



TENNIS SERVING COMMUNITIES

THE TFF SCHEMES

TFF 12yrs+ & TFF All Ages – A group session of fun drills and games for everybody, regardless of playing level. Some TFF sites are 12yrs+ and some are All Ages, please check this before you book.

TFF Mental Wellbeing – fun group games encouraging all to mix, laugh, exercise and have fun as an early intervention tool for those struggling with Mental Health issues

TFF Over 50's -designed to exercise the body and mind, physical and mental activity can prolong the onset of Dementia by up to 30%

TFF After School – Fun alternative team/group games targeting those schools with little or no sports facilities to get out and use their local park.



GAMES SUITABILITY

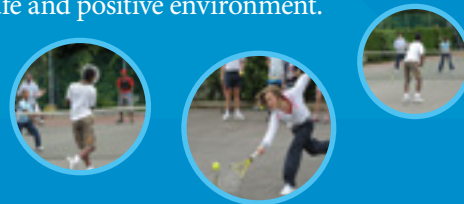
	Quick Fire - Singles	Quick Fire - Doubles	Champions & Challengers	Wipeout	Rotator	Attack 2 Ten	Around the World	LIVES
Drill / Game suited to:								
4 - 8 players on a court	●		●	●	●	●	●	●
8 - 12 players on a court	●		●	●	●	●	●	●
12-16 players on a court					●	●	●	●
Game features In:								
TFF 12yrs+	✔		✔	✔	✔	✔	✔	
TFF 12yrs+ expanded*	✔	✔	✔	✔	✔	✔	✔	
TFF ALL AGES*	✔	✔	✔	✔	✔	✔	✔	
TFF 50yrs+		✔	✔	✔	✔	✔	✔	✔
TFF Mental Wellbeing	✔		✔	✔	✔	✔		✔
TFF After Schools*								✔

* TFF 12yrs+ expanded, TFF ALL AGES and TFF After Schools feature additional games that aren't outlined here. See the specific documents for these programmes to understand the additional games available to those groups.

TFF serve local communities by reinvigorating local park facilities in all areas, and where possible, a special focus on operating our schemes in areas of high deprivation and with the highest rates of inactivity nationwide. With over 20 years of experience in successfully operating our programmes throughout the UK, TFF have adapted our proven bespoke games and drills to address the ever increasing issues of Mental Health and early onset Dementia along with bringing a new format of the game to school kids who otherwise would never pick up a racket.

TFF sessions are all about energy and fun. We encourage you to participate in the session at whatever level you feel comfortable with. Feel free to be the life of the session or relax and let others take the limelight.

TFF games have around 10 people on a court at any one time, encouraging communication, teamwork, support and building confidence in a safe and positive environment.



TFF SESSION GAMES

QUICK FIRE SINGLES/DOUBLES



WIPEOUT



ROTATOR



CHAMPIONS & CHALLENGERS



ATTACK 2 TEN



AROUND THE WORLD / LIVES



BENEFITS OF TFF TO LOCAL COMMUNITIES

SOCIAL INCLUSION

Tennis For Free schemes bring people of all ages, ability levels, financial circumstance, backgrounds, ethnicity..etc, together. The scheme is designed to promote a healthy activity with sense of community belonging.

MENTAL HEALTH REHABILITATION

TFF's Mental Wellbeing sessions are GP referral based with an intervention worker as well as a coach at each session. The sessions are adjusted slightly from a typical TFF session to promote a strong sense of wellbeing with the flexibility of allowing attendees to engage with the coaches and fellow session attendees at a level they feel comfortable with.

AN POSITIVE SCHEME FOR THOSE WITH A RISK OF DEMENTIA

TFF's 50yrs+ scheme features subtle cognitive elements built into the fabric of the programme meaning that attendees not only get a modest level of physical activity, they are also engaging problem solving activity as well as developing fine motor skills. These elements have been shown, by research, to provide a 30% decrease in risk for over 50s staving off dementia.

AN 'OUT OF THE BOX' SCHEME TO ENCOURAGE CHILDREN INTO SPORT

TFF ALL AGES and TFF After Schools allow children to experience tennis in the most enjoyable format. Traditional tennis doesn't typically appeal to children, but TFF's group activity adaptations are designed specifically to engage childrens interests in the best way possible.

BRINGING FAMILIES CLOSER TOGETHER

TFF's ALL AGES scheme is designed specifically for whole families to come to the session and enjoy the fun of the whole family enjoying tennis at the same time. Three differnt sub groups allow for anybody of any ages to enjoy the sessions.