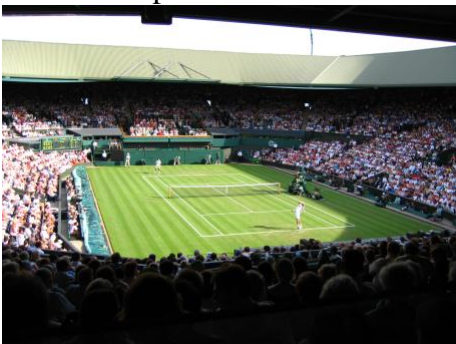


Tennis Study Guide

While Tennis can be enjoyed as a physical activity it can also enhance the overall wellness of the player. The social, mental and physical aspects of Tennis are incorporated in someone's wellness. Socially and mentally the player experiences the need to focus on team work (doubles play), strategy (using a variety of shots and shot placements), sportsmanship (playing fairly), etiquette (proper behavior for a specific sport or activity), and cooperation (working equally with a partner). Physical aspects of wellness would include eye-hand coordination, agility, reaction time, cardiovascular fitness, and muscular fitness. It is easy to look at a sport and focus on the basic skills of the sport. It is important to identify other avenues that the sport promotes for a better overall well-being.

History

1. Tennis originated in France and was originally played by royalty.
2. Mary Outerbridge brought tennis to the United States.
3. Tennis tournaments were first played on a grass surface (are also played on clay and hardcourt)
4. The most famous tennis tournament in the **world** is Wimbledon (played on grass).
5. The most famous tennis tournament in the **United States** is the U. S. Open (played in Flushing, New York)
6. The four "Grand Slam" professional tournaments are The Australian Open, The French Open, Wimbledon & The U. S. Open
7. ATP (Association of Tennis Professionals) is the world governing organization for professional tennis
8. USTA (United States Tennis Association) is the governing body for all tennis competition in the U.S.A.



**Center Court at Wimbledon
in England**



**Center Court at USTA Tennis
Center In Flushing, NY**

Etiquette

1. If you are unable to determine if the ball is good or out- **Call it Good!**
Remember: A ball on the line is good.
2. If you think your opponent made a bad call- **Accept the Call!**
3. The most important rule in tennis is, *“Do unto others as you would have them do unto you”*.
4. If your ball goes onto another court, wait until play is over before retrieving it.
5. If a ball comes onto your court during a point, immediately call a “let” and replay the point.
6. It is unsportsmanlike to intentionally distract an opponent.

Terminology

- | | |
|---------------------------|--|
| 1. Ace | serve untouched by an opponent. |
| 2. Advantage In | server’s point after deuce. |
| 3. Advantage Out | receiver’s point after deuce. |
| 4. Deuce | when the score is 40-40 or any tie score after that. |
| 5. Love | no score...zero. |
| 6. Forehand Stroke | stroke used when ball comes to your dominant side. |
| 7. Backhand Stroke | stroke used when ball comes to your non-dominant side. |
| 8. Fault | any “bad” serve that is not completed successfully |
| 9. Foot Fault | server touches or crosses over baseline with a foot while serving. |
| 10. Double Fault | 2 consecutive faults - results in a point for receiver |
| 11. Set | when one side has won 6 games and leads by at least 2 games |
| 12. Match | a completed contest (usually best 2 of 3 sets won). |
| 13. Lob | shot lifted over the head of opponent. |
| 14. 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. |
| 15. Server | player initiating play |
| 16. Volley | when ball is hit back and forth without touching the ground. |
| 17. Rally | when 2 players (teams) exchange a series of shots and continue to hit the ball back and forth in play |



Doubles Serving



Doubles Receiving



Doubles Net Play

Game Play

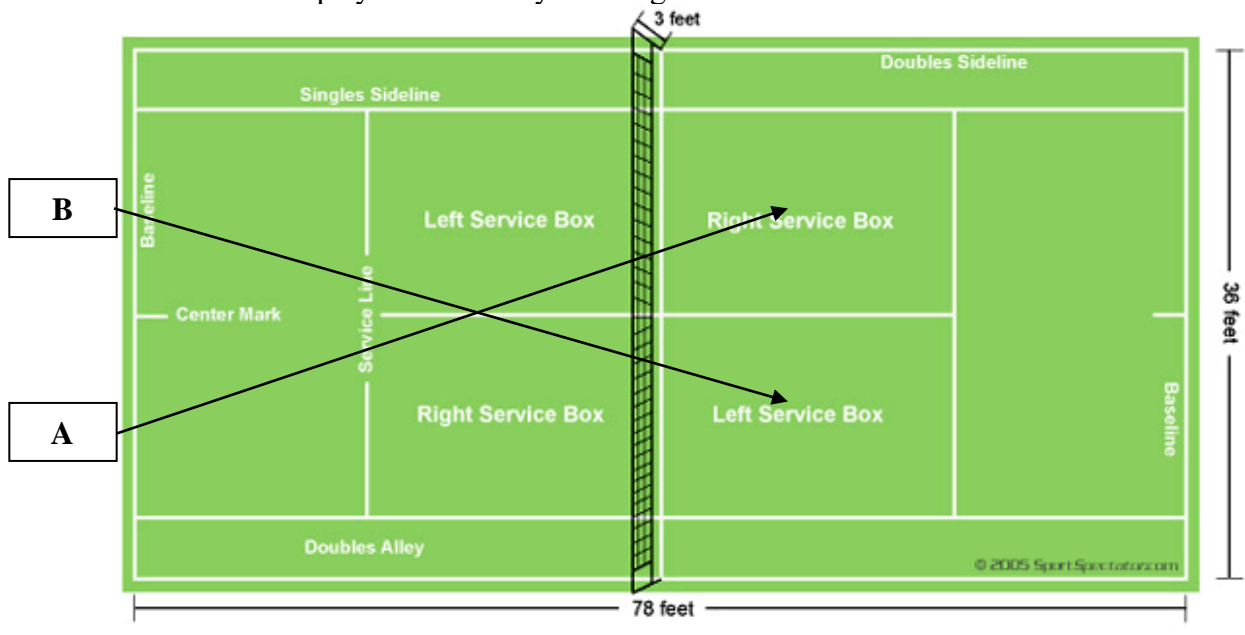
1. You flip a coin or spin a racket at the beginning of a match. The winner can choose either to serve first or which end they would like to play from.
2. One player serves an entire game and then his opponent serves the next game. If it is a doubles match, teams alternate serves every game. The order continues for the length of the entire set.

For Doubles:

- a. Team A player 1 serves game #1 (switch ends after the game)
 - b. Team B player 1 serves game #2
 - c. Team A player 2 serves game #3 (switch ends after the game)
 - d. Team A player 2 serves game #4
 - e. *Team A player 1 would serve game #5 etc.(switch ends after the game)*
3. At the end of every odd total of games played, opponents (or teams) switch ends
 4. The first player (or team) to win 6 games (by 2) wins the set;
 - a. Tiebreakers:
 - i. If it gets to 5-5 in a set you can win 7-5
 - ii. If it gets to 6-6 in a set, you usually play a tiebreaker
 5. A typical tennis match is the best of 3 sets (the player or team who is the first to win 2 sets)
 - a. A winning score in tennis could be
 - i. 6-0, 6-4 (same player winning the first two sets played)
 - ii. 6-3, 2-6, 6-4 (winning player wins 1st & 3rd set; opponent wins 2nd set)
 - b. Men's "Grand Slam" tournaments play best of 5 sets.

Court Lines & Dimensions:

1. Singles play - 27' wide by 78' long
2. Doubles play - 36' wide by 78' long



Scoring

1. The server calls the score out and always gives server's score first followed by the opponents' score.
 - a. They serve first from position "A" shown above and then alternate from "A" to "B" every point after that until the game is over.
 - b. In doubles:
 - i. Their partner switches to the opposite side after every point.
 - ii. The receiving team partners choose a side to return from and do **not** switch sides.
2. The server gets two chances to make a "good" serve (it must go diagonally into the opposite sides service box as shown above).
3. An example of scoring is provided below.

<u>Server</u>	<u>Receiver</u>	<u>Score</u>	<u>Serve Position</u>
0 Points	0 Points	love – love	A
1 Point	0 Points	15-love	B
2 Points	0 Points	30-love	A
3 Points	0 Points	40-love	B
3 Points	1 Point	40-15	A
3 Points	2 Points	40-30	B
3 Points	3 Points	Deuce	A
3 Points	4 Points	Advantage Out (receiver)	B
4 Points	4 Points	Deuce	A
5 Points	4 Points	Advantage In (Server)	B
6 Points	4 Points	Game for server	