

INSTRUCTIONS

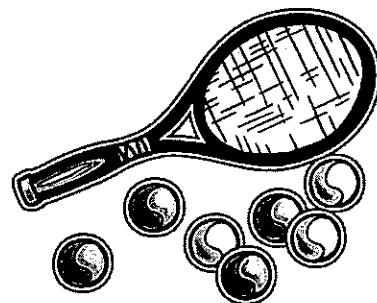
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Tennis is among the most popular sports in the United States. It is played by amateurs and professionals, children and adults, women and men. It can be played for sheer enjoyment or in fiercely competitive tournaments, such as the famous Davis Cup, Wightman Cup and the Wimbledon tournament. Like badminton, it requires agility, speed and almost continuous motion on the part of the player. It is often recommended as a good means of aerobic exercise.



HISTORY OF TENNIS

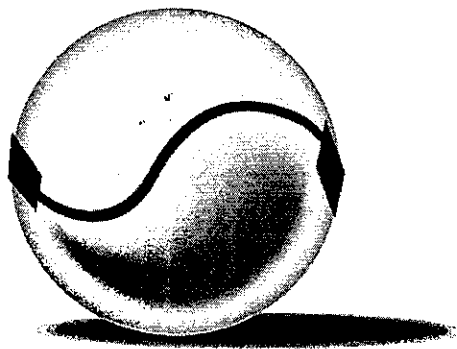
The game that we know as “tennis” today (officially known as “lawn tennis”) was created by a British citizen, Major Walter C. Wingfield, who introduced the game to Britain in 1873. The following year saw the introduction of the already-popular game to America.

However, the real history of tennis apparently goes back far beyond Major Wingfield’s day. A version of tennis was played in ancient Greece and in France in the 1400s.

The first tennis tournament was played at Wimbledon in England in 1877. While Wimbledon is still considered the most famous and prestigious tennis tournament in the world, the Davis Cup and Wightman Cup tournaments are also important annual events.

HOW THE GAME IS PLAYED

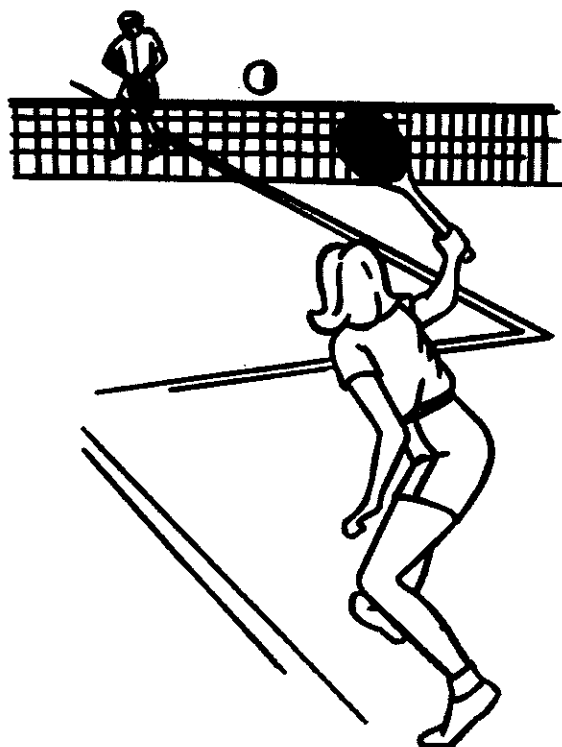
A tennis game always starts with the serve. The server stands behind the base line on the right side of the court. The ball is tossed into the air and hit diagonally across the net into the opponent's court. The opponent then has to hit the ball after the first bounce, and return it back across the net to the server.



A "fault" is committed when the server hits the net with the ball or when the ball is hit outside the service court. The second time a server tries to serve and fails, "a double fault" occurs. The opponent automatically gains a point after a double fault.

Faults can also occur when the server touches the base line or any other part of the court with his/her feet while serving.

A "let ball" is a serve that touches the net but lands in the correct place. This type of ball does not count; the server must serve again.



A ball that touches the net during play is called a "net ball." Net balls are legal and must be played.

Once the first point is made, the server then serves from behind the left base line. The server continues until the opponent wins the serve or until a fault occurs.

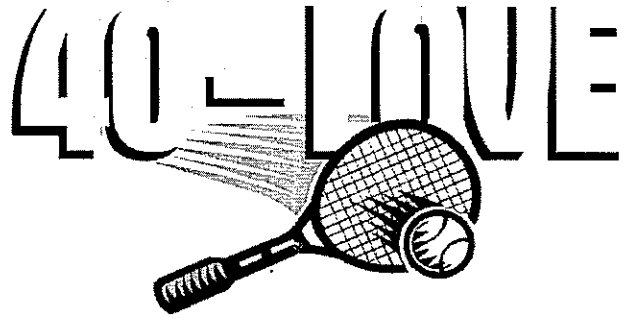
The first point in a tennis game is 15, the second is 30 and the third is 40. The final score (or fourth point) is the GAME POINT.

A player must score four points in order to win a game. In a tie game, both sides or players may score three points, or 40-40 (a "DEUCE"). If a player or side wins two more points after a deuce, the game is won.

The "AD" or ADVANTAGE is the first point scored after the deuce. When both players

score a point after a deuce, the game returns to 40-40 again.

The score “LOVE” means zero. If a game has the score 30-love, it means the score is 30 to zero. Nobody knows why the term “love” is used in tennis, but it is generally believed to have originated from the French word “l’ouve,” which means “egg.” An egg is round like a circle, hence its association with a zero.



A SET means that one side or player has won six games. The winner of the set must win by two games. A MATCH means that two out of three sets have been won.

PLAYING TECHNIQUES

THE SERVE



There are four types of serves in tennis: the flat serve, the slice serve, the kick serve and the American twist. While the slice is the most common and effective serve, all four types of serves demand a controlled toss and good follow-through.

To execute the serve properly, the player raises the racquet back to a point where it reaches over his or her right shoulder. The player’s elbow is kept straight in the air. The proper stance is straight, not bent at the waist. The ball is then tossed up into the air. As the ball comes down, the server moves forward and strikes the ball with the racquet, driving it over the net toward the other player or players.

FOREHAND DRIVE

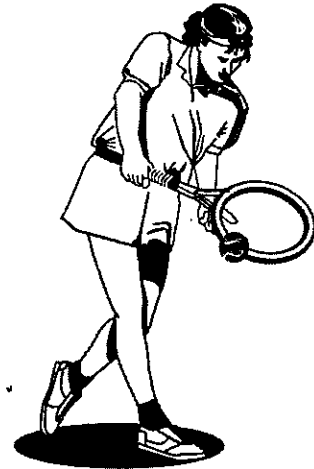
This move is one of the two main strokes used for returning the ball after one bounce. When the ball approaches the player’s racquet-hand side, the forehand drive is used—basically, as a way of blocking the ball. The wrist maintains a firm position and keeps the racquet face open. All contact with the ball should take place in front of the player’s body.

BACKHAND DRIVE

This move is the other main stroke used to return a ball after one bounce. In the backhand drive, the ball goes to the opposite side of the racquet hand. The player moves the arm across the body and, as with the forehand drive, maintains a firm wrist and elbow. Again, contact with the ball is made in front of the player's body.

VOLLEY

The famous Martina Navratilova once offered this advice about the volley: "Keep it short and simple." The player's knees should be bent and legs slightly apart while the weight of the body is forward. The elbows should be turned in toward the body as the body pivots and the shoulder turns toward the ball.



The power of the volley comes not from the swing, but from a firm wrist, good timing and the ability to keep one's body weight forward.

LOB

The lob features a short backswing, an open racquet face and an upward motion. The follow-through on this shot is shorter than on other shots. The goal of the lob is to hit the ball over the opponent's head in order to drive him/her back in the court.

SLICE



The forehand and backhand slices are used to make the ball spin and bounce crookedly. In the forehand slice, the player's shoulders should turn as the racquet is brought back above the level of the ball. The racquet head is tilted upward at this point, while the player's weight is kept forward. Ideally, the follow-through on this shot is kept short.

In the backhand slice, the player turns as the

racquet is brought back above the level of the ball. The wrist is kept stiff as contact with the ball occurs in front of the player's body.

EQUIPMENT AND CLOTHING

Tennis is usually played in loose-fitting shorts for men or short skirts for women. Athletic shoes are needed to brace the feet and ankles during violent maneuvers. Light polo shirts or blouses are worn to provide freedom of movement.

TENNIS NOTES AND NEWS

Wimbledon

Men

Roger Federer's epic and historic 2009 victory in the men's singles final brought the 123rd Championship to a fitting climax in the evening sunshine on Centre Court. After four and a quarter hours Federer finally overcame the American Andy Roddick in a 30-game fifth set, the longest in Wimbledon history, to claim a record 15th Grand Slam title. Federer was seeded #2 and Roddick #6 in the 2009 Wimbledon.

The overall match statistics were incredible from both players, especially the serving statistics from Roddick with 70% first serves averaging 203kph and a fastest serve of 228kph. Despite the blazing speed and a high percentage from Roddick, Roger Federer nearly doubled the number of aces at 50 and combined with an imposing percentage win ratio on service and return – handed Roger Federer the win.

Federer's sixth Wimbledon in seven years of appearances in the final also moves him within one singles victory at The Championships of Sampras (Pete), who shares the record of seven with the 19th century English hero, William Renshaw.

Federer had always looked on course for the final once the top seed, Rafael Nadal, pulled out with knee problems. The 27-year-old Swiss dropped only one set en route to the final and his progress became increasingly assured as round succeeded round.



The men's doubles was retained by Daniel Nestor and Nenad Zimonjic, the second seeds who defeated the American twins and top seeds, Bob and Mike Bryan.

Women

The hopes of Venus, chasing her sixth Wimbledon victory, were dashed in the women's final when she was beaten in straight sets by her younger sister, Serena. It was a merited win, Serena's third Wimbledon and the 21st time these two had faced each other in top-level professional play. It proved, beyond doubt, that since the retirement of Justine Henin a year ago and the struggle that Maria Sharapova has experienced in coming back from a shoulder operation, the Williams sisters rule women's tennis.

The manner in which Venus crushed the current world number one, Dinara Safina, in the semi-finals for the loss of one game offered dramatic proof of this and it is difficult to see a challenger emerging to them at present, though that return to the game of Belgium's Kim Clijsters in the autumn after having a baby may prove something of a challenge.

So dominant are the Williamses that a couple of hours after their final match they were back on court to win the women's doubles against the Australian pair, Rennae Stubbs and Samantha Stosur.

The U.S. Open

In a slew of late-in-the-tournament rain delays, the US Tennis Open 2009 provided two shocking winners for both the men and women's tournament.

On the women's side, the Belgian Kim Clijsters took full advantage of a wild card entry to sweep through 5 seeded players--not least of which both of the Williams sisters--to win in a comfortable style 7-5, 6-3 against another surprise finalist, #9 seeded Caroline Wozniacki from Denmark. Clijsters, who retired prematurely in 2007 had taken off two years to have Jada, her daughter, who came on court to help her mom with the trophy. Not since 1980, when Evonne Goolagong Cawley defeated Chris Evert at Wimbledon, has a mother won a Grand Slam title. Clijsters also became the first wild card entry to ever be crowned US Open champion.



In the men's draw, it was Argentine Juan Martin Del Potro, the 20-year-old sixth seed, who twice came back from a set down to win a monster five set match 3-6, 7-6 (5), 4-6, 7-6 (4), 6-2 against the perennial favorite, Roger Federer. Federer had been carrying a 40-match, 5 crowns-in-a-row unbeaten streak into the final.



Beijing 2008 Olympic Results:

Men's Singles:

Gold: NADAL Rafael, Spain
Silver: GONZALEZ Fernando, Chile
Bronze: DJOKOVIC Novak, Serbia

Women's Singles:

Gold: DEMENTIEVA Elena, Russian Fed.
Silver: SAFINA Dinara, Russian Fed.
Bronze: ZVONAREVA Vera, Russian Fed

Men's Doubles:

Gold: FEDERER Roger and WAWRINKA Stanislas, Switzerland
Silver: ASPELIN Simon and JOHANSSON Thomas, Sweden
Bronze: BRYAN Bob and BRYAN Mike, USA

Women's Doubles:

Gold: WILLIAMS Serena and WILLIAMS Venus, USA
Silver: MEDINA GARRIGUES Anabel and RUANO PASCUAL Virginia, Spain
Bronze: YAN Zi and ZHENG Jie, China

Keep current with the sport of tennis by visiting these tennis websites:

<http://www.atptour.com/>
<http://www.ncaasports.com/>
<http://www.tennisserver.com/>
<http://www.tennis.com>



5. Name the four types of serves in tennis.

6. What is the tennis volley and how is it executed?

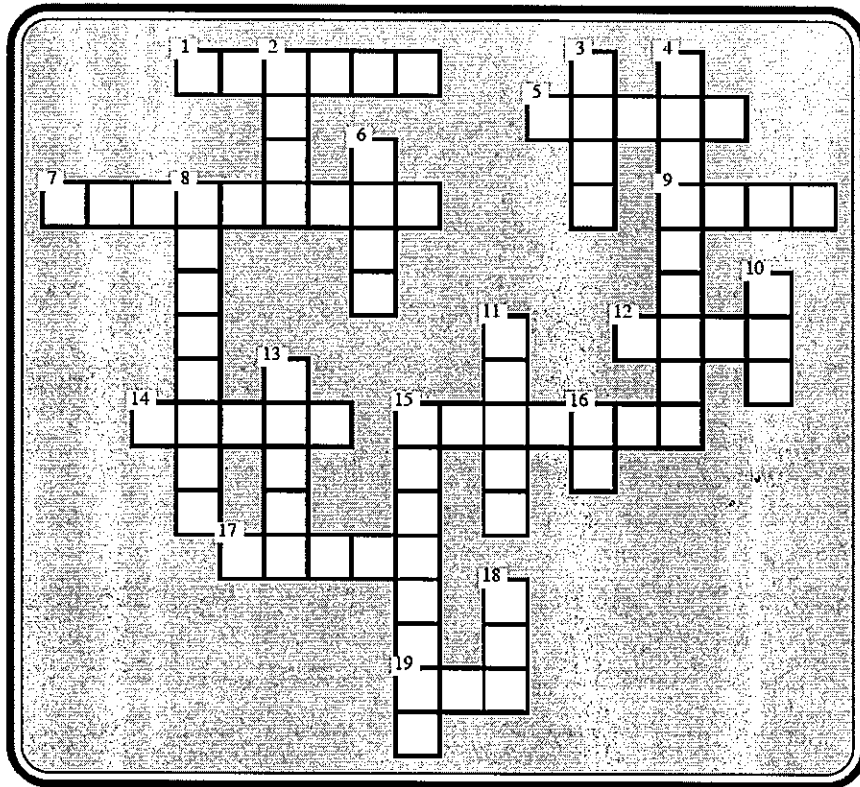
7. What does the score “love” mean in tennis?

8. What does “a set” in tennis mean?

9. What is the first point in a tennis score?

10. What comprises “a match” in tennis?

Name: _____ Date: _____



Across:

1. Martina says keep it short and simple
5. A popular tennis tournament
7. Most famous tennis tournament
9. One must win at least six of these to win the set
12. Love in tennis means this for a score
14. When the server hits the net with the ball
15. The direction of the player's weight when hitting a slice
17. A score of 40-40
19. It is in the middle of the court and the ball must be hit over it

Down:

2. Comes from the French word for "egg"
3. Tennis was originally played on this
4. This major introduced tennis to England in 1873
6. There are this many types of serves in tennis
8. One type of drive
10. Short backswing and upward motion
11. A tennis game starts with one of these
13. Makes the ball bounce and spin
15. Another type of drive
16. The first point scored after deuce
18. The server hits the net with the ball and the ball lands in the right place