

# Tennis Study Guide

## History

It is believed that the history of tennis was developed from a 11th century French handball game called "Jeu de Paume". The ball was hit with the palm of the hand off the walls and sloping roofs of a monastery courtyard. History also suggests that the Egyptians, Greeks, and Romans played games that resemble tennis. The racket came about over time replacing gloves. As lawn tennis overtook croquet in popularity, the All England Croquet Club changed some of the space to tennis courts. Lawn tennis was very popular in the early 1900's. Tennis has been played in the Olympics since 1896.

## Objective

The scoring system for tennis is difficult to trace. Some think it was derived from a clock with a few minor changes. In order to win a game, you must win four points with a margin of at least two points. To win a match, you must win a best of 3 or 5 sets. Sets are won by winning 6 games with a two game margin. Some sets are decided by tie-breakers. Players switch sides of the net after every odd number of games. This helps neutralize any advantages due to the sun or wind. Ad is short for advantage.

Zero points = Love

First point = 15

Second point = 30

Third point = 40

Fourth point = Game (if 2-point margin)

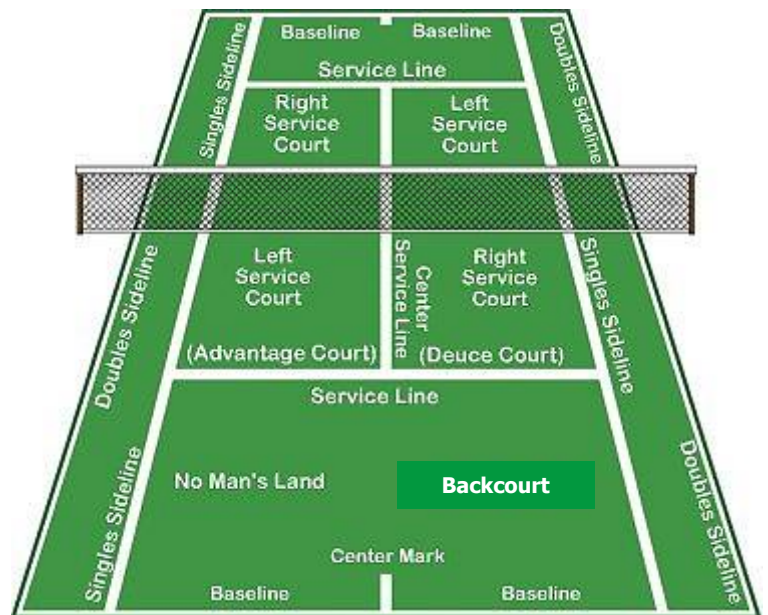
Deuce = Ties starting with 40-40 (need two in-a-row)

Ad in = Server needs 1 point to win

Ad out = Receiver needs 1 point to win

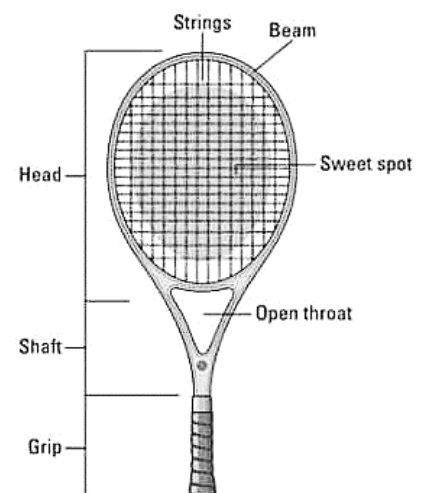
## Equipment/Playing surface

Tennis rackets have evolved from wooden frames and guts to composite metals with nylons strings and larger faces. Yellow or white tennis balls are pressurized and sold in a can. Old tennis balls are slower and don't have as much bounce. The court surface can be quite different, although most players are used to the hard court surfaces found at parks and schools. Wimbledon is played on grass at the All England Croquet Club. The French Open is played on clay. Clay courts are very slippery. Winning a grand slam in tennis would mean capturing the titles of the French Open, Australian Open, U.S. Open and Wimbledon all in the same year. Tennis can be played indoors as well as outdoors. The tape at the top of the net is 3' from the ground.



## Players/Positions/Skills

Tennis can be played one versus one (singles) or two versus two (doubles). One versus two could be played recreationally. Doubles matches enlarge the court to include the long narrow rectangles on both sides of the court. These are called doubles alleys and are not used for singles matches. Positioning on the court depends on skill level. Doubles matches incorporate a lot more volleying.



## Skills

Most of the shots are the same as other racket sports. When the arm crosses the body and the back of the hand is facing the net it is referred to as a **backhand**. The stroke with the palm facing the net is called a **forehand**. The **serve** is the stroke that starts each point. A **volley** is any stroke that doesn't let the ball bounce. An arcing shot over the opponent's head is a **lob**. **Drop** shots are short hits that barely go over the net. **Rally** is a term used to describe the ball being hit back and forth.

## Rules/Faults

Stepping over the baseline or crossing the center mark would be a foot fault. Missing the diagonal service court is a fault. Missing both attempts to serve is called a double fault and rewards the opponent a point. If the ball contacts the net and lands in the correct service court, the point is replayed. A player shall award a point to their opponent when:

- The ball touches them; this includes catching the ball
- They touch the net or the opponent's court while the ball is in play
- The ball is contacted before it crosses the net
- They carry or double hit the ball
- The ball bounces more than once in that player's court
- The ball does not land in-bounds

**All lines** are part of the court and therefore considered in.

## Let

Any time "Let" is called; the point is replayed, no matter the circumstance. Interference, legal plays, or any other situation that can't be resolved should be replayed. During the serve there are two scenarios that would cause a let: Receiver not being ready or the ball hitting the net before landing in.

## Serving

Both feet must be behind the baseline and to the left or right of the center mark before contacting the ball. The ball must be contacted before hitting the ground.

The serve must go over the net without touching it and land in the service court diagonal to the server.

The first serve of each game is always from the right side of the court.

The server has two chances to get the ball in the correct service court.

Each point thereafter alternates from the left back to the right.

The number of points played is always even on the right and odd on the left.

## **Etiquette**

Calling out the score is an expectation before serving. Always say the serving team's score first. The server should have two balls so that the game isn't interrupted between serves.

## **Components of Fitness**

Tennis is an excellent lifetime sport that requires cardiorespiratory endurance. Muscular endurance kicks in during match play.