

TENNIS



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 10th century. However, some believe tennis dates back 21-30 centuries to when royal families were great sports devotees. In 1873, Major Walter Wingfield, as student of court tennis introduced tennis as we 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, Game

Love=15

First Point=15

Second point=30

Third Point=40

Fourth Point= Game

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 give 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 after deuce it is called advantage receiver or ad out.

After deuce, the first player to win two consecutive points wins the game.

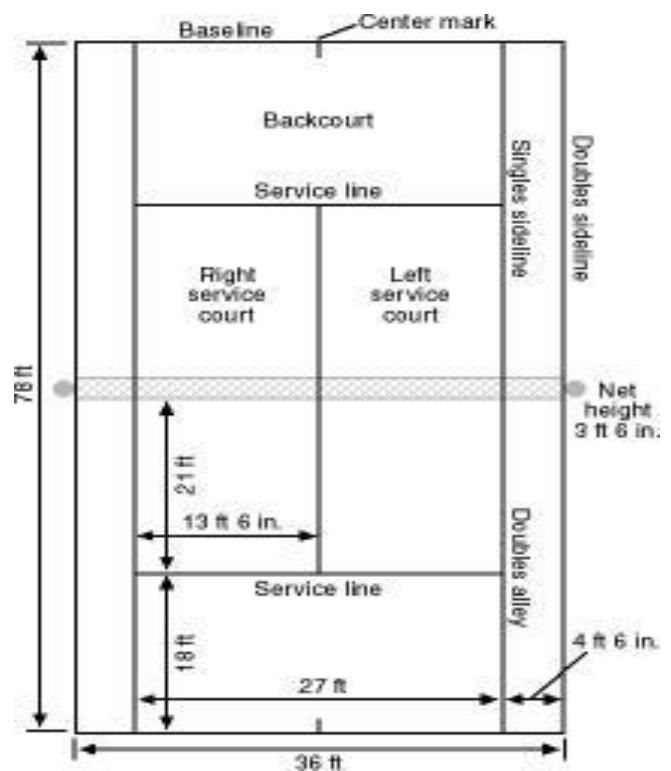
The player winning 6 games wins a set, provided the player has two game lead over the opponent (i.e. 6-0, 6-4, etc.) If ties at 6 games, a tie-breaker is used.

A match is made up of the winner of two out of three sets for women and mixed doubles, and the best 3 out of 5 sets for men.

Game= 15, 30, 40, game. Must win by 2 points

Set=At least 6 games, best of 3 sets must win by 2 games or tie breaker

Match=Best of 5 set



EXAMPLE GAME SCORING:

| Server | Receiver | Score |
|---------------|-----------------|--------------------------|
| 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:

1. When serving, both feet are to be behind the baseline.
2. A line is part of the court, so a ball landing on the line is good.
3. You playing the ball when it is out does not make it good. Exception: When you hit it on the fly.
4. The server serves from behind the baseline diagonally to the opposite service court.
5. The serve must land in the proper service court before it can be played.
6. The server serves a complete game.
7. 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.
8. After one game the serve alternates to the opponent. In doubles, the serve alternates with the partner every other game (one player serves every 4th game).
9. A poorly tossed ball may be caught and re-tossed without penalty.
10. Following the served ball, all other balls may be hit before or after one bounce.
11. During a rally, if the ball hits the net and lands in the proper court it is good.
12. Players change sides of the net at the end of odd numbered games, first, third, fifth, etc.
13. A player may not hit the net with his/her body or racket.
14. A player may not play a ball before it crosses his/her side of the net.

TERMINOLOGY:

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| Ace | A serve that is untouched by an opponent. |
| Advantage Court | The left hand service court, so called because an "ad" scores served there. |
| Advantage In | Servers point after deuce. |
| Backhand | Ball hit to non-racket side of 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 base line. |
| 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. |

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| Double Fault | Failure at both service attempts, thus receivers point. |
| Drive | An offensive ball hit with force. |
| Drop Shot | A softly hit ball that barely travels over the net. |
| Face | Hitting surface of the racket |
| Foot Fault | Server touches baseline or steps over the line with their foot while serving |
| Forehand | Balls hit to racket side of player |
| Grip | Method of holding the racket |
| 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 lands beyond the baseline. |
| Love | No score, zero |
| Match | A complete 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, ex. 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. |
| Top Spin | 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 the ball on the 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 (sweeping motion)
5. Follow through