

Name _____

TENNIS SKILL CHECKLIST				
Skill	Description	REGULARLY demonstrates 5 points. each	SOMETIMES Demonstrates 3 points each	NEVER Demonstrates 1 point each
Eastern grip				
	Shake hands with racket			
	Fingers circling grip			
	Form a 'V' with thumb & forefinger			
	Butt of grip placed in palm of hand			
Ready position				
	Face net			
	Feet shoulder width apart			
	Knees bent			
	Weight on balls of both feet			
Serving				
	Bent elbow			
	Racket face touching back			
	Ball toss with straight arm			
	Swing by leading with elbow			
	Contact ball in front of foot			
	Follow through			
Forehand				
	Backswing behind shoulder			
	Firm wrist			
	Weight on back foot			
	Pivot torso toward back			
	Body perpendicular to net			
	Eyes on ball			
	Step into ball as you hit			
	Pivot body toward net on Follow through			
Backhand				
	Backswing across body			
	Firm wrist			
	Pivot torso toward back			
	Weight on back foot			
	Body perpendicular to net			
	Eyes on ball			
	Step into ball as you hit			
	Pivot body toward net on Follow through			
Extra credit	Perform an additional stroke such as a lob, smash, net volley (5 pts.max)			
Scoring				
	25 - 22 = A			
	21 - 20 = B			
	19 - 17 = C			
	16 - 15 = D			
				Ldresser2008

TENNIS HANDOUT

History-

Tennis is originally from Greece. The game was played like handball. Because the ball was so hard on the hands, they began using gloves and finally a paddle.

Tennis was brought to America in 1874 by Mary Outerbridge. Later the United States Lawn Tennis Association was organized and this is still the governing board for world tennis tournaments.

The Activity-

Singles- Game played between two players

Doubles- Game played between teams of two

Mixed Doubles- Game played between teams of two (girl or boy)

Game

The game begins with one player standing behind the baseline. From here, he/she serves across the net into the left service box. The server has two chances to put the ball in play.

The game continues with each player hitting the ball back and forth until an error occurs, either by hitting ball out of the court, into the net, or letting the ball bounce twice before hitting it.

Scoring

You can win points regardless of who is serving

<u>Point</u>	<u>Name</u>
0	Love
1	15
2	30
3	40
4	Game

If the players are tied at 15-15 or 30-30, you would call this 15-ALL or 30-ALL.

If the players are tied 40-40, you would call this DUECE.

Only at Duce, the same player must win two points in a row to win the game. This is called ADVANTAGE.

The player who wins 6 games first, wins the SET. The player who wins the first 3 sets wins the MATCH.

Equipment

Court shoes

Pressurized tennis balls

Tennis racket (Diagram A)



General Rules

1. Foot faults result in lose of points.
2. Ball that falls on the boundary line is in court.
3. Failure to hit ball before it bounces twice results in a lose of point.
4. Hitting ball twice results in lose of point.
5. The ball touches a player's clothing or himself other than the racket results in lose of point.
6. Throwing the racket results in lose of point.
7. You may play the ball even if you are standing outside of the court.

Terminology

Ace - A good service that the receiver is unable to touch with his racket.

Ad - The abbreviation for advantage.

Advantage - The point after deuce.

Backspin- It is the opposite of topspin and the ball does not take a normal bounce because it is spinning backwards.

Baseline - The line at each end of the court.

Center mark- The mark in the middle of the baseline that defines the limits of called the right and left service courts.

Center service line - The line that divides the service courts into two equal courts called the right and left service courts.

Choke - Shortening the grip so that the racket is held at a point nearer the throat.

Deuce - The score is 40-40.

Fault - A service failure where the ball does not land in the proper service court, or it is not served in a proper manner.

Foot fault - One or both feet touches the court on the inside of the baseline before point that is replayed.

Lob - A ball that is hit so that it travels in a high arc.

Love - No score.

Match - A series of sets determined by the best out of three or five.

