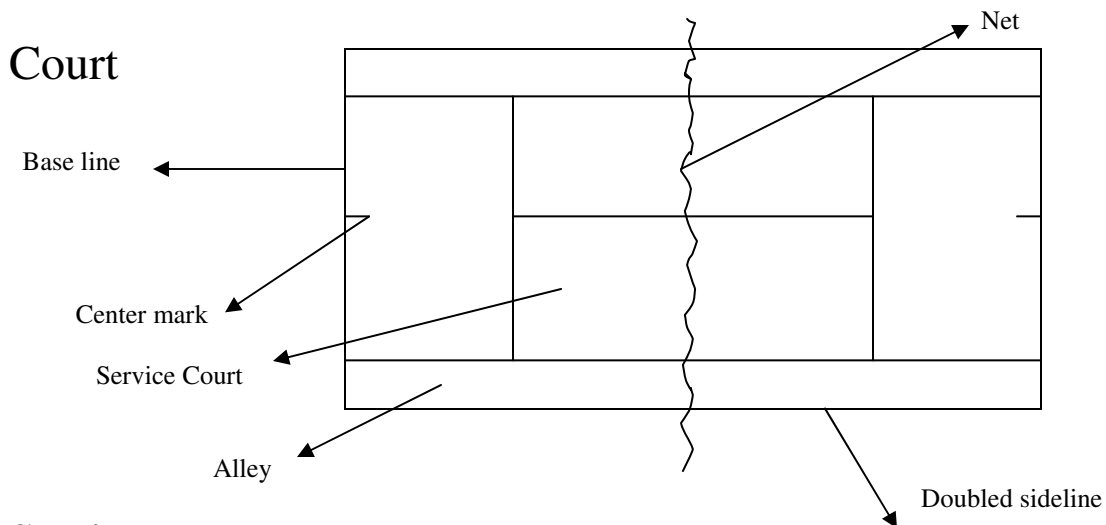


North PE Department

Tennis Study Guide



Strokes

FOREHAND – The body should be perpendicular to the net so that the shoulders are parallel and facing the racket sidelines. The feet are set comfortably apart. The backswing of your racquet should be executed with an extended arm and firm wrist, carrying the racquet head at hip level back to the point opposite the right hip. During the backswing, the weight of the body is transferred from the right foot to the left foot. The knees are bent slightly. The arm should be fully extended at the point of impact. The follow-through of the stroke is important. Continue the arm movement forward and let the momentum expend itself in the direction you wish the ball to go.

BACKHAND – The mechanics of this stroke are basically the same as those of the forehand stroke. You will turn the body 180 degrees from your forehand position. Good footwork along with early racquet position will increase your success with the backhand stroke.

VOLLEY- this refers to all strokes that are made before the ball hits the ground. Usually this stroke is executed in the forecourt or when playing at the net position.

SMASH – This shot is usually attempted as a “kill” on a ball that has bounced high and close to the net, or on an opponent’s short lob. Meet the ball as you would in hitting a service.

LOB – This shot is lifted high above the reach of a net-playing opponent and should land near the baseline.

Scoring

Points are called as follows, with the server's score always called first:

0 points – Love

1st point – 15

2nd point – 30

3rd point – 40

4th point – Game

Deuce means that each team has won three points. One side must now win two consecutive points to win the game. The first point after deuce is called “advantage”. If the server wins it, the first point, the score is called advantage (ad) in. If the receiver wins the first point after deuce, the score is called advantage (ad) out.

To win a set you must win 6 games and you must have won at least two more games than your opponent.

A match is 2 out of 3 sets, or 3 out of 5 sets.

Rules



General

A ball that hits the line is considered good.

A point is lost if the player or the ball is hit more than once.

A point is lost if the ball touches the player or their clothes.

A point is lost if a player plays the ball before it passes over the net.

A returned ball is good if it hits the net and lands in the proper court.

Service

If the ball hits the top of the net and falls into the proper service court, it is known as a LET serve and must be served again.

You must not on or over the base line on a serve until the racket has met the ball.

Terminology

ACE – A serve, which eludes the receiver.

AD – “advantage”

DEUCE – In general, an even score.

FAULT – Service failure.

LET – A served ball, which strikes the top of the net and falls into the proper service court.

LOB – To stroke the ball in a high arc.

LOVE – No score.

MATCH – Two out of three or three out of five sets.

RALLY – A prolonged exchange of strokes.

SMASH – A stroke used to return a lob, similar to a service.

VOLLEY – A stroke used to return a ball before it has bounced

PLAY HARD - PLAY FAIR!!!