

# TENNIS

## Course Objective

The student will be able to demonstrate:

1. an understanding of the rules and etiquette involved with tennis.
2. basic strokes involved in the game.
3. strategic use of the different strokes.
4. knowledge of scoring, sets and tiebreakers.
5. proper warm-up and cool-down routine specific for tennis.
6. an appreciation for the game both as a competitive sport and a recreational one.

## SAFETY/CARE OF EQUIPMENT

1. No student is to participate without an instructor present.
2. Racquets and balls must be returned in good condition.
3. Students who misuse equipment will lose their privilege and if damaged, they will be financially responsible for its replacement.
4. Appropriate attire, dress and shoes must be worn.

## HISTORY

Tennis was first played in France. The ball was leather filled with hair; the net was a mound of dirt, and the racket was the palm of the hand. Throughout the years, changes in equipment and rules has been made. The present game is a popular activity for all age levels and all abilities.

## TECHNIQUES

### Beginning Strokes:

Drive - Shot hit hard without much arc so that it lands near the opponents baseline.

Forehand - Stroke used to hit ball on the right side of a right handed player.

Backhand - Stroke used to hit ball on the left side of a right handed player.

Serve\_- Overhand stroke used to put the ball in play from behind the baseline to the opposite service court.

### Advanced Strokes:

Overhead Smash - Shot made with an overhead stroke so the ball goes down.

Volley - Ball hit in the air before it bounces.

Lob - Shot with a high arc so that it lands near the opponent's baseline.

## RULES

### Game: (Singles)

The server puts the ball in play. The server serves a complete game before the opponent starts to serve. The server always starts serving from the right side of the center line behind the baseline. The serve is to the opposite service court. The player has two chances to place the ball in the designated area each service. After first serving from the right and the point decided(15-0, or 0-15) the player then serves from the left side of the center line, then the right, alternating, until the game is completed. The opponent would then serve the next entire game.

Scoring: No Point = Love or 0

1 Point = 15

2 Points = 30

3 Points = 40

4 Points = Game

Deuce: refers to the score when it is 40-all or deuce. For a player to win a game after the score becomes 40-all, they must win two successive points.

Ad-In: Advantage In means that the server has won one point after deuce. If they win the next point, it is game. If the receiver wins the next point, it is deuce again.

Ad-Out: Advantage Out means that the receiver has won one point after deuce. If they win the next point, it is game. If the server wins the next point, it is deuce again.

Set: A set is won when one player has won at least 6 games and is ahead by at least 2 games.

Tiebreakers: Tiebreakers were incorporated due to televised games. Tiebreaker games were introduced so a 6-6 set could end quickly. Tiebreakers work like this: in a 12-point tiebreak, the player or team that wins 7 points and is ahead by at least 2 points wins the game and that set. The score is called out as 1,2,3,4,5, etc., throughout the game. A final tie-break score might be 7-0,7-2, 7-3, 7-4, 7-5, 8-6, 9-7, etc.

**Game: (Doubles)** *The order of serving shall be decided at the beginning of each set as follows:*

The pair who has to serve in the first game of each set shall decide which partner shall do so and the opposing pair shall decide similarly for the second game. The partner of the player who served in the first game shall serve in the third; the partner of the player who served in the second game shall serve in the fourth, and so on in the same order in all the subsequent games of a set. Players change ends of the court after every 6 points and at the end of the tiebreaker. The player or team who served first in the tie break game receives the serve in the first game of the next set.

**Faults in serving: Point awarded to the opponent.**

1. Server tosses ball, swings at it, but misses.
2. Server fails to legally deliver ball on or within boundaries of proper service court.
3. Server delivers ball to wrong court.
4. Double fault awards point to opponent.
5. Foot Fault
  - server fails to keep both feet behind baseline on correct side of center mark
  - server fails to maintain contact with ground
  - server takes step before serve is completed

**Faults in playing: Point awarded to the opponent.**

1. Receiver volleys a served ball
  2. If the ball is not returned before second bounce
  3. Ball hit more than once on one side of court
  4. Ball is not returned on or with boundaries of opponent's court
  5. Ball touches player
  6. Ball is hit into net
  7. Player touches net or net supports with any part of the body
- Any ball striking a line is good and scores a point if not returned.

**Let: Re-play**

1. On service, a ball which touches the net and is otherwise good, it is reserved.
2. When a player is unable to play a shot due to interference
3. A service delivered before the receiver is ready

Players change sides of the net every odd game.

Receiver may stand anywhere they choose on their side of the net.

In doubles, the player opposite the server may only return the serve, then either player may hit.

## **Etiquette**

To make the game more enjoyable for yourself and others, certain court courtesies should be followed.

Always thank your opponent for the game. Never make excuses for poor playing if you lose. Do not return a serve if it is a fault. When serving, be sure your opponent is ready. Always play your best. Never interrupt a rally or serve to get a ball. Have at least 2 balls in your hand to begin each serve. When a ball rolls out onto another court which has a game in progress, wait until the point is finished before asking for the ball. If your opponent is interfered any way during play, stop play and call "let."

As a spectator at a tennis match, do not yell at the players. Do not talk or make noises during play. After a point is finished, you may applaud. Whistling and cheering are out of place at a tennis match.