

Tennis

Origin

Tennis originated from a 12th century French game called paume (meaning palm); it was a court game where the ball was struck with the hand. The most widely held belief is that it derived from handball, which originated in Ireland as early as the tenth century. However, some believe tennis dates back 21 or 30 centuries to when royal families were great sports devotees. In 1873, Major Walter Wingfield, a student of court tennis introduced tennis, as know it today. It was officially called lawn tennis. The game was first intended to be played on a lawn, but eventually the use of hard surfaces grew in popularity.

Terminology

Ace – A serve that is untouched by an opponent.

Backhand – balls hit to non-racket side of a player (left side of right handed player).

Cross-court shot – A shot in which the ball travels diagonally across the net, from one corner of the court to the other.

Deep shot – A shot that bounces near the baseline.

Double Fault – Failure at both service attempts, thus receiver's point.

Drive – An offensive ball hit with force.

Drop shot – A softly hit ball that barely travels over the net.

Face – The hitting surface of the racket.

Foot Fault - Server touches baseline or steps over with a foot while -serving.

Forehand – Balls hit to racket side of player (right side of right-handed player).

Groundstroke – Forehand or backhand stroke made after the ball has bounced.

Kill – To smash the ball down hard.

Let - Ball that must be replayed due to interference or a served ball that touches the net and still goes into the correct service area.

Lob – A ball hit high enough in the air to clear the net, usually by at least 10 feet and lifts over the head of opponent.

Long – A serve that lands beyond the service line, or a shot that land beyond the baseline.

Love – No score...zero.

Match – A series of sets; A completed contest.

Midcourt - Area in the center of the playing court, midway between the net and the baseline.

Also called "no mans land".

Rally – When two players (or teams) exchange a series of shots and continue to hit the ball back and forth in play.

Serve (Service) – Method of starting a point.

Set – A series of Games

Smash – Hitting the ball with great force; an offensive maneuver.

Top Spin – Spin of the ball from top to bottom, caused by hitting up and through the ball. It makes the ball bounce fast and long and is used on most ground strokes

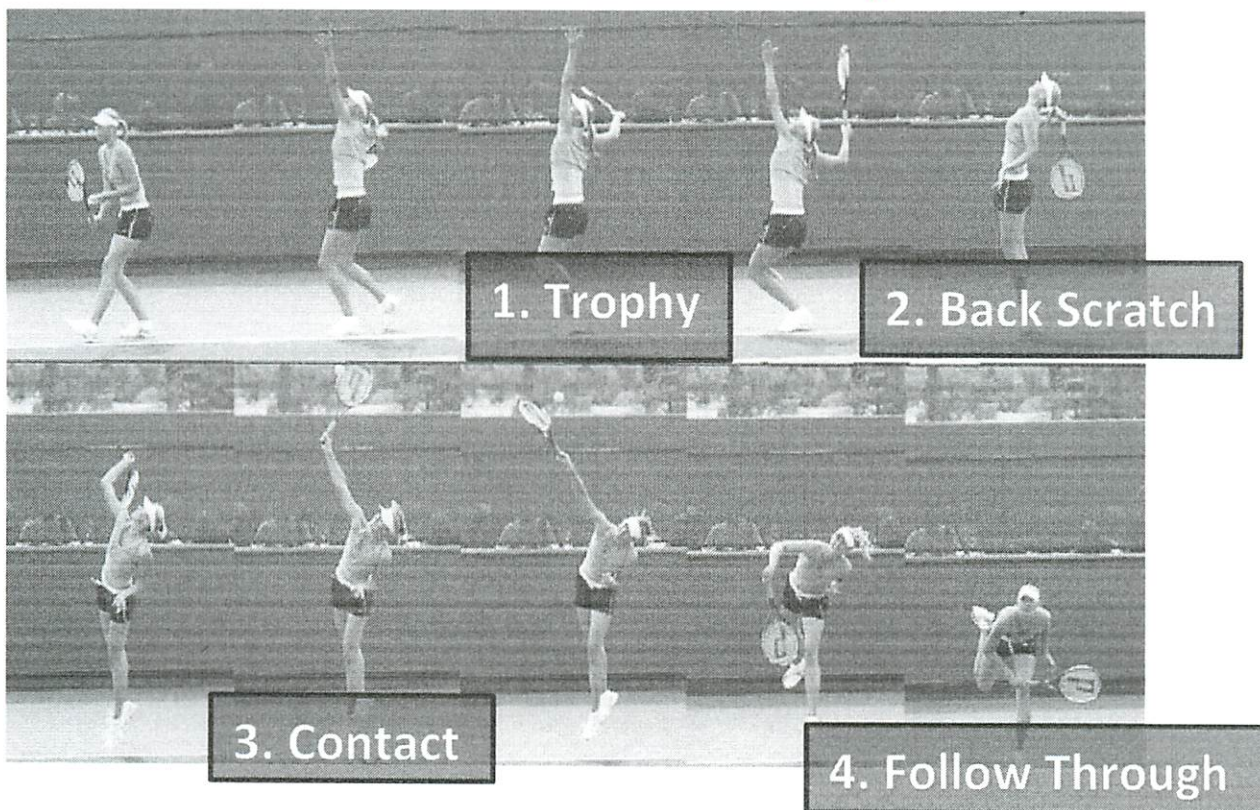
Volley – Hitting shot on fly, before it hits the ground..

Wide – A shot that lands beyond the sideline.

Skills

Serve

1. Bring it up into the trophy position
2. Drop the racket down into the back scratch position.
3. Reach up and contact the ball as high as you can, and an arms length in front of you.
4. Drop the racket down beside your left ankle for the Follow through.



Ground Strokes

Forehand

1. Move the feet first to get into a good position
2. Turn body so opposite shoulder faces your target
3. Racket back and low
4. Step towards the target as you swing
5. Strike up on the ball and Follow through towards the net

Backhand

1. Move the feet first to get into a good position
2. Turn body so racket shoulder faces your target
3. Racket back and low
4. Step towards the target as you Swing
5. Strike up on the ball and Follow through towards the net

Rules

Serving Rules

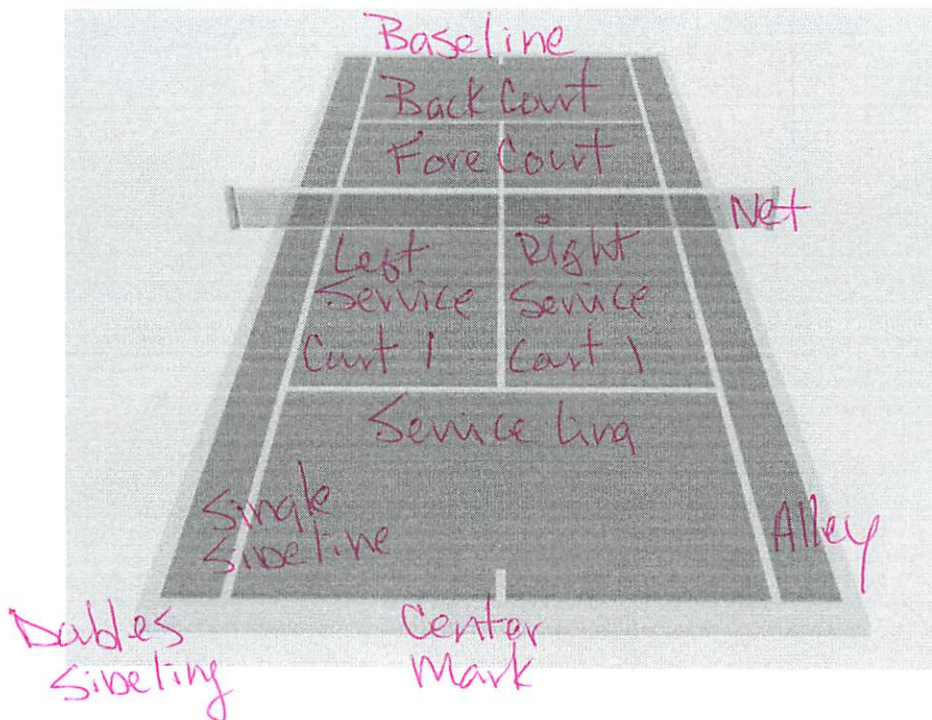
1. Serving ^{team score} should be announced before each serve.
2. Both feet must be behind the baseline and inside the center mark. If a foot is on or over the line when contact is made, a Foot Fault is called and the serving team loses the point.
3. You must serve into the diagonal court. (when playing on the full court)
4. Always start from the right side and alternate sides after each point.
5. You have two chances to get the ball to land in the service box; first error is called a Fault.
6. Two faults in a row are called a Double Fault and the serving team loses the point.
7. The serve must land in the proper service court before it can be played.
8. The server serves a complete game.
9. After one game the serve alternates to the opponent. In doubles, the serve alternates with the partner every other game (one player serves every fourth game).

Gameplay Rules

1. A line is a part of the court, so a ball landing on the line is Good.
2. You playing the ball if it is out does not make it Good. Exception: when you hit the ball on the fly.
3. A poorly tossed ball may be caught and re-tossed without penalty.
4. Following the served ball, all other balls may be hit before or after one bounce.
5. During a rally if the ball hits ~~the~~ the net and lands in the proper court, it is good.
6. A player may not hit the net with his/her body or racket.
7. A player may not play a ball before it crosses his/her side of the net.

Scoring (In PE we will not use traditional Tennis scoring. We will focus more on skill development.)

1. Games are played to 7 POINTS.
2. Sets are played to 2 GAMES. ~~(2 sets)~~
3. A Match is over when a player/team wins 2 out of 3 Sets.
4. So....
 - a. You score Points to win a Game
 - b. You win Games to win a Set
 - c. And you win Sets to win the Match
 - d. This is where we get the saying: "Game-Set-Match"



Strategies

Aim groundstrokes high to hit deep.

Aiming your forehands and backhands between three and eight feet above the net will almost guarantee that you'll get the ball in, and it will also help you keep the ball deep. Very deep balls can often draw an error from an inexperienced opponent, and depth in general will limit your opponent's options. You'll want to hit some short balls on purpose, but your Standard shot should be Deep.

Use Full swings.

Full swings don't have to be Fast swings. It's tempting to poke at the ball as a way to keep from hitting too hard, but you'll find that a fuller swing is far more reliable, and it will be much better for your arm and your rate of improvement. If you want to take some speed off your shot, just slow down your full swing.

Pull your opponent Forwards, then hit Pass her.

This is one of the easiest and most reliable tactics you can use. Beginners get caught in "No Man's Land," the area between the baseline and service line, all the time. When you see your opponent there, just aim the ball to either side of her and several feet Deeper than she is standing, and you'll almost certainly win the point.

Recover your court Position quickly.

This is your Defense against tip #3 and a lot of other difficult situations. Unless you're attacking at the net you should get back to a spot somewhat Diagonally opposite your opponent and roughly three feet behind your baseline after each ball you hit.