

Cardio Cup - What is it?

- 8 teams of 4-6 players
- The goal: Rack up the most points across a series of fast-paced cardio tennis drills.
- Points are awarded for every drill played
- The team with the most points at the end will lift the Cardio Cup trophy and have a prize
- Bonus prizes for Best Dressed Team & Best Team Spirit
- Expect music, laughs, and plenty of friendly competition

Drill 1 - Champs and Challengers on Two Courts (as a doubles pair) – (4 courts - 32 players max)

(10 min)

- Players required (4) / team

Doubles: Coach feeds the ball in and challengers try to win the point against the Kings - if they win, they move to the king's side; if they lose, they go to the back to the middle section and wait for their turn. The Kings stay on their side until they lose, at which point they swap with the challenger who beat them. Teams only score points when they win as Kings (1 point / rally won)

Drill 2 - Around the world (2 courts - 16 players max) Court 9 & 11

(until done)

- Players required (2) / team

Players rally in a continuous loop - after hitting, each player runs around the net post to join the back of the opposite line, keeping the rally going without pause. The last four players remaining win points for their team.

Points ...

Drill 3 - Serve & Run (4 courts - 32 players max) Court 8-11

(until done)

- Players required (4) / team

Place a rounded cone at the bottom of the net post with 9 balls in it.

Players hit a serve and if it's in, then they run towards the net post and grab a ball from the cone and they have to hand it to their teammate. If the serve is not successful, the player doesn't run, the next teammate in line serves from the baseline. The fastest team to finish all the balls in the cone will be the winner. All the teams have to finish the game as points will be awarded to everyone.

Points ...

Drill 4 - Flow (4 courts - 32 players max) Court 8-11
(10 min)

Doubles: Challengers vs Champs

Coach feeds a ball in and Challengers have to win 3 points in a row to become the Champs

1- First ball for the challengers starts from the baseline

2- Second ball starts at the net (volley or drop shot)

3- Third ball is a smash at the net

if they win, they move to the king's side; if they lose, they go to the back of the challenger's line. The king stays on their side until they lose, at which point they swap with the challenger who beat them. Teams only score points when they win as Kings (1 point / rally won)

Points ...

Drill 5 - King of the Court Matches - (4 courts - 32 players max) Court 8-11
(2 min rounds, 5 rounds)

Doubles: Challengers feed a ball in and try to win the point against the Kings - if they win, they move to the king's side; if they lose, they go to the back of the challenger's line. The king stays on their side until they lose, at which point they swap with the challenger who beat them. Teams only score points when they win as Kings (1 point / rally won)

Drill 6 - Match Play with Serves - (4 courts - 32 players max) Court 8-11
(Quarter final to Final - 3 rounds max - Super tiebreaks)

- Players required (2) / team
- Players can't play two matches in a row

Drills - Points Allocation:

- 🏆 **1st place:** +20 points
- 🥈 **2nd place:** +13 points
- 🥉 **3rd place:** +8 points
- 4th place: +5 points
- 5th place: +3 points
- 6th place: +2 points
- 7th place: +1 point
- 8th place: 0 points

Bonus Points

- 👗 Best Dressed Team: +20 points
- 🎉 Best Team Spirit: +20 points

Penalty

- 🚫 Bad Behaviour (including cheating): -5 points