

Tennis

Origin

Tennis originated from a 12th century _____ game called paume (meaning palm); it was a court game where the ball was struck with the _____. 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 _____ 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 _____ by an opponent.

_____ – 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 _____ across the net, from one corner of the court to the other.

Deep shot – A shot that bounces near the _____.

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

Drive – An offensive ball hit with _____.

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

_____ - The hitting surface of the racket.

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

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

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

Kill – To _____ the ball down hard.

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

_____ – 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.

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

_____ - No score...zero.

Match – A series of _____; A completed contest.

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

Also called “_____”.

_____ - 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 _____ a point.

Set – A series of _____

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

_____ – 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 _____.

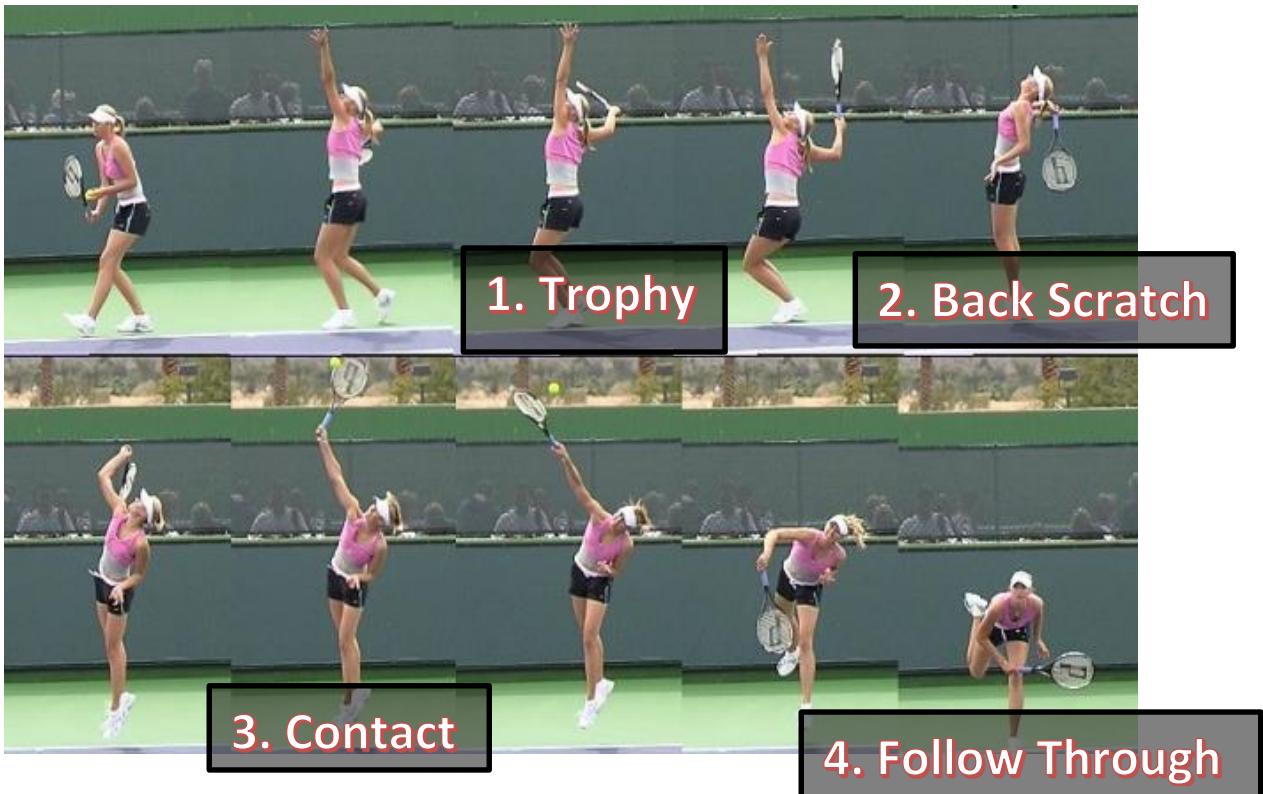
Volley – Hitting shot on fly, _____ it hits the ground..

Wide – A shot that lands beyond the _____.

Skills

Serve

1. Bring it up into the _____ position
2. Drop the racket down into the _____ position.
3. Reach up and _____ 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 _____.



Ground Strokes

Forehand

1. _____ the feet first to get into a good _____
2. Turn body so _____ shoulder faces your target
3. Racket _____ and _____
4. Step _____ the target as you swing
5. Strike _____ on the ball and _____ towards the net

Backhand

1. _____ the feet first to get into a good _____
2. Turn body so _____ shoulder faces your target
3. Racket _____ and _____
4. Step towards the target as you _____
5. Strike _____ on the ball and _____ towards the net

Rules

Serving Rules

1. _____ should be announced _____ each serve.
2. Both _____ 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 _____ is called and the serving team loses the _____.
3. You must serve into the _____ court. (when playing on the full court)
4. Always start from the _____ side and _____ sides after each point.
5. You have _____ chances to get the ball to land in the service box; first error is called a _____.
6. Two faults in a row are called a _____ 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 _____ game.
9. After _____ the serve _____ to the opponent. In doubles, the serve alternates with the partner every other game (one player serves every fourth game).

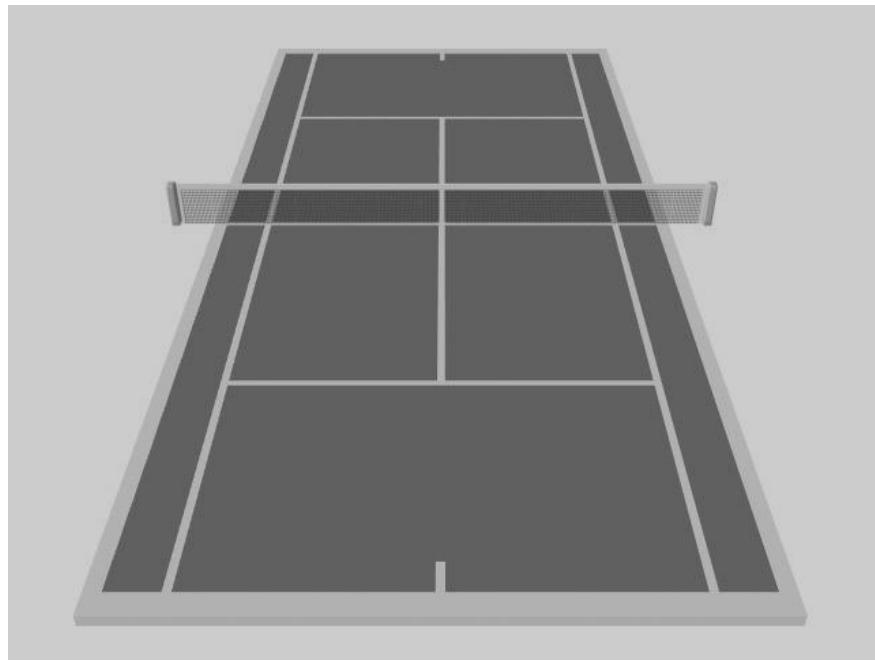
Gameplay Rules

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

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

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

The Court



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 _____ shot should be _____.

Use _____ swings.

Full swings don't have to be _____ 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 _____, then hit _____ her.

This is one of the easiest and most reliable tactics you can use. Beginners get caught in "_____," 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 _____ than she is standing, and you'll almost certainly win the point.

_____ your court _____ quickly.

This is your _____ 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 _____ opposite your opponent and roughly three feet _____ your baseline after each ball you hit.