

# Tennis Fact Sheet

1. The game of tennis originated from handball, which was hard on the hands.
2. It was originally designed to be played on the lawn, today it is also played on cement, asphalt and clay.
3. Miss Mary Outerbridge brought the game to the US (New York) in 1874 after playing it while vacationing in Bermuda.
4. Today, there are major tournaments, including the Davis Cup, and Wimbledon (played in England.)

## Nature of the Game

1. Singles – 2 players/ Double 4 players
2. Rules are the same for men's and women's tennis.
3. To **start the game**, the server stands just **behind his baseline to the right of his center** service line. The hit ball must land in the opponents right service court.
4. The **server has 2 service attempts to put the ball into play.**  
If the ball hits the net and does not land inside the service court it is called a **fault, it is not played** and a loss of attempt to serve is charged to the server.  
If the ball hits the net and goes into the correct service court, it is called a let, the server reserves, no penalty.
5. The receiver **must allow the ball to bounce before returning the serve.**
6. No part of the server's body may touch the baseline prior to contact with the serve.
7. When the point has been completed, the server stands behind the baseline and to the left of the center hash mark and serves to his opponent's left service court. The **server continues to alternate, right and left after each point until the game is completed.**
8. In doubles, each player serves a game in his turn, first a member of one team, and then a member of the other team, and so on. The same order of serving is kept throughout the set.

## Scoring

1. Points in tennis: **Love, 15,30,40,Deuce, Advantage (Ad-In, Ad-Out), Game**  
**0**, or nothing, is called **Love**  
**First point** won by a player is called **15**.  
**Second point** won by a player is called **30**.  
**Third point** won by a player is called **40**  
**Fourth point** won by a player gives him the **game**, provided his opponent does not have more than 30 points (2 points).  
If each player has **won 3 points (40-all)**, the score is **deuce**. The next point won by a player gives him the **advantage**. However, if he loses the next point, the score is again **deuce**. When **either player wins two consecutive points following the score of deuce**, the game is won by that player.
2. The server's score is always given first, and should be called out following each point.
3. The player who wins **6 games wins the set**.

Unless both players have won 5 games, then players must win by 2 games, i.e. 5-7, 8-6.

4. In scoring a match, the **winner of 2 sets generally wins the match.** (Alternatives include:

Men's – winner of 3 sets, Women's – winner of 2 sets)

5. **9 point sudden death tie breaker** – game score is tied at 6 games all, the best 5 of 9 points are played to determine the winner of the set. The serving order continues, but each player serves 2 consecutive points, until one player wins five points. Players change sides of the court after the 4<sup>th</sup> point. If the score becomes tied at 4 points, the receiver dictates into which service court the 9<sup>th</sup> point is served.

## **Grip**

### **Eastern Grip**

1. Place the racket on edge, racket face perpendicular to the ground, and grasp the handle as if **shaking hands with the racket.**
2. Place your hand so the heel is against the leather butt at the end of the handle. Stretch your first finger slightly up the handle.
3. The palm of the hand should be directly behind the handle and the V formed by the thumb and the trigger finger should be on the midpoint of the top of the handle.

### **Backhand Grip**

1. Turn the hand  $\frac{1}{4}$  of a turn, counter clock wise.

## **Strokes**

### **Forehand stroke**

1. Body should be sideways to the net, **shoulders parallel with the sidelines.**
2. Carry the racquet head at hip level throughout the swing.
3. During the backswing, the weight of the body switches to the back foot. With the forward swing the weight of the body is transferred to the front foot. (The body is **pivoted from the hips.**)
4. Contact the **ball off the forward foot.** (left hip)
5. The arm should be fully extended at the point of impact.
6. Continue the forward momentum in the direction you wish the ball to go.

### **Backhand stroke**

1. Change the grip to the backhand grip.
2. The body is parallel to the sidelines.
3. Swing through the ball, **contacting even with the right shoulder**, arm should be straight on contact with the ball.

### **Service Stroke**

1. Stand with your **left foot at a 45 degree angle with the baseline, right foot parallel** to the baseline.
2. Grip is halfway between the backhand and forehand grips.

3. The ball is thrown high enough so the **arm can be fully extended** upon contact. (For correct toss placement, the ball should bounce near the left foot.)
4. As the ball is thrown, the **weight** of the body is **shifted** to the rear foot.
5. The racquet is brought up to the back scratch position, then lifted to contact the ball above the head, with full arm extension. As the ball is contacted, the weight is shifted to the forward foot.

### **The Volley**

1. Refers to all strokes that are made **before the ball hits the ground**.
2. The stroke is like **punching or jabbing**, there is less backswing and follow-through.
3. The point of **contact is just in front of the lead foot**.

### **The Smash**

1. Usually attempted as a “**kill**” on a ball that is bounced high and close to the net.
2. **Hit downward on the ball, as a serve**, keeping your eye on the ball at all times.

### **The Lob**

1. This shot is **lifted high** above the reach of the net playing opponent and should **land near the baseline**.

### **Rules**

1. A ball hitting a **line is good**.
2. The ball must bounce before returning a serve.
3. Service must be delivered alternating courts.
4. Players must **change sides at the end of the first, third, and every subsequent alternate game** of each set. Also, at the end of each set unless the total number of games in the set be even, in which case the change is not made until the end of the first game for the next set.
5. The server is not permitted to touch the baseline until after the ball has been contacted on the serve.

### **Helpful Hints**

1. Keep your **eye on the ball** at all times.
2. Always give your **opponent credit** for a well placed hit.
3. When calling the score, always call the **server's score first**.
4. Keep your **weight on the balls of both feet** so you can move in any direction with ease and speed.
5. Turn your **body sideways to the net on all ground strokes**.
6. On the ground strokes, attempt to hit the ball at **waist level** and at the top of the bounce.
7. The **server** should always have **2 balls** in his possession before starting his service.
8. The receiver should not return the ball if the server's first serve is a fault.