

Tennis Study Guide

History

1. The origin of the game dates back to ancient Greece in the form of handball.
2. Modern game of tennis was invented by an Englishman, Major Walter Clopton Wingfield, in 1873.
3. The game was introduced to the United States in 1874.
4. Tennis is considered a life long sport.

Object of the Game

1. To hit the ball with a racket over the net into the opposite court so that the opponent (singles) or opponents (doubles) cannot return it to your court.

Scoring

1. Server's score is called first, and the receivers score second.
2. Points won Players score
 0 -----Love
 1 ----- 15
 2 ----- 30
 3 ----- 40
 4 ----- Game
Tie score of 40 - 40 ----- Deuce
3. The first point won after deuce is Advantage (AD)
 - A. Server's point = "Ad In"
 - B. Receiver's point = "Ad Out"
4. A game must be won by at least two points.
5. A set is won by the first player(s) who win six games, except that you must be two games ahead of your opponent.
6. A match is the best two out of three sets for women and three out of five for men.

Serving

1. The server serves for the entire game.
2. The server states his/her score first.
3. The server alternates serving by standing behind the right and left service courts, always starting the game on the right side.
4. The server must start with both feet behind the baseline between the center mark and the sideline.
5. Players/teams switch sides at the completion of all odd numbered games (1, 3, 5, 7, ECT...).
6. The server has two chances to get the ball into the correct court.
7. You may not serve until the receiver is ready.
8. Odd and Even Courts
 - A. The right service court is considered the EVEN court because every time you serve into it the scored is EVEN. (Love-Love = 0 points; 15-15 = 2 points, 15-40 = 4 points)
 - B. The left service court is the ODD court for the same reason.

Receiving the Serve

1. The receiver may stand in any position.
2. The receiver must let the serve bounce once before trying to return it. The ball must be played before it bounces twice.
3. In doubles, the player served to must return the serve.

Playing a Point

1. Except when serving, a player may stand anywhere – in or out of the court – on his/her side of the net
2. Except when receiving serve, a player has the choice of hitting the ball before it bounces or after one bounce.
3. A ball is still in play if:
 - C. It touches the net and continues over into the court.
 - D. It lands on a boundary line of the court.

Tennis Strokes

1. Backhand: Stroke used to hit balls on the left side of a right handed player and on the right side of a left handed player.
2. Forehand: Stroke used to hit balls on the right side of a right handed player and on the left side of a left handed player.
3. Ground Stroke: Any stroke taken after the ball has bounced.
4. Lob: A high arching shot that lands near the baseline.
5. Smash: A hard and fast downward shot made with an overhead stroke.
6. Serve: The stroke used to put the ball into play at the beginning of each point.
7. Volley: The stroke used to hit the ball in the air before it has bounced.

Tennis Terms

Ace – good service, served so well that the receiver cannot touch it.

Deuce – Term used to indicate an even score when each side has won three (3) points. (40-40).

Double fault – Failure to make a good serve on two (2) consecutive serves.

Let – a point played over because of interference. A serve that hits the top of the net but is otherwise good.

Alley – The area between the singles and doubles sidelines on each side of the court.

Deuce court – Right court, so called because on a deuce score the ball is served there.

Hold serve – Winning the game when you are serving.

Break serve – Phrase indicating that the receiver has won a game that his opponent served.

The Court

