6–9 years):

Use simple words, short sentences, and lots of demonstrations. Turn drills into games and use imagination (“hit the ball to the moon!”). Keep sessions short, positive, and playful.

Older Children (10–14 years):

They understand more detail—explain *why* techniques matter. Encourage teamwork, fair play, and responsibility. Give specific praise and gentle correction. Mix fun games with clear skill goals.

Tips:

- Be enthusiastic and encouraging.
- Use visuals and examples instead of long talk.
- Keep rules simple and repeat key points.
- Always end on a positive note.

Children learn best when coaching feels like play — clear, kind, and full of energy.

A.503 - A.506 are available on the INSPIRA App (refer to Section 1.3 for further information).

3.1.3. Module A, Category: Health and Well-Being

The final category of Module A focuses on the integration of health and well-being principles into tennis coaching practice, structured across three thematic areas: *Nutrition & Hydration*, *Mental Well-Being*, and *Safety & Injury Prevention*. The topics covered include age-appropriate training guidance as well as healthy lifestyle habits, psychological resilience, and safe sport participation. By combining physical health, mental strength, and injury prevention strategies, this section reinforces the holistic and sustainable approach of the FTaH framework.

Subtopic A.6 – Nutrition and Hydration

This group of lessons provides age-appropriate guidance for children, juniors, and adults, supporting coaches in promoting healthy eating habits and adequate fluid intake as essential components of performance, recovery, and overall well-being. The introductory *INSPIRATIONS* (A.601, A.602) are presented below.

A.601 Benefits of Healthy Nutrition

What is a Healthy Diet?

Defining healthy nutrition is more complex than it seems. Most people picture fruits, vegetables, and whole grains when thinking of a healthy diet, yet this image alone does not capture its full meaning. The understanding of healthy eating differs across cultures and has evolved over time, even though certain fundamental principles have remained unchanged. While each nation interprets healthy nutrition differently, common principles have emerged. Beyond its effects on human health, the modern concept of a healthy diet also considers environmental sustainability. Fundamentally, a healthy and sustainable diet supports optimal human growth, prevents malnutrition and minimizes harm to ecosystems and natural resources (Kumanyika et al., 2020).

According to Lawrence (2024), such a diet is based on three key principles: variety, balance, and moderation. Variety ensures a wide range of nutrients, balance maintains proper proportions among food groups and moderation avoids both excess and deficiency. A healthy diet should therefore include diverse foods such as whole grains, fruits, vegetables, beans, nuts, dairy, lean meat and fish. Ultra-processed foods should be limited but can be enjoyed occasionally, if the core principles are maintained.

Benefits of Healthy Nutrition:

What we eat directly affects our body, how we feel, and how we perform. Giving our body the nutrients it needs is essential for health, recovery, and optimal athletic performance. **Whole grains**, due to their higher fibre and micronutrient content, are more effective in **reducing the risk of coronary heart disease, cardiovascular disease and overall mortality** than processed grains (Hu et al., 2022). A higher intake of **fruits and vegetables** is also linked to a **lower risk of metabolic syndrome, hypertension and cardiovascular disease** (Zhan et al., 2015).

Among dietary fats, **unsaturated - especially polyunsaturated - fats (omega-3 and omega-6)** support cardiovascular and brain health by **reducing inflammation**. Replacing saturated fats with unsaturated fats has been shown to **lower mortality risk** (Cena & Calder, 2020; Ricci et al., 2018). Adequate **protein intake** is vital for maintaining **lean body mass** throughout life. In older adults, it helps prevent muscle loss, supports bone health, and reduces fracture risk (Cena & Calder, 2020). **Water** should remain the **main source of hydration**, as sugary, high-calorie drinks provide little nutritional value and may lead to excess calorie intake.

Beyond general health, proper nutrition is essential for both performance and recovery in athletes. Meeting energy and nutrient needs according to training load, helps prevent underconsumption and supports optimal physical performance (Amawi et al., 2024).

References (A.601):

Amawi, A., AlKasasbeh, W., Jaradat, M., Almasri, A., Alobaidi, S., Hammad, A. A., Bishtawi, T., Fataftah, B., Turk, N., Saoud, H. A., Jarrar, A., & Ghazzawi, H. (2024). Athletes' nutritional demands: a narrative review of nutritional requirements. *Frontiers in Nutrition*, 10, 1331854. <https://doi.org/10.3389/fnut.2023.1331854>

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Kumanyika, S., Afshin, A., Arimond, M., Lawrence, M., McNaughton, S. A., & Nishida, C. (2020). Approaches to Defining Healthy Diets: A background paper for the International Expert Consultation on Sustainable Healthy Diets. *Food and Nutrition Bulletin*, 41(2_suppl), 7S-30S. <https://doi.org/10.1177/0379572120973111>

Lawrence, M. (2024). Fundamentals of a healthy and sustainable diet. *Nutrition Journal*, 23(1), 150. <https://doi.org/10.1186/s12937-024-01049-6>

Ricci, C., Baumgartner, J., Zec, M., Kruger, H. S., & Smuts, C. M. (2018). Type of dietary fat intakes in relation to all-cause and cause-specific mortality in US adults: an iso-energetic substitution analysis from the American National Health and Nutrition Examination Survey linked to the US mortality registry. *British Journal of Nutrition*, 119(4), 456–463. <https://doi.org/10.1017/s0007114517003889>

Zhan, J., Liu, Y., Cai, L., Xu, F., Xie, T., & He, Q. (2015). Fruit and vegetable consumption and risk of cardiovascular disease: A meta-analysis of prospective cohort studies. *Critical Reviews in Food Science and Nutrition*, 57(8), 1650–1663. <https://doi.org/10.1080/10408398.2015.1008980>

A.602 Hydration during Tennis

Hydration before Exercise:

It is important to start the practice with already good hydration. It should be avoided to start a session with the feeling of thirst. The recommended drink to consume before the session is water and not alternative beverages that contain taurine, caffeine and/or high sugar. First and second can increase fluid loss and third can induce a low state of energy at the start of the session (reactive hyperglycaemia and induce hypoglycaemia at the start of practice). On the other hand, overhydration can lead to feelings of heaviness and bloating (Robin et al., 2022).

Recommendation: **Water intake** should be around **6 ml/kg of body mass**, 2 hours before the practice (**e.g. 70kg = 420ml**).

Hydration during Exercise:

Even though the sport stays the same, in terms of movement pattern and match play, the surrounding (temperature, spectators) and the intensity can differ a lot. This has impact of fluid loss, since players can lose up to 3 litres of body fluid/hour in very hot conditions. Dehydration beyond a loss of 2% of body weight reduces performance and can cause cramps. The feeling of thirst is a bad indicator of hydration, as thirst response is delayed and can be suppressed during exercise (thirst sensation gets triggered when roughly 2% of body weight has already been lost. To ensure proper hydration, water may be sufficient for players when playing only one hour. For players, exercising longer than one hour, it is vital to provide sodium (1g/l) and fast digestible carbohydrates (20g/l) with water (Robin et al., 2022).

Recommendation: for ≤ 1 hour of play **300 ml of water every 15 minutes**; for > 1 hour of play **300 ml of sodium and sugar enriched water every 15 minutes**.

Hydration after Exercise:

Priority after exercise should be that players consume fluids, carbohydrates and electrolytes. This can be done via water and a balanced snack/meal with carbohydrates and proteins. Optimally for water, 1.5 l/kg of lost weight (difference between weighing before and after exercise) should be consumed. Carbohydrate ingestion of 1.5 g/kg is recommended to replenish glycogen stores (Robin et al., 2022).

Recommendation: Players should drink **~1 litre of water** and consume a **carbohydrate/protein rich meal after exercise**.

References (A.602):

Robin, N., Carien, R., Dominique, L., & Ruart, S. (2022). Hydration in hot weather: Tennis exercise drink recommendations. *ITF Coaching & Sport Science Review*, 30(88), 46–49. <https://doi.org/10.52383/itfcoaching.v30i88.360>

A.603 - A.605 are available on the INSPIRA App (refer to Section 1.3 for further information).

Subtopic A.7 – Mental Well-Being

This subtopic focuses on mental well-being as a key component of a healthy life. Coaches learn to foster emotional balance, resilience, confidence, and positive social interaction through tennis, highlighting the strong connection between mental health, enjoyment, and long-term engagement in sport. Exemplary *INSPIRATIONS* (A.706, A.707) are shown below.

A.701 - A.705 are available on the INSPIRA App (refer to Section 1.3 for further information).

A.706 Creating Healthy (Family) Routines with Tennis

One of the main goals of INSPIRA is promoting tennis as a consistent, shared routine that supports both physical health and emotional connection. Healthy routines build **structure, predictability and motivation** - three key elements of long-term well-being. When families or individuals make tennis part of their weekly rhythm, it reduces stress and anxiety, strengthens social and emotional bonds, creates motivation for physical fitness, provides a sense of stability and belonging. Tennis as part of family culture teaches children and reminds adults that health, fun and connection can coexist.

Coaching Points:

Encourage celebration of small daily successes: joyful, supportive environment is the basis of sustained family tennis

Encourage families to track their healthy habits for 7 days to create awareness and start routines:

- Played tennis or were active
- Slept 7-9 hours
- Ate a healthy recovery meal or snack
- Followed the “digital sunset”: no screens 60 minutes before bedtime
- Followed recommended post-workout routine: light stretching, screen-free cooldown, hydration

Encourage families to live by the **3R Rule**:

1. **Rally** together — stay active through shared play
2. **Refuel** — eat and hydrate mindfully after activity
3. **Recharge** — prioritize rest and recovery

This simple formula ties tennis to everyday health and makes it a sustainable lifestyle practice.

A.707 Role Modelling Healthy Habits

It is more effective to inspire long-term behaviour change by example than through instruction. In tennis (especially within families) players, particularly children, learn more from observed behavior than from verbal cues. By modeling positive habits, coaches and parents foster **emotional intelligence, self-discipline, joy-driven motivation and a healthy relationship** towards sports and competition.

Here are some examples of positive habits that can be easily role modelled in match or training settings:

- Before tennis: deep breathing, stretching
- During tennis: positive self-talk, encouragement
- Between points: take one deep breath and bounce the ball 3 times before serve
- Compliment your partner after each rally
- Smile and reset after a mistake
- Put the racket in non dominant hand

Coaching Points:

A coach's daily example silently communicates the culture, values and priorities of training. When you show calmness, self-care and respect, players *mirror those values* — not because you tell them to, but because they see it in action. Try to:

- Pair experienced players with beginners (mentorship).
- Recognize players who display teamwork or positivity.
- Celebrate *effort-based role models*, not just winners.
- Respond calmly to mistakes.
- Praise perseverance and composure.
- Share personal examples.
- Lead by example, not by lecture.
- Model balance, not perfection.
- Help parents understand their influence.
- Celebrate positive behavior as much as skill.
- Use small rituals (hydration, reflection, gratitude) as visible teaching tools.
- Link mental and behavioral modeling to real-time tennis play.

Subtopic A.8 – Safety and Injury Prevention

This subtopic emphasises the importance of creating a safe, age-appropriate, and sustainable tennis environment. Lessons provide practical guidance for coaches to prevent injuries, manage training loads responsibly, respond effectively to risks, and promote long-term health as a foundation for lifelong participation in tennis. The opening *INSPIRATION* is presented below.

A.801 Foundations of Safe Sports

A health-oriented tennis environment begins with safety. Coaches are not only instructors of technique, but also role models whose behaviours and decisions directly influence players' long-term physical well-being. By embedding safe sport principles into everyday practice, coaches contribute to sustainable participation and injury prevention.

Modelling and Teaching Safe Habits

- Consistently include structured warm-up and cool-down phases.
- Reinforce proper technique to reduce unnecessary joint and muscle strain.
- Promote appropriate hydration and recovery practices.
- Ensure players use suitable equipment (rackets, footwear, court surfaces).
- Communicate the importance of rest and balanced training loads.

When coaches visibly prioritise safety, players are more likely to internalise and replicate these habits.

Recognising Early Warning Signs

Coaches should actively observe participants for signs of:

- Persistent fatigue or reduced coordination
- Changes in movement patterns or technical execution
- Complaints of recurring discomfort or pain
- Decreased concentration or unusual irritability

Early recognition allows for timely adjustments, such as modifying drill intensity, reducing repetitions, incorporating recovery breaks, or recommending rest when necessary. Encouraging open communication about discomfort helps prevent minor issues from developing into long-term injuries. Integrate short check-in moments during sessions (e.g., “How does your shoulder feel?” or “Rate your energy level from 1-5.”) and adjust the session plan accordingly.

Key Message

Safe sport is not a separate component of coaching - it is a continuous responsibility. By modelling safe behaviours and responding early to signs of strain, coaches safeguard players' health and promote sustainable, lifelong participation in tennis.

A.802 - A.808 are available on the INSPIRA App (refer to Section 1.3 for further information).

3.2. Module B – Club Managers

As decision-makers responsible for organisational planning, resource allocation, and club development, tennis club managers are uniquely positioned to embed health promotion, social responsibility, and community engagement into the club's vision and daily operations. Beyond administrative management, they shape the culture, priorities, and long-term direction of the club environment. Through their leadership role, club managers can institutionalise health-oriented policies, foster inclusive participation pathways, strengthen partnerships with families and local stakeholders, and create sustainable Tennis Social Clubs for Health (TSCH). By assuming the role of *Health Tennis Managers*, they act as organisational change agents, securing the structural integration of FTaH principles within governance, programming, and communication.

Module B of FTaH is specifically directed at this group, providing targeted resources to support strategic planning, health-focused club development, and community-oriented management practices. It offers information on the already successful European concepts SCforH and HPSC, as well as INSPIRA's TSCH model. Additionally, marketing, promotion, and inclusiveness strategies are covered, as depicted in Figure 5. A full listing of all Module B *INSPIRATIONS* is attached to this document as [Appendix \(B\)](#).

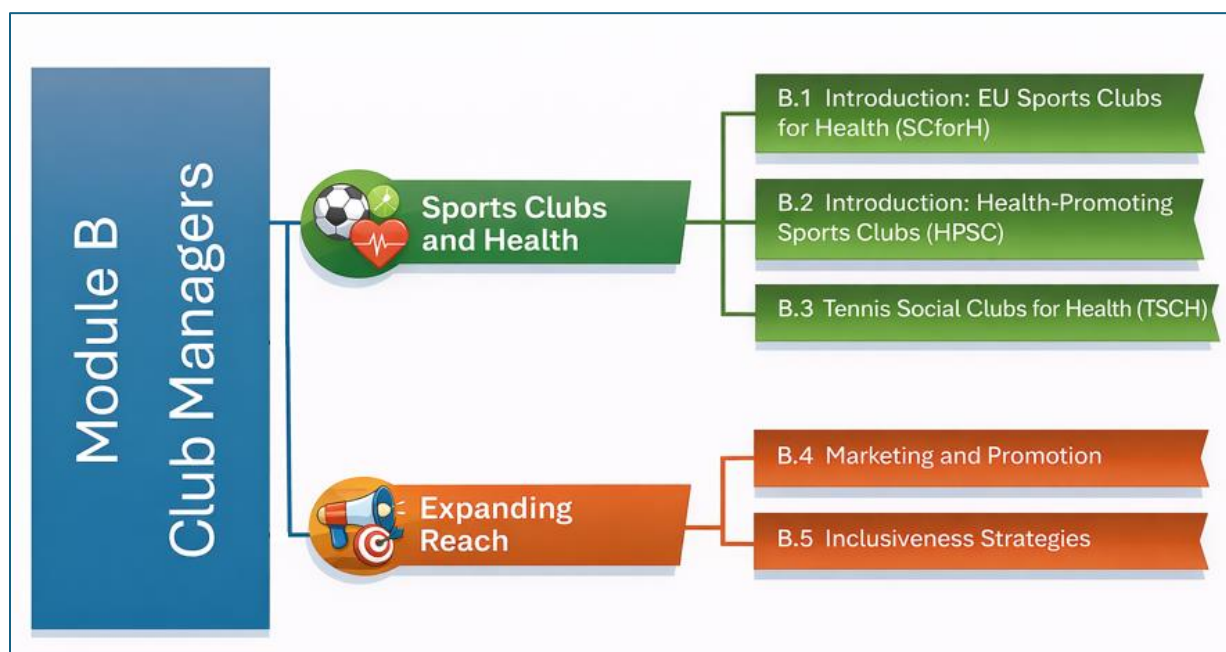


Figure 5: Overview of Module B (Club Managers) of the FTaH sports-educational program

3.2.1. Module B, Category: Sports Clubs and Health

To avoid repetition, please refer to Section 2 of this document for detailed information on the subtopics **B.1 EU Sports Clubs for Health (SCforH)**, **B.2 Health-Promoting Sports Clubs (HPSC)** and **B.3 Tennis Social Clubs for Health (TSCH)**.

B.101-B.105, **B.201-B.205**, and **B.301-B.307** are available on the INSPIRA App (refer to Section 1.3 for further information).

3.2.2. Module B, Category: Expanding Reach

This category focuses on broadening the club's accessibility, visibility, and societal impact within the FTaH and TSCH framework. It supports club managers in developing strategic approaches to attract new target groups, strengthen community partnerships, and reduce participation barriers. By expanding reach beyond traditional membership structures, clubs can position themselves as inclusive, health-promoting community hubs that engage diverse age groups, families, and underrepresented populations.

Subtopic B.4 – Marketing and Promotion

This subtopic focuses on strengthening visibility, attractiveness, and societal relevance by positioning the club as a family- and health-oriented hub, developing compelling communication strategies, leveraging digital promotion, and expanding outreach through community engagement initiatives.

Through structured approaches to messaging, inclusiveness, storytelling, and strategic marketing, club managers are supported in broadening participation, enhancing community reach, and establishing their club as a recognised health-promoting environment.

B.401 Positioning Your Club as a Family and Health Hub

While many tennis clubs traditionally emphasise performance and competition, the TSCH approach expands the club's identity to include health, well-being, and community engagement. Club managers play a decisive role in shaping this positioning through vision, programming, and communication.

Promote Family Activities and Well-Being

Club managers can actively foster family engagement by:

- Introducing regular family tennis sessions, intergenerational tournaments, and open club days.
- Designing programs that allow parents and children to participate collaboratively.
- Creating welcoming social spaces within the club to encourage interaction beyond the court.
- Embedding well-being themes (e.g., active lifestyles, balanced routines, social connection) into club events and communication.

By visibly prioritising families, the club becomes a space not only for training, but for shared experiences and community building.

Highlight Health Benefits for All Ages

To strengthen a health-oriented identity, managers should consistently communicate the physical, mental, and social benefits of tennis, such as:

- Cardiovascular fitness and coordination development in children.
- Stress reduction and resilience building in adolescents and adults.
- Active ageing, mobility maintenance, and social connectedness for seniors.

Emphasising lifelong participation differentiates the club from competition-driven models and broadens its appeal to diverse target groups:

- Integrate health and family values into the club's **mission statement**.
- Reflect these priorities in **visual branding**, **website** content, and **promotional materials**.
- Coaches and staff communicate inclusive, health-focused messages during sessions and events.
- Partner with local schools, health professionals, or community organisations to reinforce credibility.

Positioning your club as a family and health hub is a strategic leadership decision. By actively promoting inclusive family activities and clearly communicating the lifelong health benefits of tennis, club managers can broaden participation, strengthen community ties, and establish their club as a true TSCH.

B.402-B.407 are available on the INSPIRA App (refer to Section 1.3 for further information).

Subtopic B.5 – Inclusiveness Strategies

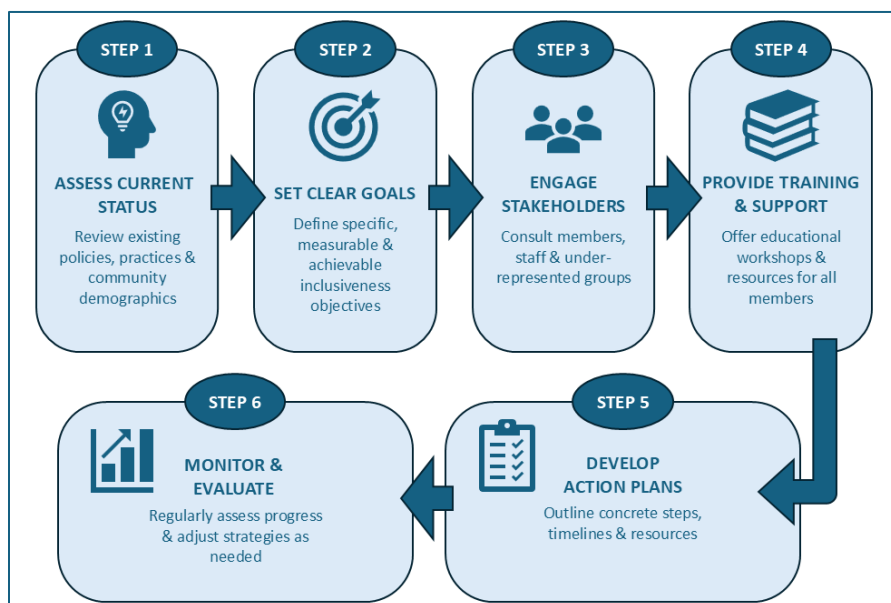
This subtopic focuses on practical approaches to ensuring equal access, participation, and belonging within the tennis club environment. Resources support club managers in identifying and reducing structural, social, and economic barriers, fostering a diverse and welcoming TSCH.

B.501-B.506 are available on the INSPIRA App (refer to Section 1.3 for further information).

B.507 First Steps Towards Long-Term Inclusiveness

Workflow to an Inclusive Club Strategy

Building an inclusive club is an ongoing process that takes time, reflection and continuous commitment rather than an overnight achievement. The following workflow can help your club get this process started.



Workflow towards a long-term inclusiveness strategy in your tennis club.

Quick First Steps

- Create a safe and supportive social space by establishing zero-tolerance rules for discrimination and exclusionary behaviour.
- Make sure that your courts and facilities are wheelchair accessible.
- Offer a simple feedback loop, e.g. a regular 1-minute members survey (exclusion, barriers).
- A 15-20 minute micro-training for your staff can be enough to create awareness.
- Low-pressure first contact opportunities, such as monthly “No Experience Needed” family sessions, can create an entry point for low-income families.
- A “Free Equipment Library” (adult and junior racquets, beginner balls) can help reduce financial and practical barriers for families with limited resources.

3.3. Module C – Recreational Tennis Players

FTaH Module C translates the project’s core principles into practical, accessible content that helps INSPIRA’s main beneficiary – recreational tennis players of all ages and levels – enjoy the sport while building healthier, more active lifestyles. The included *INSPIRATIONS* combine clear guidance, structured tennis drills that do not require a coach, and family-oriented activities.

As depicted in Figure 6, the module is structured into the three categories *INSPIRA Project and Tools*, *Tennis Training*, as well as *Health and Sustainability*, providing a balanced pathway: introducing the FTaH concept and digital tools, developing technical and physical competencies, and promoting health, safety, and motivation. Progressive technique drills and age-appropriate conditioning routines, nutrition guidance, mental well-being topics, and family challenges support sustainable participation and lifelong enjoyment of tennis. The comprehensive catalogue of Module C *INSPIRATIONS* can be found in [Appendix \(C\)](#) of this document.

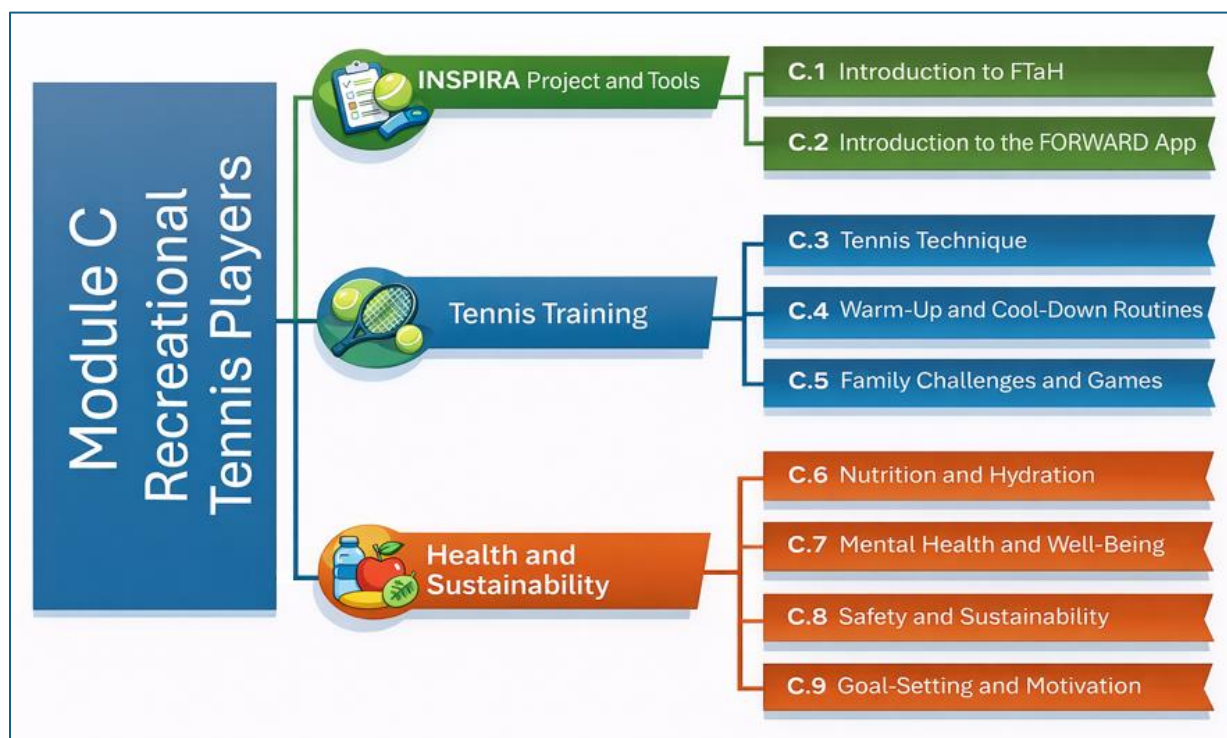


Figure 6: Overview of Module C (Recreational Tennis Players) of the FTaH sports-educational program

3.3.1. Module C, Category: INSPIRA Project and Tools

The first category of Module C offers tennis players guiding steps into the ideas behind FTaH, INSPIRA, and its resources. This includes scientific background information on the health benefits of tennis and active family routines as well as the user manual to the INSPIRA App.

Subtopic C.1 – Introduction to FTaH

C.101 is available on the INSPIRA App (refer to Section 1.3 for further information).

C.102 Benefits of Tennis and Physical Activity in General

Why You should Play Tennis

Tennis offers you a wide range of powerful health benefits that support both your performance and your long-term well-being. By playing regularly, you improve your aerobic fitness, develop a leaner body composition and build stronger bones (Pluim et al., 2007). These are not just general health benefits, they directly influence how strong, fast and resilient you can be on court.

Because you mostly have to play with someone else, the advantages go beyond physical fitness. Every time you step on court with someone (teammate, training partner, coach, family member) you also gain psychological and social benefits. Regular participation in tennis has been associated with improved psychological well-being, higher self-esteem and lower stress levels (Spring et al., 2020). These positive effects come from the sense of belonging, connection and social interaction that naturally develop when you train, compete and stay active with others (Schnohr et al., 2018). Also, one of the unique strengths of tennis is that you can play it throughout your entire life. The sport keeps providing physical activity, social inclusion, and mental engagement even as you get older, which makes it different from many other sports that become harder to play with age (Spring et al., 2020). And if all of these health benefits still don't fully convince you, consider this: people who play tennis regularly live almost ten years longer than those who don't, this is one of the strongest connections between any sport and longevity (Schnohr et al., 2018).

Move More, Live Better: Investment in Your Future

Strong evidence shows that regular physical activity benefits health in many ways. It improves sleep quality and duration, enhances cognitive function and memory, supports mental well-being, and alleviates symptoms of depression and anxiety. Physical activity also boosts overall quality of life and maintains physical function across the lifespan (Warburton & Bredin, 2017).

Even if this does not yet apply to you, as you get older and you will, being active and staying active will keep you more independent. Higher volumes of moderate-to-vigorous activity reduce the risk of obesity, lower the chance of developing chronic diseases, slow progression of existing conditions and improve physical function. Common conditions positively affected include osteoarthritis, hypertension, and type 2 diabetes (Warburton & Bredin, 2017). Greater physical activity also reduces the risk of vascular dementia and supports cognitive health (Vítor et al., 2023). It improves bone health at all ages, with the greatest

benefits in childhood and adolescence, which influence bone strength later in life (Bruyère et al., 2025). When you are older, regular activity lowers cardiovascular mortality and reduces the risk of falls and related injuries (Blond et al., 2019; Sherrington et al., 2019). Overall, physical activity is linked to a reduced risk of at least 25 chronic conditions and roughly 25% lower premature mortality, with higher activity levels providing greater benefits (Warburton & Bredin, 2017)

References (C.102):

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Warburton, D. E., & Bredin, S. S. (2017). Health benefits of physical activity. *Current Opinion in Cardiology*, 32(5), 541–556. <https://doi.org/10.1097/hco.0000000000000437>

C.103 is available on the INSPIRA App (refer to Section 1.3 for further information).

Subtopic C.2 – Introduction to the INSPIRA App

To avoid repetition, please refer to Section 1.3 of this document for more information on the INSPIRA App.

C.201 and **C.202** are available on the INSPIRA App (refer to Section 1.3 for further information).

3.3.2. Module C, Category: Tennis Training

This category provides recreational players and families with a structured yet flexible pathway to develop technical skills, physical literacy, and on-court confidence. Designed to be age-appropriate and progressive, it combines fundamental stroke development with warm-up and cool-down routines, strength and conditioning exercises, and engaging family challenges. This integrated approach ensures that participants not only improve their performance, but also build safe training routines, family habits, and meaningful shared experiences through tennis.

Subtopic C.3 – Tennis Technique

Here, players can find a structured series of progressive drills covering service, forehand, backhand, and volley skills for children, juniors, and adults. These *INSPIRATIONS* do not require an often cost-prohibitive tennis coach. The level-specific and practice-oriented approach enables recreational players to develop technical competence, confidence, and enjoyment on their own - in a safe and systematic manner. One example drill is presented below – the full set is available on the INSPIRA App.

C.301-C.318 are available on the INSPIRA App (refer to Section 1.3 for further information).

C.319 Backhand Drill 3

For: adults, skill level advanced.

This partner or solo drill aims to perfect backhand swing efficiency, control, and tactical variation under realistic match intensity, by integrating all backhand fundamentals — rotation, timing, spin, and body control — into **precision-based, adaptable hitting patterns**. Vary pace, depth, and spin consciously, simulating point-play intensity. Focus on: smooth acceleration through contact, directional and spin control under pressure, efficient recovery footwork and mental focus.

Option A: Partner Rally – “Power & Precision Zones”

Equipment: Rackets, ball

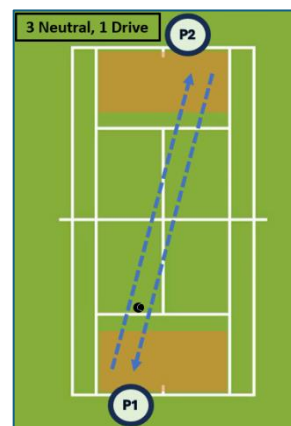
Court: Full baseline rally area

Instructions:

1. Rally crosscourt backhands at 70–80% pace.
2. Target deep shots landing *within 1 meter of baseline*.
3. Every 4th shot, hit one *attacking drive* (flatter, deeper).
4. Recover to ready position quickly and maintain rhythm.

Challenge: Alternate sequences, e.g. 3 neutral + 1 attacking + 1 defensive (high, deep topspin).

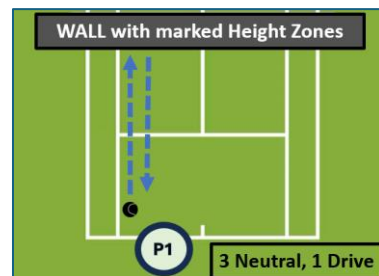
Goal: Consistency and adaptability — power with precision.



Option B: Solo Wall Rally – “Tempo & Target Mastery”

Equipment: Wall, several balls, taped height marker

1. Mark a horizontal line on the wall (net height + 40 cm).
2. Hit continuous backhands with *alternating tempos*:
 - 3 medium rally swings
 - 1 fast, driving swing
3. Maintain consistent *height and rhythm* above the line for medium rally swings.
4. Between sets, do *shadow backhands* focusing on smooth finish and posture.



Set Goal: 30 consecutive controlled wall hits (15 forehand side, 15 backhand side if alternating).

Self-check cue: “Am I balanced at the end of every swing?”

Coaching Points:

- Keep your **non-dominant hand active** for balance and shoulder rotation.
- Focus on **relaxed acceleration** — fluid power over muscle force.
- Film your swing once per session — check for *early prep* and *balanced recovery*.
- Practice *tempo awareness*: rhythmic consistency is key to accuracy.

Self-Coaching Cue: “Early turn, whip through, land balanced.”

Key Element	Advanced Focus	Self-Coaching Cue
Preparation	Unit turn with racquet head above ball level	“Set early, stay coiled.”
Contact Point	Slightly in front of front hip, clean extension	“Catch it in front, release the arm.”
Swing Path	Dynamic low-to-high with follow-through wrap	“Whip, don’t push.”
Rotation	Full body uncoil through legs–hips–shoulders	“Drive with the ground, not the arm.”
Follow-Through	Long, relaxed windshield finish	“Finish smooth, stay balanced.”

Variations:

- **For option A:** Down the line rally. One of the players hits Forehand.
- **For option B:** Move a little bit back after every succesful rally.
- **Other variations:** Crosscourt–Downline Pattern (alternate 3 crosscourt, 1 downline) for direction change control. Topspin–Flat Alternation (alternate heavy spin with flatter shot) for spin awareness and adaptation. Run–Hit–Recover Circuit (shuffle 3 steps → hit → recover → repeat) for footwork and recovery speed. Target Zone Drill (place 2 target zones deep corner and midcourt) for tactical precision.

C.320-C.322 are available on the INSPIRA App (refer to Section 1.3 for further information).

Subtopic C.4 – Warm-Up, Cool-Down, Strength and Conditioning

This set of *INSPIRATIONS* focuses on age-appropriate preparation and aftercare for sustainable long-term tennis training. Topics covered include tennis-specific warm-up, power, speed, and cool-down drills - all practicable without a coach. **C.407** is shown below.

C.401-C.406 and **C.408-C.416** are available on the INSPIRA App (refer to Section 1.3 for further information).

C.407 Strength: Developing Shot Power

For: juniors, adults, skill levels intermediate, advanced.

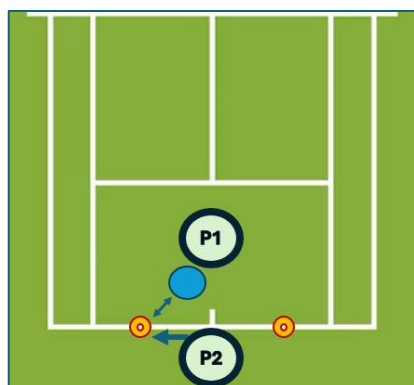
Procedure:

Player 1 (P1) and Player 2 (P2) stand facing each other at about 2-3 meters distance. In a family setting, the parent takes the role of P1, the child takes the role of P2. P1 throws a medicine ball (1-2 kg) to P2, alternating to the forehand and backhand side. If not available, the medicine ball can be replaced by a 1.5-liter water bottle. When returning the medicine ball, P2 must focus on precisely **imitating the forehand or backhand** stroke motion. Focus on **strong trunk rotation** and **powerful push-off** from the ground with both feet for proper execution.

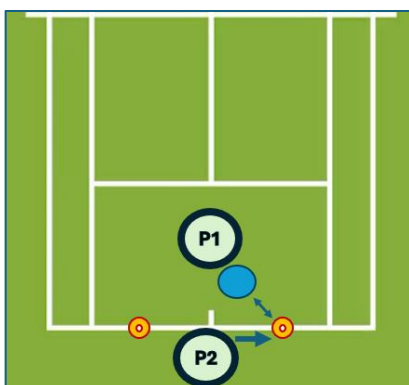
Immediately after the medicine-ball sequence, the P2 transitions into training **forehand and backhand winners**. P1 feeds 6-8 balls alternately to the forehand and backhand side, and P2 must hit each ball with **maximum racket speed** toward designated target zones.

Intensity / Load Management:

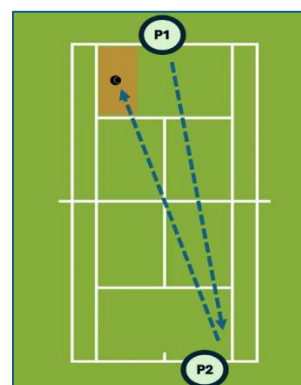
- **6-10 repetitions** of **3-5 medicine-ball throws** per side
- Then **6-8 strokes from the baseline**, alternating forehand and backhand
- **3 sets** total
- **1-3 minutes rest** between sets



1: Player 2 (P2) starts center baseline facing Player 1 (P1) at ca. 2-3m distance. P1 holds a medicine ball (1-2kg) or 1.5-liter water bottle (blue circle).



2: P1 alternates throwing the medicine ball to P2's forehand and backhand side. P2 returns the ball, feet and trunk imitating a tennis stroke.



3: Immediately after, P1 feeds forehand and backhand balls, P2 returns max speed winners into a defined target zone.

Subtopic C.5 – Family Challenges and Games

This subtopic consists of engaging, intergenerational activities designed to strengthen family bonds while promoting active participation in tennis. One example (**C.504**) is presented below. Playful competition, cooperation, skill-based tasks, and trust exercises aim to create enjoyable shared experiences that reinforce health, inclusion, and long-term motivation.

C.501-C.503 and **C.505-C.508** are available on the INSPIRA App (refer to Section 1.3 for further information).

C.504 Tennis Family Game 1 “Family Rally Quest”

For: families, skill levels beginner, intermediate.

Family teams cooperate while building basic tennis skills: rhythm, consistency and shared achievement. The goal is *connection through play*, not competition. Develop rally skills and timing, encourage support and communication, experience joy and physical activity together.

Setup:

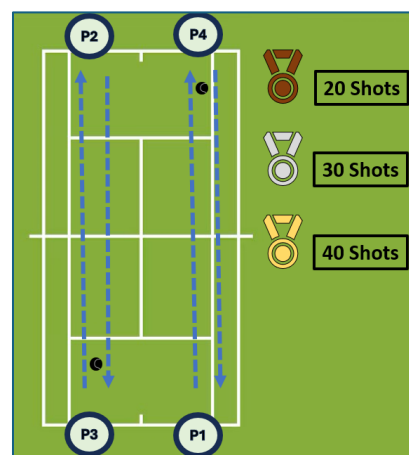
- Divide family members into two mixed teams (e.g., parent + child vs. parent + grandparent).
- Use low-compression or foam balls, mini-nets if available or adjust to the level.
- Rally cooperatively (cross court/down the line): the team tries to keep the ball going as long as possible without error.

1. One team starts the rally (underhand serve or gentle feed).
2. Every **successful shot over the net = 1 point for the family**.
3. Rally continues until the ball goes out or misses the net.
4. Rotate players every 3–4 rallies to include everyone.

Scoring:

Set family goals (adjust to make challenging, but achievable), e.g.:

- 20 consecutive shots = Bronze Medal
- 30 shots = Silver Medal
- 40+ shots = Gold Medal



After Session Reflection:

- Ask: “What did we enjoy most about playing together?”
- Share one compliment per family member (“I liked your focus!”, “You moved really well!”).
- Stretch together: model good post-game recovery habits.

This builds emotional connection and reinforces *tennis as a family lifestyle*, not just a sport.

- Encourage **positive talk** (“Nice shot!” “Good try!”) rather than score obsession.
- Focus on **involvement** — make sure everyone hits, even if awkwardly.
- Use **praise and humor** freely to keep the environment relaxed.
- Allow kids to “feed” the ball sometimes — it builds confidence.

Motto: “We play with each other, not against each other.”

Variations:

- Balloon Rally (use a balloon indoors for very young kids) for timing, laughter, coordination.
- Wall Rally Family Relay (each player hits 5 times against a wall, then tags next) for rotation and focus.
- Target Zones (place cones or hoops to aim for on court) for accuracy and teamwork.
- “Last Shot Wins” (last rally before time ends gives double points) for excitement and focus.

3.3.3. Module C, Category: Health and Sustainability

The final category of the FTaH sports-educational program emphasises the holistic dimension of tennis participation, highlighting the importance of physical health, mental well-being, safety, and long-term lifestyle habits. Through practical and accessible lessons, recreational players and families are supported in integrating healthy routines, balanced motivation, and sustainable participation into their everyday lives, both on and off the court.

Subtopic C.6 – Nutrition and Hydration

Five *INSPIRATIONS* present the essential principles of balanced and age-appropriate nutrition and adequate hydration to support energy, performance, recovery, and overall well-being in recreational tennis participation.

C.601-C.602 and **C.604-C.605** are available on the INSPIRA App (refer to Section 1.3 for further information).

C.603 Optimal Sports Nutrition for Young Tennis Players

For: children

Tennis Energy: Nutrition for Future Champions

If you want to play your best, eating the right foods is just as important as practicing your shots. Good nutrition gives you energy for training and matches, helps you recover faster, and lowers the risk of injuries. Since you're still growing, you need enough food to fuel both your body and your tennis (Capra et al., 2024). Many young tennis players (especially girls) don't eat enough. One study found that 87.5% of teenage female players were not eating enough to support their training and growth.

Carbohydrates are your main energy source for tennis. They give you the stamina for long rallies, repeated fast movements and quick recovery between games. Half of your diet should roughly consist of carbohydrates (e.g. oats, bread, apples, berries, bananas, potatoes, beans and all sorts of vegetables). Around training and matches, you may need even more. Many players don't get enough, which can make you tired too fast (Fleming et al., 2021). Also try to eat enough protein (e.g. lean meat, fish, beans, cheese, yogurt) and healthy fats like nuts, avocado, olive oil or eggs.

Since your body can get hotter faster than adults, staying well-hydrated is essential. Make sure you start every session well-hydrated and continue to drink small amounts regularly while playing or training. For most practices or matches under an hour, water is enough to keep you hydrated. For longer or hotter sessions, you may need drinks that contain carbohydrates (e.g. sugar) and electrolytes. These help replace the energy and salts your body loses through sweat and keep you feeling strong and focused on court. Pay attention to signs of dehydration, like feeling very thirsty, dizzy or tired, and drink before you get to that point (Capra et al., 2024).

Even if you eat enough good food every day, it's important to get enough vitamins and minerals — especially calcium and vitamin D — to help your bones grow strong. You need about 1300 mg of calcium and at least 600 IU of vitamin D each day. Sometimes, you might need a supplement to get enough, but remember: supplements cannot replace healthy, balanced meals (Capra et al., 2024).

References (C.603):

Capra, M. E., Stanyevic, B., Giudice, A., Monopoli, D., Decarolis, N. M., Esposito, S., & Biasucci, G. (2024). Nutrition for Children and Adolescents Who Practice Sport: A Narrative review. *Nutrients*, 16(16), 2803. <https://doi.org/10.3390/nu16162803>

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Fleming, J. A., Catháin, C. Ó., Harper, L. D., & Naughton, R. J. (2021). Dietary Intake and Daily Distribution of Carbohydrate, Protein and Fat in Youth Tennis Players over a 7-Day Training and Competition Period. *Journal of Sports Science and Medicine*, 20(3), 413–420. <https://doi.org/10.52082/jssm.2021.413>

Subtopic C.7 – Mental Health and Well-Being

This subsection highlights the positive impact of tennis on emotional balance, confidence, and psychological resilience. It is designed to encourage recreational players and families to use tennis as a constructive outlet for stress management, social connection, and for the development of a positive and growth-oriented mindset. The opening *INSPIRATION* is presented below.

C.702-C.707 are available on the INSPIRA App (refer to Section 1.3 for further information).

C.701 The Mind-Body Connection

Physical activity supports mental health by improving mood, reducing stress and supporting emotional balance. Tennis uniquely combines mind and body through physical movement, mental challenge and social interaction, creating a powerful boost for motivation, focus and well-being. This combination supports brain plasticity and long-term mental resilience.

Drill:

This drill combines light physical warm-up with a mental reset and works best at the **beginning of a session**. By blending rhythmic rallying with breathing awareness, players experience increased endorphins, reduced tension and anxiety, finding a calm, focused tennis rhythm.

Setup

- 2 players
- Start from service line, then progress to baseline
- Use controlled, cooperative rallies
- Pace: medium intensity, smooth rhythm

Phase 1 – “Breath & Tap Start” (2 minutes)

1. Players stand on the service line.
2. Before each rally, both players take:
1 deep inhale through the nose (3s) → slow exhale through the mouth (3–4s)
3. On the exhale, one player says:
“Ready” → ball starts.

Purpose: Calm your nervous system before movement.

Phase 2 – “Rhythm Rally” (5 minutes)

1. Rally from **service line to service line**.
2. Goal: hit the ball with the same **tempo and height** each time.
3. Silently count your rhythm:
“Bounce–Hit... Bounce–Hit...”
4. Keep rallies cooperative (no winners).

Purpose: Rhythmic movement increases dopamine and improves focus.

Phase 3 – “Flow Extension” (5 minutes)

1. Move back to the **baseline**.
2. Rally with slightly higher tempo, still controlled.
3. Every **10 shots**, players pause (take *one grounding breath*, then resume)

Purpose: mini-reset + sustained aerobic movement = balanced chemistry (endorphins & serotonin).

Phase 4 – “Positive Drop-In” (2 minutes)

To finish, players rally and every **5 balls**, the hitter says one short positive phrase such as:

- “Nice rhythm”
- “Good contact”
- “Smooth swing”
- “Keep breathing”

Purpose: Positive language boosts emotional uplift + self-efficacy.

Self-Check Points:

- “Keep the shoulders soft, use breathing to control the tempo.”
- “Stay relaxed through the swing and let your legs create smooth, flowing movement.”
- Begin each session with a light warm-up and *intentional breathing* (focus on feeling the movement).
- Use positive cues: “*Feel your energy waking up,*” “*Notice how good it feels to move.*”
- Create challenges that bring *flow* — that sweet spot between difficulty and enjoyment.

Variations:

- “Triangle Flow” (3 players): 2 players rally; the third rotates in every 10 hits. Great for social energy and motivation.
- “Movement Flow”: players rally at baseline, add small side shuffles between shots. Boosts endorphins through slightly elevated intensity.
- “Feel-Good Challenge”: set a team goal (20, 30, 40-ball rally). Celebrate the accomplishment to strengthen dopamine reward loops.

Subtopic C.8 – Safety and Sustainability

Addressing the foundations of responsible and long-term tennis participation, this subtopic equips recreational players and families with practical knowledge on injury prevention, age-appropriate training and equipment, safe environments, and sustainable habits that protect both personal well-being and continued enjoyment of the sport over time.

C.801-C.807 are available on the INSPIRA App (refer to Section 1.3 for further information).

C.808 Sustainable Tennis as a Life-Long Activity

Tennis has the potential to be a life-long sport - but only when participation is regular, balanced, and adapted to the individual. Sustainable tennis means encouraging consistent play that supports cardiovascular fitness, strength, coordination, and social well-being, while avoiding overload, burnout, or chronic injury.

Recreational players benefit most from moderate, structured participation rather than irregular high-intensity phases. Long-term enjoyment and health are strengthened when training routines remain flexible and responsive to age, lifestyle, and physical condition.

Key principles for sustainable tennis participation include:

- **Regular but balanced play:** Aim for consistent weekly sessions instead of sporadic, excessive play.
- **Planned recovery:** Include rest days and lighter sessions to allow physical and mental regeneration.
- **Variety in training:** Combine tennis with mobility, coordination, and light strength exercises to support overall resilience.
- **Listening to early warning signs:** Adjust intensity when experiencing fatigue, persistent soreness, or reduced motivation.
- **Age-appropriate adaptation:**
 - Shorter, playful sessions for children
 - Workload adjustments for adults balancing work and family life
 - Extended warm-ups and recovery-focused routines for older players
- **Flexible formats:** Modify court size, match duration, scoring systems, or intensity to match ability and fitness level.

By encouraging balanced participation and thoughtful adaptation across life stages, tennis will remain a safe, enjoyable, and health-promoting activity for years - supporting physical vitality, mental well-being, and social connection throughout the lifespan.

Subtopic C.9 – Goal-Setting and Motivation

This subtopic focuses on helping recreational players and families set realistic, meaningful goals and maintain motivation for regular tennis participation. Six *INSPIRATIONS* provide practical strategies for building confidence, sustaining engagement, and supporting long-term commitment to tennis as a health booster and a social focal point.

C.901-C.905 are available on the INSPIRA App (refer to Section 1.3 for further information).

C.906 Finding Motivation through Community and Family

Social environments - friends, families, and community clubs - can reignite motivation, create belonging, and keep players engaged in tennis for life. While personal goals drive discipline, social connection drives enthusiasm. You are more likely to keep playing when you feel part of a group and supported by friends and family. “We start playing for fun - we stay because we belong.” When tennis becomes social, motivation transforms from “I should play” to “I can’t wait to play.”

Motivational Events:

Recreational leagues and group events create structure and community - two key drivers of long-term motivation. Here are some examples of events you can find (or organise) at your tennis club:

Event Type	Example	Benefit
Social Doubles League	Rotating partners every week	Builds connection
Cardio Tennis Group	Music-based workouts	Fun fitness motivation
Weekend Round Robin	Casual competitive format	Light competition, big smiles
Charity or Club Tournaments	Mixed-age, themed events	Adds purpose and meaning

Benefit:

Area	Action	Motivation Benefit
Inclusion	Bring friends and family	Expands network
Variety	Mixed singles, doubles, games	Sustains fun
Recognition	Celebrate progress in group settings	Builds pride
Culture	Support, laughter, kindness over competition	Keeps spirits high

“Tennis isn’t just about who you hit with — it’s about who you grow with.”

Events for Family Motivation:

Family-to-family tennis sessions are also powerful motivators because they blend friendly competition with togetherness. Here are some event types for families:

- **Family doubles nights:** Parents vs parents, kids vs kids, then mix pairs.
- **Family challenge ladder:** Friendly matches that rotate every few weeks.

“Team Family Cup” events: Scoring combined across generations.

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Appendix (A) Full Listing of *INSPIRATIONS* in Module A – Coaches

Module A - Coaches							
Family Tennis		Coaching Tennis			Health and Well-Being		
1 Introduction to FTaH	2 Family Challenges and Games	3 Coaching Tennis Technique	4 Warm-Up, Cool-Down, Strength & Conditioning	5 Communication in Coaching	6 Nutrition, Hydration	7 Mental Well-Being	8 Safety, Injury-Prevention
101 What is Family Tennis and Health?	201 Family tennis challenge 1 Tags: family, beginners, intermediate	301 Coaching children: service drill 1 Tags: children, beginners	401 Warming up with children Tags: children, all levels	501 Communicating tennis at different skill levels	601 Benefits of healthy nutrition	701 The mind-body connection	801 Foundations of safe sports
102 Benefits of tennis and physical activity in general	202 Family tennis challenge 2 Tags: family, intermediate, advanced	302 Coaching children: service drill 2 Tags: children, juniors, intermediate	402 Warm-up routine for children Tags: children, all levels	502 Communicating tennis to children Tags: children	602 Hydration during tennis	702 Stress management through tennis	802 Why warm-up and cool-down are important
103 Incorporating a healthy lifestyle into family routines	203 Family tennis challenge 3 Tags: family, all levels	303 Coaching children: forehand drill 1 Tags: children, beginners	403 Warming up with young adults Tags: juniors, all levels	503 Communicating tennis to young adults Tags: juniors	603 Optimal sports nutrition for young tennis players Tags: children	703 Boosting mood and confidence	803 Specific injury risks in tennis
	204 Tennis family game 1 Tags: family, beginners, intermediate	304 Coaching children: forehand drill 2 Tags: children, juniors, intermediate	404 Warm-up routine for young adults Tags: juniors, all levels	504 Communicating tennis to adults and seniors Tags: adults	604 Optimal sports nutrition in the developmental phase Tags: juniors	704 Building mental resilience	804 Proper equipment for all ages
	205 Tennis family game 2 Tags: family, intermediate, advanced	305 Coaching children: backhand drill 1 Tags: children, beginners	405 Warming up with adults Tags: adults, all levels	505 Building trust as a coach	605 Optimal nutrition for tennis athletes Tags: adults	705 Social connection through sport	805 Safe training loads dependant on age and fitness level
	206 Tennis family game 3 Tags: family, all levels	306 Coaching children: backhand drill 2 Tags: children, juniors, intermediate	406 Warm-up routine for adults Tags: adults, all levels	506 Coaching in a family setting		706 Creating healthy (family) routines with tennis	806 First Aid basics for coaches and parents
	207 Family bonding / trust exercise 1 Tags: family, all levels	307 Coaching children: forehand volley drill 1 Tags: children, beginners	407 Cool-down routine for children Tags: children, all levels			707 Role modeling healthy habits	807 Heat and weather awareness
	208 Family bonding / trust exercise 2 Tags: family, all levels	308 Coaching children: forehand volley drill 2 Tags: children, juniors, intermediate	408 Cool-down routine for young adults Tags: juniors, all levels				808 Long-term health and sustainable tennis habits
		309 Coaching children: backhand volley drill 2 Tags: children, beginners	409 Cool-down routine for adults Tags: adults, all levels				
		310 Coaching children: backhand volley drill 2 Tags: children, juniors, intermediate	410 Strength: Developing Shot Power Tags: juniors, adults, intermed., advanced				
		311 Coaching adults: service drill 1 Tags: juniors, adults, beginners	411 Strength: developing jump power 1				
		312 Coaching adults: service drill 2 Tags: juniors, adults, intermediate	412 Strength: developing jump power 2				
		313 Coaching adults: service drill 3 Tags: adults, advanced	413 Tennis-specific conditioning 1 Tags: juniors, adults, intermed., advanced				
		314 Coaching adults: forehand drill 1 Tags: juniors, adults, beginners	414 Tennis-specific conditioning 2 Tags: juniors, adults, intermed., advanced				
		315 Coaching adults: forehand drill 2 Tags: juniors, adults, intermediate	415 Speed: "Falling fruit" Tags: children, juniors, beginners, intermed.				
		316 Coaching adults: forehand drill 3 Tags: adults, advanced	416 Speed: "Star run" Tags: children, juniors, beginners, intermed.				
		317 Coaching adults: backhand drill 1 Tags: juniors, adults, beginners	417 Speed: "Reaction sprint"				
		318 Coaching adults: backhand drill 2 Tags: juniors, adults, intermediate	418 Speed: "Baseline agility sprint"				
		319 Coaching adults: backhand drill 3 Tags: adults, advanced	419 Speed: "Stop-dash" Tags: juniors, adults, intermed., advanced				
		320 Coaching adults: volley drill 1 Tags: juniors, adults, beginners					
		321 Coaching adults: volley drill 2 Tags: juniors, adults, intermediate					
		322 Coaching adults: volley drill 3 Tags: adults, advanced					

Appendix (B) Full Listing of *INSPIRATIONS* in Module B – Club Managers

Module B - Club Managers				
Sports Clubs and Health			Expanding Reach	
1 Introduction: EU Sports Clubs for Health (SCforH)	2 Introduction: EU Health-Promoting Sports Clubs (HPSC)	3 Tennis Social Clubs for Health (TSCH)	4 Marketing and Promotion	5 Inclusiveness Strategies
101 What are Sports Clubs for Health (SCforH)?	201 What are Health-Promoting Sports Clubs (HPSC)?	301 INSPIRA's vision of Tennis Social Clubs for Health	401 Positioning your club as a family and health hub	501 Inclusiveness in grassroots sports
102 Benefits for tennis clubs and communities	202 How clubs and members benefit from the HPSC concept	302 Health-oriented tennis programs	402 Developing compelling messages and content	502 Identifying barriers to participation
103 Implementation roadmap for clubs	203 Levels of health promotion in HPSCs	303 Family engagement and multigenerational tennis	403 Digital promotion and social media strategies	503 Fostering a welcoming club culture
104 Getting your SCforH started: first steps for tennis club managers	204 Getting your HPSC started: first steps	304 Building community and social connections through tennis	404 Community events and open days	504 Outreach and engagement with underserved communities
105 Building partnerships and accessing support	205 Involving stakeholders and building partnerships	305 Promoting inclusion and access in Tennis	405 Testimonials and success stories	505 Promoting gender equity and diversity
		306 Starting your TSCH: first steps	406 Communication strategies for inclusiveness	506 Adapting facilities and equipment for accessibility
		307 The INSPIRA measurement tool for health promotion at sports club level	407 Marketing your TSCH: first steps	507 First steps in creating a long-term inclusiveness strategy

Appendix (C) Full Listing of *INSPIRATIONS* in Module C – Recreational Tennis Players

Module C - Recreational Tennis Players								
INSPIRA Project and Tools		Tennis Training			Health, Well-Being, and Sustainability			
1 Introduction to FtaH	2 Introduction to the INSPIRA App	3 Tennis Technique	4 Warm-Up / Cool-Down Routines, Strength & Conditioning Drills	5 Family Challenges and Games	6 Nutrition and Hydration	7 Mental Health and Well-Being	8 Safety and Sustainability	9 Goal-Setting and Motivation
101 What is Family Tennis and Health?	201 Presenting the INSPIRA App	301 Service drill 1 Tags: children, beginners	401 Warm-up routine for children Tags: children, all levels	501 Family tennis challenge 1 Tags: family, beginners, intermediate	601 Benefits of healthy nutrition	701 The mind-body connection	801 Foundations of safe sports	901 Setting realistic tennis goals
102 Benefits of tennis and physical activity in general	202 INSPIRA App user manual	302 Service drill 2 Tags: children, juniors, intermediate	402 Warm-up routine for young adults Tags: juniors, all levels	502 Family tennis challenge 2 Tags: family, intermediate, advanced	602 Optimal hydration during tennis	702 Tennis as a stress-reliever	802 Why warm-up and cool-down are important	902 Staying motivated through small wins
103 Incorporating a healthy lifestyle into family routines		303 Forehand drill 1 Tags: children, beginners	403 Warm-up routine for adults Tags: adults, all levels	503 Family tennis challenge 3 Tags: family, all levels	603 Optimal sports nutrition for young tennis players Tags: children	703 Boosting mood and confidence through tennis	803 Minimizing the risk of tennis specific injuries	903 Building consistency with (family) routines
		304 Forehand drill 2 Tags: children, juniors, intermediate	404 Cool-down routine for children Tags: children, all levels	504 Tennis family game 1 Tags: family, beginners, intermediate	604 Optimal sports nutrition in the developmental phase Tags: juniors	704 Learning to overcome adversity through tennis	804 Choosing the right equipment	904 Friendly challenges for motivation
		305 Backhand drill 1 Tags: children, beginners	405 Cool-down routine for young adults Tags: juniors, all levels	505 Tennis family game 2 Tags: family, intermediate, advanced	605 Optimal nutrition for tennis athletes Tags: adults	705 The tennis club as a social hub	805 Safe training loads dependant on age and fitness	905 Balancing fun and improvement
		306 Backhand drill 2 Tags: children, juniors, intermediate	406 Cool-down routine for adults Tags: adults, all levels	506 Tennis family game 3 Tags: family, all levels		706 Creating healthy (family) routines with tennis	806 First Aid basics on the tennis court	906 Finding motivation through community and family
		307 Forehand volley drill 1 Tags: children, beginners	407 Strength: developing shot power Tags: juniors, adults, intermed., advanced	507 Family bonding / trust exercise 1 Tags: family, all levels		707 Resilience through habitual recreation	807 Heat and weather awareness	
		308 Forehand volley drill 2 Tags: children, juniors, intermediate	408 Strength: developing jump power 1	508 Family bonding / trust exercise 2 Tags: family, all levels			808 Sustainable tennis as life-long activity	
		309 Backhand volley drill 2 Tags: children, beginners	409 Strength: developing jump power 2					
		310 Backhand volley drill 2 Tags: children, juniors, intermediate	410 Tennis-specific conditioning 1 Tags: juniors, adults, intermed., advanced					
		311 Service drill 1 Tags: juniors, adults, beginners	411 Tennis-specific conditioning 2 Tags: juniors, adults, intermed., advanced					
		312 Service drill 2 Tags: juniors, adults, intermediate	412 Speed: "Falling fruit" Tags: children, juniors, beginners, intermed.					
		313 Service drill 3 Tags: adults, advanced	413 Speed: "Star run" Tags: children, juniors, beginners, intermed.					
		314 Forehand drill 1 Tags: juniors, adults, beginners	414 Speed: "Reaction sprint"					
		315 Forehand drill 2 Tags: juniors, adults, intermediate	415 Speed: "Baseline agility sprint"					
		316 Forehand drill 3 Tags: adults, advanced	416 Speed: "Stop-dash" Tags: juniors, adults, intermed., advanced					
		317 Backhand drill 1 Tags: juniors, adults, beginners						
		318 Backhand drill 2 Tags: juniors, adults, intermediate						
		319 Backhand drill 3 Tags: adults, advanced						
		320 Volley drill 1 Tags: juniors, adults, beginners						
		321 Volley drill 2 Tags: juniors, adults, intermediate						
		322 Volley drill 3 Tags: adults, advanced						

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.