TENNIS

History
The French adapted the game of handball from Ireland and devised methods of protecting the hands by wrapping them with cords, wearing gloves, and eventually by using a paddle. The game was first intended to be played on a lawn, but eventually the use of hard surfaces grew in popularity. The name “tennis” was probably derived from the French term _tenez_, which means “take it and play.” The game was first introduced to the United States in 1874.

Nature of the Game
Tennis is considered by many to be one of the best forms of recreation. The pace of the game can be set to the individual player’s ability. Speed, agility, coordination, and endurance can be developed and indeed are needed to play a good game of tennis.

Tennis can be played both indoors and outdoors. There are two separate games of tennis. One is the singles game, which has two participants, one opposing the other. The doubles game, which has four participants, has two players teaming up to compete against another team of two. Mixed doubles are also played. This is when a team has one male and one female member.

Safety/Etiquette
1. Remove all tennis balls from the court before play begins.
2. Be aware of fences, net posts and other structures on and near the playing area.
3. Close any open gates.
4. When playing doubles, be aware of your partner and racket.
5. When playing doubles, never face your partner when he/she is hitting the ball.
6. Never walk on a court when a point is being played.
7. If a tennis ball comes into your court while you are playing, immediately call a let and stop your game.
8. Stop play immediately if someone enters your court.
9. Never hit a tennis ball in anger or at another person.
10. Never jump over the net at any time.

Facilities/Equipment
1. Students should check their racket for damage prior to use. Replacement costs will be assessed for racket damage.
2. Each student is responsible for the equipment issued. You must return it at the end of class.
3. During class each student is to take one tennis ball and one tennis racket. Students are responsible for returning all equipment (racket and ball) at the end of the class period.
Points/Scoring

A POINT is awarded during a rally when:
1. the opponent lets the ball bounce more than once on his/her side.
2. the opponent hits the ball into the net. If the ball touches the top of the net, goes over, and lands inside the boundary lines, the ball is in play.
3. the opponent strikes the ball with the racket more than once, or the partner hits the ball a second time.
4. the opponent touches the net with the racket or any part of the body.
5. the opponent volleys the ball before it crosses the net.
6. the opponent is hit in the body with the tennis ball.

Games/Scoring

0 points = Love
1 point = 15
2 points = 30
3 points = 40
4 points = Game

- When the game is tied at 40-40 it is called deuce.
- At deuce a player has to win two (2) points in a row to win the game.
- The next point won by a player is called advantage. Advantage in for the server and advantage out for the receiver.
- If the same player wins the point after advantage is called, that player wins the game. If the other player wins the point, the score goes back to deuce. This procedure continues until one player wins two points in a row.
- Opponents change sides of the net after every odd game (1,3,5,7, etc.)
- A set is completed when one player wins six (6) games and is ahead by two (2) games. If both players have won six (6) games, a 12 point tie breaker will be played and the set score will be 7-6.
- A match is won when a player wins two (2) out of three (3) sets.

Rules

Serving:
1. The server must stand behind the baseline and between the center mark and the sideline.
2. The server must hit the tennis ball in the air before it bounces.
3. The server always begins the game on the right side of the court.
4. The serve has to be hit cross-court into the correct service box. The alleys are not included.
5. The serve is called FAULT if:
   a. the server is on or over the baseline at the time of the serve.
   b. the server misses the tennis ball in trying to strike it.
   c. the tennis ball does not land in the proper service court.
   d. the tennis ball hits the net post.
6. The server gets two chances to get their service in. If the server misses the first attempt it is a fault and the server gets a second attempt. If the server misses the second attempt, it is called a double fault.
7. If the server steps on or over the baseline before contact is made it is a foot fault.
**Serving Order:** There is ONE server per game.
The serving order for doubles is as follows:
Team 1 has A and B as partners and Team 2 has C and D as partners.
- A serves the first game.
- C serves the second game.
- B serves the third game.
- D serves the fourth game.
- The teams must keep the same service order for each set.

**Receiving**
1. Partners choose which side they would like to return from, left or right, and return from that side the entire set.
2. The receiver must let the served ball bounce once before returning it.
3. When the receiving partner is returning the serve, the other partner may not try to hit the ball.

**Basic Skills**
**Grip**
1. Forehand: used for tennis balls hit to the dominant side. Hold the racket perpendicular to the ground, as if shaking hands. The palm faces the net.
2. Backhand: used for tennis balls that are hit to the non-dominant side.

**Groundstrokes** – contact made with the ball after one bounce.
1. Assume ready position. The racket is held in front of the body, knees bent, weight on the balls of both feet.
2. Draw the racket back with opposite shoulder toward the net.
3. Contact the tennis ball waist high, follow through with the racket facing the net and then up across the body.

**Volley** – contact is made with the tennis ball before the bounce, usually occurs when a player is close to the net (especially in doubles).
1. No backswing of the racket.
2. Keep wrist locked and grip firm.
3. Minimal follow through.

**Serve**
1. Forward shoulder points in the direction of the desired service court.
2. The tennis ball is tossed high enough to contact with fully extended racket arm.
3. Follow through downward across the front leg.

**Overhead** – an offensive stroke with a downward angle on the tennis ball, similar to a serve.

**Lob** – contact with the racket provides a higher trajectory of the ball, similar to a groundstroke.
**Terminology**

**Ace** – A serve that gets past the receiver without them touching it.

**Advantage** – the next point after deuce. **Advantage in** or **Ad in** refers to the server’s winning the point and **Advantage out** or **Ad out** refers to the receiver’s winning the point.

**Baseline** – the end boundary lines on the court.

**Center mark** – a small line that divides the baseline into right and left serving areas.

**Center service line** – a line down the center that separates the service courts (left and right).

**Deuce** – an even score of 40-40. At deuce a player must win two points in a row to win the game.

**Double fault** – missing both 1\(^{st}\) and 2\(^{nd}\) attempts at serving.

**Fault** – failure to make a legal serve.

**Game** – a unit of a set completed by winning four points and being ahead by two points.

**Let** – a served ball strikes the top of the net and falls into the proper service court. It is also a let anytime there is interference during a point.

**Love** – no score or score of zero.

**Match** – winning 2 out of 3 sets.

**Rally** – a prolonged exchange of strokes.

**Set** – a unit of a match completed when a player wins 6 games and is ahead by 2. At 6-6 a tie breaker to 12 points is played.

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**Grading**

See activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the beginning of the study guide.

**Technique Description/Skill Tests**

Specific skills for activity units are taught on a regular basis. In some units, demonstrated knowledge of skills may be obtained through some form of skills testing. This testing is not outcome based.