

Cardio Cup - What is it?

- 8 teams of 4-6 players - make your own dream team!
 - The goal: Rack up the most points across a series of fast-paced cardio tennis drills
 - Points are awarded for every drill played
 - The winning team will share a prize pack and will get to drink from the cardio cup
 - Bonus points for the best dressed team & the best team spirit
 - Expect music, laughs, and plenty of friendly competition from start to finish
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Drill 1 - Champs & Challengers (4 courts - 32 players max) Court 8-11

[10 min]

- Players required (4) / team

Grab your partner and get ready for fast-paced doubles action!

- Teams spread out across four courts
- The coach feeds the first ball in to kick off the rally
- **Challengers vs. Champs:**
 - Win 2 points as a Challenger → move up to the Champs' side
 - Lose the point → head back to the middle and wait for your next shot
 - Champs keep their throne until they're beaten - then it's time to swap sides
- **Scoring:** Only the Champs can rack up points (1 point for every rally won)

 Stay sharp, play hard, and see if you and your partner can rule the court!

Drill 2 - Around the World (2 courts - 16 players max) Court 9 & 10

[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 three players remaining win points for their team.

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

[until done]

- Players required (4) / team

A cone with **20 balls** is placed at the base of the net post.

Players line up at the baseline.

One player serves:

-  If the serve goes **in**, that player runs to the net post, grabs a ball from the cone, and hands it to their teammate.
-  If the serve is **out**, no run - the next teammate steps up to serve.

Play continues until all 20 balls are collected.

The **fastest team to clear their cone wins!**

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

[10 min]

Doubles - Challengers vs Champs

The coach feeds the first ball to the Challengers.

To become Champs, the Challengers must **win 3 points in a row**:

1. First ball from the baseline
2. Second ball at the net (volley)
3. Third ball is a smash

If they succeed, they take the Champs' side.

If they lose at any point, they return to the waiting area and the next pair steps in.

Champs stay on their side until they lose, then swap with the Challengers who beat them.

Scoring: Teams only earn points while playing as Champs (1 point per rally won) 

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

[2 min rounds, 5 rounds]

- Players required (4) / team. After each round, teams must mix it up! At least one new player jumps in so everyone gets a turn and keeps the energy flowing

Doubles teams are spread across all four courts.

After a short timed match of 2 minutes, play stops.

Winners move “up” a court (towards the “top court”).

Losers move “down” a court (towards the “bottom court”). If tied, one deciding point is played.

At the end of the 5th round, the top 3 teams will win points.

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
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Drill Points System

- 🏆 **1st place:** +20 points
- 🥈 **2nd place:** +10 points
- 🥉 **3rd place:** +5 points

Bonus Points

- 👗 Best Dressed Team: +10 points
- 🎉 Best Team Spirit: +10 points

Penalty

- ⚠️ Bad Behaviour: -5 points