

# Freshman Tennis

\*Tennis is an anaerobic activity and includes the following major sports performance components: agility, reaction time, and accuracy.

\*Tennis is a lifetime activity.

## RULES AND REGULATIONS:

1. First service is determined by the spin of a racket.
2. The person who wins the spin decides if they would like to serve OR pick what side of the court to start the set on. If the winner of the toss chooses to serve, then that person serves that entire game. After each complete game, service goes to the opponents, and will switch throughout the match. At the end of each odd game, the players change sides of the net.
3. When serving, the server has two chances to get the serve in the proper service court. The server serves diagonally across the court. If you fail on the first attempt it is called a FAULT. If the second serve fails it is called a DOUBLE FAULT and the server loses the point. If the serve hits the net on the way over and lands in the proper service box, it is called a LET and the serve is re-done. If the serve hits the net on the way over and lands in the improper service box it is called a FAULT.
4. The server alternates his/her service after each point, starting behind the right half (even point) of the baseline for their first point, the left half (odd point) of the baseline for the second point and so on.
5. A ball that falls or hits the line is in!

## SCORING THE GAME

1. Zero = LOVE, 1 pt = 15, 2 pts = 30, 3 pts = 40, 4 pts = game
  - a. An even score of 15-15 or 30-30 is called 15 ALL or 30 ALL and is served from the right court.
  - b. An even score of 40-40 is called DEUCE. In order to win a game after deuce, a player must win two points in succession.
    - i. The first point after deuce is called ADVANTAGE = advantage server or advantage receiver, AD-IN or AD-OUT.
    - ii. The second point after deuce is called GAME.
    - iii. If the player with the advantage fails to win the next point, the score goes back to deuce.
  - c. Tennis is played in games, sets and matches. A player must win 6 games to win a set. The player must win by 2 games. A player must win 2 out of 3 sets to win the match.
2. In case of a tie, tiebreakers consists of 7 or 12 points.
3. The server, before serving each ball, should ask the receiver if he/she is ready and then announce the score. The server's score is said first.
4. When calling lines in tennis, call the lines on your side of the court only. A ball that lands on the line is in. Make sure you let the ball bounce before you call it out. Do not catch the ball before it lands.
5. The server serves the entire game.
6. When receiving the serve, the serve must bounce once.

7. Tennis etiquette requires you to wait until the point is over in the next court to ask for you tennis ball back. You may NOT walk into another court during play.
8. A good return occurs when the receiver returns the ball over the net before the second bounce and it lands within the opponent's court. This includes the ball hitting the net and landing in the opponent's court.

#### YOU WIN A POINT WHEN...

1. The opponent fails to complete a successful serve within two attempts
2. The opponent fails to make a good return
3. The opponent hits the ball more than once.
4. The opponent lets the ball bounce twice.
5. When the opponent is hit by the ball
6. When the opponent hits the ball BEFORE it crosses the plane of the net.
7. When the opponent throws the racket at the ball.

#### TERMS:

1. Volley - A short punch stroke that is used to hit the ball before it bounces in your court.
2. Groundstroke – A tennis shot used after the ball has bounce on your side of the court.
3. Backhand - A stroke used to play the ball on the back side of a player's dominant hand using the racquet. Body is positioned a quarter turn to the left (if you are right handed).
4. Forehand - A basic stroke used to play a ball on a player's dominant side using the racquet. Body is positioned a quarter turn to the right (if you are right handed).
5. Sweet Spot of the Racquet - Center of the racquet face where you should contact the ball.
6. Approach Shot – A shot that requires movement towards the net when the ball bounces in the front part of the court.
7. Let - A serve that hits the top of the net but then lands in bounds on the opponent's proper service court, which constitutes a re-serve.
8. Ace - a point-winning serve that is hit beyond the reach of a receiver.
9. Fault - A served ball that does not enter the proper service court, or is improperly served.
10. Double Fault - Failure of a player to get either of the two service attempts into the proper service court resulting in a point for the opponent.

#### STRATEGY:

1. Keep the ball in the opponent's backcourt as much as possible.
2. Make the opponent hit the ball up to you on their return by placing the ball low, at their feet.
3. Mix up the location of your hits, "Hit it where they aren't!"
4. Mix up the variety of your shots.
5. Always return to your ready position in deep center court after each stroke with your racquet up and ready.

KNOW THE FOLLOWING COURT MARKINGS:

1. Baseline
2. Singles Sideline
3. Doubles Sideline
4. Net
5. Center Service Line
6. Service Box
7. Service Line
8. Doubles Alley
9. Center Mark

