

Tennis Study Guide

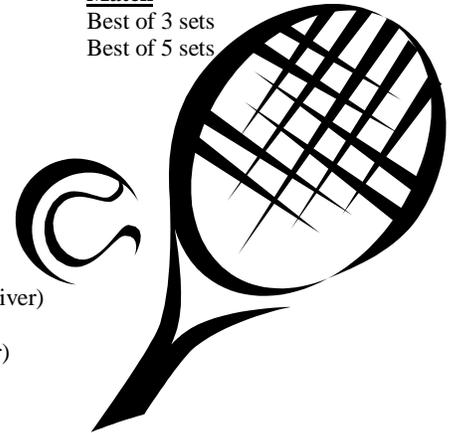
History

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. As we know tennis today, it is most often played on clay, asphalt, or cement.

Scoring

- Points in tennis are called. "Love," "15," "30," "40." "Deuce," "Advantage," and "Game."
Love = 0
15 = First point
30 = Second point
40 = Third point
Game = Fourth point
- The server calls out the score, saying his score first.
- When both players have 40 points, this is called **deuce**. If the score is deuce, the next point won by a player gives him advantage. If the server wins the first point after deuce, it is called advantage server or **ad in**. If the receiver wins the first point, it is called advantage receiver or **ad out**. After deuce, the first player to win two consecutive points wins the game.
- The player winning six games wins a **set**, provided the player has two game lead over the opponent (i.e. 6-0, 6-4, etc.). If tied at 6 games, a tie-breaker is used. A **match** is made up of the winner of two out of three sets for women and mixed doubles, and the best three out of five sets for men's competition.
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|----------------------|-------------------------------------|---------------------|
| <u>Game</u> | <u>Set</u> | <u>Match</u> |
| 15, 30, 40, game | At least 6 games | Best of 3 sets |
| Must win by 2 points | Must win by 2 games, or tie-breaker | Best of 5 sets |
- An example game scoring:

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



Rules

- When serving, both feet are to be behind the baseline.
- A line is a part of the court, so a ball landing on the line is good.
- You playing the ball if it is out does not make it good. Exception: when you hit the ball on the fly.
- The server serves from behind the baseline diagonally to the opposite service court.
- The serve must land in the proper service court before it can be played.
- The server serves a complete game.
- The server has two chances to serve the ball into the proper service court. If the first ball is good, the second is not used. If both attempts are faults, it is the opponent's point.
- 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).
- A poorly tossed ball may be caught and re-tossed without penalty.
- Following the served ball, all other balls may be hit before or after one bounce.
- During a rally if the ball hits the net and lands in the proper court, it is good.
- Players change sides of the net at the end of odd-numbered games: first, third, fifth, etc.
- A player may not hit the net with his/her body or racket.
- A player may not play a ball before it crosses his/her side of the net.

Terms

Ace – A serve that is untouched by an opponent.

Advantage Court – The left-hand service court, so called because an "ad" score is served there.

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Advantage In - Server's point after deuce.

Advantage Out - Receiver's point after deuce.

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

Break service – Game won by the receiver.

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.

Deuce court – Right-hand court, so called because on a deuce score the ball is served there.

Deuce - When the score is 40-40 or any tie score after that.

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).

Grip – The method of holding the racket handle.

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 completed contest.

Midcourt - Area in the center of the playing court, midway between the net and the baseline. Also called “no-man’s land”.

Net game – The play at the net.

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 - When a player or team has won 6 games and leads by two games. Example: 6 – 4.

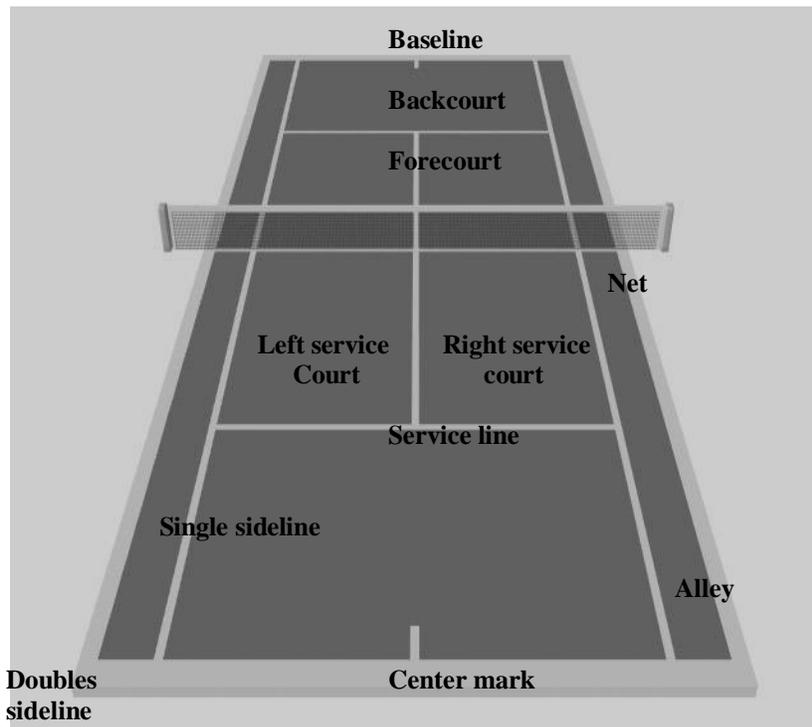
Smash – Hitting the ball with great force; an offensive maneuver. What the spike is to volleyball.

Tie breaker – When a score in any set reaches 6 games all, a 7 point scoring system is used to determine the winner of the set.

Topspin – 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.



Steps of a Tennis Swing

1. Ready position
2. Turn shoulders and take the racket back
3. Step into the shot
4. Stroke and point of contact
5. Follow through