

# Tennis: Review/Skill Sheet

## Grading

Name \_\_\_\_\_

Class \_\_\_\_\_

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/12

### Skill 1: Forehand Stroke

- **Grip:** "Eastern Grip" Form "V" with thumb and forefinger of dominant hand
- **Drawback:** Draw racket behind shoulder, weight over back foot
- **Swing:** Step into ball, shift weight forward, lock wrists, grip firm
- **Contact:** Racket flat, contact ball ahead of torso
- **Follow Through:** Racket head high above opposite shoulder

### Skill 2: Double Handed Backhand

- **Grip:** Eastern with other handed added on top and touching the lower hand
- **Drawback:** Flex knees, straight back swing, racket across body, step on back foot
- **Swing:** Swing racket parallel to court surface, lock wrists, firm grip
- **Contact:** Ahead of forward foot
- **Follow Through:** Toward net, across body, racket slightly raised

### Skill 3: Serve

- **Grip:** Eastern
- **Ball/Racket Position:** Racket held with dominant hand, ball held with opposite hand slightly with fingers against throat of racket
- **Racket:** Head held up toward opponents service court
- **Drawback:** Toss ball up, starting racket upward behind back
- **Swing:** Full arm extension, racket slightly closed over ball
- **Follow Through:** Swing out, across, and down while stepping forward with back foot

### Skill 4: Lob

- **Grip:** Eastern grip with forehand and backhand
- **Drawback:** Short back swing, open racket face, loft ball into high arc
- **Swing:** Forward swing, use less force than used in drive
- **Contact:** Forward plane
- **Follow Through:** Upward and outward

### Skill 5: Smash

- **Grip:** Eastern
- **Drawback:** take racket behind head with racket head pointing downward
- **Swing:** extend racket arm and snap the racket head powerfully through the ball
- **Contact:** Just ahead of forward foot in downward plane
- **Follow Through:** Step forward on follow through

- ✓ Is able to use skills in practice situations
- ✓ is able to use skills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application \_\_\_\_\_ /6 \_\_\_\_\_

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy \_\_\_\_\_ /6 \_\_\_\_\_

### Vocabulary:

**Ace:** A good serve where the receiver is unable to touch the ball with the racket

**Double Fault:** If both serves do not land in the service court

**Fault:** a serve which hits the net and / or lands outside the service box

**Let:** when a serve hits the top of the net and lands within the service box, it is known as a 'let' and the server must serve again

**Love:** a score of zero points in a game or zero

## Scoring:

A player (or team) wins a point if the opponents:

- o Double faults on the serve
- o Does not return a ball before the second bounce
- o Does not return the ball inbounds
- o Touches the net or post with racket, clothing, or body part
- o Reaches across the net to return a ball
- o Plays the ball more than once on a side

\*\*Basically the team not making the error scores the point

The following terms are used to designate points:

- o Love = 0 points
- o 15 = 1 point
- o 30 = 2 points
- o 40 = 3 points
- o Game = 4 points
- o Deuce = tie at 30-all or 40 all

## Rules

- The first serve of each game is from the right side, and all serves are crosscourt.
- The server has two chances to serve legally into the opponent's service court.
- After each point, the server alternates service courts until the game is over and then the opponent serves the next game.
- The serve must bounce once before returning it.
- A ball that touches the net during play before falling into the opponent's court is good and play continues
- Balls landing on lines are good and in play. The ball must be entirely outside the line to fault.

## History:

Tennis dates back to the Stone Age. Then, humans used clubs to hit rocks back and forth. Later, the French modernized the game of tennis. The word "tennis" comes from the French word "tenez", which means "take it" or "play". In 1913, an international conference in Paris was held and the international Lawn Tennis Federation was founded. In 1977, "lawn" was dropped from its name. Thus, it is the International Tennis Federation

## Court:

