

TENNIS STUDY GUIDE

The volley is similar to catching a ball in that you do not swing at the ball. If you had a glove on your hand you would step out with the opposite foot to reach and catch the ball. With a racket in your hand you do the same motion and let the ball hit your racket and hold your position until the ball leaves your racket.

In tennis you swing from your shoulder and lock your wrist for most shots. In badminton you use a lot of wrist and forearm muscles. In tennis you move your opponent from side to side for the majority of time while in badminton the strategy is more up and back.

Let: If a ball rolls onto your court during a point you can stop play and call a let. You may not make a play at the ball and call a let when you think the ball isn't going to go back over the net. Also if you serve and the ball hits the net then lands in the correct service box, it is a let serve or re-try.

You may lose a point by hitting the ball long, wide, into the net, by completely missing the ball or letting the ball bounce twice before hitting it.

Advantage scoring is when the score is 40-40 (deuce) a player must win two points in a row to win the game. The server either has the advantage in or Advantage out after the first point after deuce. The next point would be game for the person who had ad-in. If the other person scores a point after being at ad-out then the score goes back to deuce. In other words, you must win two points in a row to win the game with advantage serving.

NO-ad scoring is when the score is 40-40 (deuce) and the next point wins the game. The receiver gets to choose which side they want to receive the serve on (right or left).

You always start serving a game on the right side of the court. The points for a game are 15-30-40-Game. You need to win 6 games for a set and you need to win 2 sets out of 3 sets for a match. A set must be won by 2 games. 6-5 games is NOT a set. 7-5 games is a set. At 6-6 games you must play a tie-breaker. 0 equals love in the game of tennis.

If your tennis ball rolls onto someone's court you wait for their point to end and then ask them for it and thank them. Never run onto their court. It is good etiquette to not disrupt the match next to you. Keep the chatter and loud remarks to a minimum. A long tradition of shaking hands at the net after a match demonstrates the importance of good sportsmanship in tennis.

Agility plays into this game as you will need to move from side to side and up and back at a very quick pace. Tennis is also an aerobic sport because of the continual action. However, tennis is skill specific for aerobic and anaerobic capacity. Tennis is a great lifetime sport because one can play it forever. No matter the level of play you can usually go out and find one, two or three other people to play.