

**George Mason University**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

**RECR 155 001 Tennis: Introduction**  
**1 Credit, Fall 2018**  
**T/R/9:00-10:15 am, Fairfax Tennis Ct 1**

**University Course Catalog Description**

A practical course designed as an introduction to tennis. Students learn tennis terms, rules, scoring, techniques for different stroking patterns including groundstrokes, volley, overhead, and serve, as well as basic strategy for singles and doubles.

**Course Overview**

- **Pre-Existing Conditions** – *Students with injuries / pre-existing conditions that may affect performance must inform the instructor.*
- Students must bring their own tennis racquet.
- Wear non-marking tennis shoes.
- Purchase a **NEW can** of tennis balls (\$2-\$4 at local retailer).
- Play in round robin tournament at the end of the semester.
- Most of the communication will be through GMU e-mail.

**Course Delivery Method**

This course is an activity based class.

**Learner Outcomes or Objectives**

At the conclusion of the course students will be able to:

1. Explain and demonstrate appropriate tennis strokes.
2. Explain the scoring system basic rules.
3. Play singles and doubles.
4. Demonstrate proper tennis etiquette.

**Professional Standards** Not Applicable

**Required Texts: None**

The following reading can be found online  
International Tennis Federation (ITF) Rules of Tennis (Excerpt)  
United States Tennis Association (USTA) – Tennis Terms to Know

**Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Assignments and/or Examinations**
  - **Final:** Written -tennis terms, rules, and scoring. Will occur near the last day of class.
- 2. **Practical** – play in round robin tournament. Instructor to observe and evaluate strokes, foot mechanics, grip, volleys, serve, responses, during tournament.
- 3. **Participation** – this includes arriving on time, absences, and daily play. Attendance will count after the first week of class. You receive points each day for being on time and court play. Each 5 minutes the student is late will reduce the score by 1 point.
  - Absences are only excused by a doctor's note. The doctor's note must be presented immediately upon return to class. Text, emails, phone calls do not excuse an absence.
- **Grading**
  - 20% Attendance and punctuality
  - 20 % Exam (terms, rules and scoring)
  - 60% Practical - Demonstration of strokes and ability to construct and play points

#### **Grading Scale (%)**

A = 90 – 100    B+ = 88 – 89.9    B = 84 – 87.9    B- = 80 – 83.9    C+ = 78 – 79.9  
C- = 70 – 73.9    D = 60 – 69.9    F = 0 – 59.9

#### **Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

#### **Grading**

20% Attendance and punctuality

20 % Exam (terms, rules and scoring)

60% Practical - Demonstration of strokes and ability to construct and play points

#### **Course Schedule**

##### **Classes 1 and 2**

Grips and grip reference points

Stroke mechanics and swing patterns – groundstrokes and volleys

Drop/hit to initiate a rally

Control of direction, net clearance, trajectory and depth

Graduated court position rally progressions  
Equipment overview

### **Classes 3 and 4**

Grips and grip reference points  
Stroke mechanics and swing patterns – groundstrokes and volleys  
Stroke mechanics and swing pattern – serve and overhead  
Stroke mechanics and swing patterns – serve return  
Control of direction, net clearance, trajectory and depth  
Control of pace and spin  
Graduated court position rally progressions  
Basic scoring, rules of play and etiquette  
Point patterns and situations

### **Classes 5 and 6**

Grips and grip reference points  
Stroke mechanics and swing patterns – groundstrokes, volleys, serve, overhead and serve return  
Control of direction, net clearance, trajectory, depth, pace and spin in response to progressively more difficult feeds and live-ball hitting situations  
Shot combinations and patterns  
Graduated court position rally progressions  
Basic scoring, rules of play and etiquette  
Point patterns and situations

### **Classes 7 and 8**

Stroke mechanics and swing patterns – groundstrokes, volleys, serve, overhead and serve return  
Shot redirection  
Spin development – underspin and topspin with groundstrokes  
Dynamic court coverage and footwork  
Shot combinations and patterns  
Graduated court position rally progressions  
Point patterns and situations  
Singles play

### **Classes 9 and 10**

Stroke mechanics and swing patterns – groundstrokes, volleys, serve and overhead  
Dynamic court coverage and footwork  
Transitions – up and back  
Shot combinations and patterns  
Graduated court position rally progressions  
Point patterns and situations

Defensive tactics – how to stay in the point  
Offensive tactics – how to finish the point  
Singles and doubles round-robin play

### **Classes 11 and 12**

Stroke mechanics and swing patterns – groundstrokes, volleys, serve and overhead  
Dynamic court coverage and footwork  
Shot combinations and patterns  
Graduated court position rally progressions  
Point patterns and situations  
Defensive tactics – how to stay in the point  
Offensive tactics – how to finish the point  
Transitional tactics – defense to offense  
Singles and doubles strategy and play

### **Classes 13 and 14**

Singles and doubles round-robin play

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at

the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).

- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**

## **Course Reading**

### **International Tennis Federation (ITF) Rules of Tennis (Excerpt)**

#### **5. SCORE IN A GAME**

##### **a. Standard game**

A standard game is scored as follows with the server's score being called first:

No point - "Love"

First point - "15"

Second point - "30"

Third point - "40"

Fourth point - "Game"

except that if each player/team has won three points, the score is "Deuce". After "Deuce", the score is "Advantage" for the player/team who wins the next point. If that same player/team also wins the next point, that player/team wins the "Game"; if the opposing player/team wins the next point, the score is again "Deuce". A player/team needs to win two consecutive points immediately after "Deuce" to win the "Game".

##### **a. Tie-break game**

During a tie-break game, points are scored "Zero", "1", "2", "3", etc. The first player/team to win seven points wins the "Game" and "Set", provided there is a margin of two points over the opponent(s). If necessary, the tie-break game shall continue until this margin is achieved. The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponent(s) (in doubles, the player of the opposing team due to serve next). After this, each player/team shall serve alternately for two consecutive points until the end of the tie-

break game (in doubles, the rotation of service within each team shall continue in the same order as during that set). The player/team whose turn it was to serve first in the tie-break game shall be the receiver in the first game of the following set.

#### 5. SCORE IN A SET

There are different methods of scoring in a set. The two main methods are the "Advantage Set" and the "Tie-break Set". Either method may be used provided that the one to be used is announced in advance of the event. If the "Tie-break Set" method is to be used, it must also be announced whether the final set will be played as a "Tie-break Set" or an "Advantage Set". 6

##### a. "Advantage Set"

The first player/team to win six games wins that "Set", provided there is a margin of two games over the opponent(s). If necessary, the set shall continue until this margin is achieved.

##### b. "Tie-break Set"

The first player/team to win six games wins that "Set", provided there is a margin of two games over the opponent(s). If the score reaches six games all, a tie-break game shall be played.

#### 6. SCORE IN A MATCH

A match can be played to the best of 3 sets (a player/team needs to win 2 sets to win the match) or to the best of 5 sets (a player/team needs to win 3 sets to win the match).

#### 7. SERVER & RECEIVER

The players/teams shall stand on opposite sides of the net. The server is the player who puts the ball into play for the first point. The receiver is the player who is ready to return the ball served by the server.

#### 8. CHOICE OF ENDS & SERVICE

The choice of ends and the choice to be server or receiver in the first game shall be decided by toss before the warm-up starts. The player/team who wins the toss may choose:

- a. To be server or receiver in the first game of the match, in which case the opponent(s) shall choose the end of the court for the first game of the match; or
- b. The end of the court for the first game of the match, in which case the opponent(s) shall choose to be server or receiver for the first game of the match; or
- c. To require the opponent(s) to make one of the above choices.

#### 10. CHANGE OF ENDS

The players shall change ends at the end of the first, third and every subsequent odd game of each set. The players shall also change ends at the end of each set unless the 7 total number of games in that set is even, in which case the players change ends at the end of the first game of the next set. During a tie-break game, players shall change ends after every six points.

#### 11. BALL IN PLAY

Unless a fault or a let is called, the ball is in play from the moment the server hits the ball, and remains in play until the point is decided.

#### 12. BALL TOUCHES A LINE

If a ball touches a line, it is regarded as touching the court bounded by that line.

#### 13. BALL TOUCHES A PERMANENT FIXTURE

If the ball in play touches a permanent fixture after it has hit the correct court, the player who hit the ball wins the point. If the ball in play touches a permanent fixture before it hits the ground, the player who hit the ball loses the point.

#### 14. ORDER OF SERVICE

At the end of each standard game, the receiver shall become the server and the server shall become the receiver for the next game. In doubles, the team due to serve in the first game of each set shall decide which player shall serve for that game. Similarly, before the second game starts, their opponents shall decide which player shall serve for that game. The partner of the player who served in the first game shall serve in the third game and the partner of the player who served in the second game shall serve in the fourth game. This rotation shall continue until the end of the set.

#### 15. ORDER OF RECEIVING IN DOUBLES

The team which is due to receive in the first game of a set shall decide which player shall receive the first point in the game. Similarly, before the second game starts, their opponents shall decide which player shall receive the first point of that game. The player who was the receiver's partner for the first point of the game shall receive the second point and this rotation shall continue until the end of the game and the set. After the receiver has returned the ball, either player in a team can hit the ball.

#### 16. THE SERVICE

Immediately before starting the service motion, the server shall stand at rest with both feet behind (i.e. further from the net than) the baseline and within the imaginary extensions of the center mark and the sideline. The server shall then release the ball by hand in any direction and hit the ball with the racket before the ball hits the ground. The service motion is completed at the moment that the player's racket hits or misses the ball. A player who is able to use only one arm may use the racket for the release of the ball.

#### 17. SERVING

When serving in a standard game, the server shall stand behind alternate halves of the court, starting from the right half of the court in every game. In a tie-break game, the service shall be served from behind alternate halves of the court, with the first served from the right half of the court. The service shall pass over the net and hit the service court diagonally opposite, before the receiver returns it.

#### 18. FOOT FAULT

During the service motion, the server shall not:

- a. Change position by walking or running, although slight movements of the feet
- b. are permitted; or
- c. Touch the baseline or the court with either foot; or
- d. Touch the area outside the imaginary extension of the sideline with either
- e. foot; or
- f. Touch the imaginary extension of the center mark with either foot. If the server breaks this rule it is a "Foot Fault".

#### 19. SERVICE FAULT

The service is a fault if:

- a. The server breaks Rules 16, 17 or 18; or
- b. The server misses the ball when trying to hit it; or

- c. The ball served touches a permanent fixture, singles stick or net post before it
- d. hits the ground; or
- e. The ball served touches the server or server's partner, or anything the server
- f. or server's partner is wearing or carrying.

#### 20. SECOND SERVICE

If the first service is a fault, the server shall serve again without delay from behind the same half of the court from which that fault was served, unless the service was from the wrong half.

#### 21. WHEN TO SERVE & RECEIVE

The server shall not serve until the receiver is ready. However, the receiver shall play to the reasonable pace of the server and shall be ready to receive within a reasonable time of the server being ready. A receiver who attempts to return the service shall be considered as being ready. If it

is demonstrated that the receiver is not ready, the service cannot be called a fault.

#### 22. THE LET DURING A SERVICE

The service is a let if:

- a. The ball served touches the net, strap or band, and is otherwise good; or, after touching the net, strap or band, touches the receiver or the receiver's partner or anything they wear or carry before hitting the ground; or
- b. The ball is served when the receiver is not ready.
- c. In the case of a service let, that particular service shall not count, and the server shall serve again, but a service let does not cancel a previous fault.

#### 23. THE LET

In all cases when a let is called, except when a service let is called on a second service, the whole point shall be replayed.

#### 24. PLAYER LOSES POINT

The point is lost if:

- a. The player serves two consecutive faults; or
- b. The player does not return the ball in play before it bounces twice consecutively; or
- c. The player returns the ball in play so that it hits the ground, or before it bounces, an object, outside the correct court; or
- d. The player returns the ball in play so that, before it bounces, it hits a permanent fixture; or
- e. The receiver returns the service before it bounces; or
- f. The player deliberately carries or catches the ball in play on the racket or deliberately touches it with the racket more than once; or
- g. The player or the racket, whether in the player's hand or not, or anything which the player is wearing or carrying touches the net, net posts/singles sticks, cord or metal cable, strap or band, or the opponent's court at any time while the ball is in play; or
- h. The player hits the ball before it has passed the net; or
- i. The ball in play touches the player or anything that the player is wearing or carrying, except the racket; or
- j. The ball in play touches the racket when the player is not holding it; or

- k. The player deliberately and materially changes the shape of the racket when the ball is in play; or
- l. In doubles, both players touch the ball when returning it.

#### 25. A GOOD RETURN

It is a good return if:

- a. The ball touches the net, net posts/singles sticks, cord or metal cable, strap or band, provided that it passes over any of them and hits the ground within the correct court; except as provided in Rule 2 and 24 (d); or
- b. After the ball in play has hit the ground within the correct court and has spun or been blown back over the net, the player reaches over the net and plays the ball into the correct court, provided that the player does not break Rule 24; or
- c. The ball is returned outside the net posts, either above or below the level of the top of the net, even though it touches the net posts, provided that it hits the ground in the correct court; except as provided in Rules 2 and 24 (d); or
- d. The ball passes under the net cord between the singles stick and the adjacent net post without touching either net, net cord or net post and hits the ground in the correct court, or
- e. The player's racket passes over the net after hitting the ball on the player's own side of the net and the ball hits the ground in the correct court; or
- f. The player hits the ball in play, which hits another ball lying in the correct court.

#### 26. HINDRANCE

If a player is hindered in playing the point by a deliberate act of the opponent(s), the player shall win the point. However, the point shall be replayed if a player is hindered in playing the point by either an unintentional act of the opponent(s), or something outside the player's own control (not including a permanent fixture).

#### 27. CORRECTING ERRORS

As a principle, when an error in respect of the Rules of Tennis is discovered, all points previously played shall stand. Errors so discovered shall be corrected as follows:

- a. During a standard game or a tie-break game, if a player serves from the wrong half of the court, this should be corrected as soon as the error is discovered and the server shall serve from the correct half of the court according to the score. A fault that was served before the error was discovered shall stand.
- b. During a standard game or a tie-break game, if the players are at the wrong ends of the court, the error should be corrected as soon as it is discovered and the server shall serve from the correct end of the court according to the score.
- c. If a player serves out of turn during a standard game, the player who was originally due to serve shall serve as soon as the error is discovered. However, if a game is completed before the error is discovered the order of service shall remain as altered. In this case, any ball change to be made after an agreed number of games should be made one game later than originally scheduled. A fault that was served by the opponents(s) before the error was discovered shall not stand. In doubles, if the partners of one team serve out of turn, a fault that was served before the error was discovered shall stand.

- d. If a player serves out of turn during a tie-break game and the error is discovered after an even number of points have been played, the error is corrected immediately. If the error is discovered after an odd number of points have been played, the order of service shall remain as altered. A fault that was served by the opponent(s) before the error was discovered shall not stand. In doubles, if the partners of one team serve out of turn, a fault that was served before the error was discovered shall stand.
- e. During a standard game or a tie-break game in doubles, if there is an error in the order of receiving, this shall remain as altered until the end of the game in which the error is discovered. For the next game in which they are the receivers in that set, the partners shall then resume the original order of receiving.
- f. If in error a tie-break game is started at 6 games all, when it was previously agreed that the set would be an "Advantage set", the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue as a "Tie-break set".
- g. If in error a standard game is started at 6 games all, when it was previously agreed that the set would be a "Tie-break set", the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue as an "Advantage set" until the score reaches 8 games all (or a higher even number), when a tie-break game shall be played.
- h. If in error an "Advantage set" or "Tie-break set" is started, when it was previously agreed that the final set would be a match tie-break, the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue either until a player or team wins three games (and therefore the set) or until the score reaches 2 games all, when a match tie-break shall be played. However, if the error is discovered after the second point of the fifth game has started, the set will continue as a "Tie-break set". (See Appendix V) i. If the balls are not changed in the correct sequence, the error shall be corrected when the player/team who should have served with new balls is next due to serve a new game. Thereafter the balls shall be changed so that the number of games between ball changes shall be that originally agreed. Balls should not be changed during a game.

## 29. CONTINUOUS PLAY

As a principle, play should be continuous, from the time the match starts (when the first service of the match is put in play) until the match finishes.

- a. Between points, a maximum of twenty (20) seconds is allowed. When the players change ends at the end of a game, a maximum of ninety (90) seconds are allowed. However, after the first game of each set and during a tie-break game, play shall be continuous, and the players shall change ends without a rest. At the end of each set there shall be a set break of a maximum of one hundred and twenty (120) seconds. The maximum time starts from the moment that one point finishes until the first service is struck for the next point. Event organizers may apply for ITF approval to extend the ninety (90) seconds allowed when the players change ends at the end of a game and the one hundred and twenty (120) seconds allowed at a set break.

- b. If, for reasons outside the player's control, clothing, footwear or necessary equipment (excluding the racket) is broken or needs to be replaced, the player may be allowed reasonable extra time to rectify the problem.
- c. No extra time shall be given to allow a player to recover condition. However, a player suffering from a treatable medical condition may be allowed one medical time-out of three minutes for the treatment of that medical condition. A limited number of toilet/change of attire breaks may also be allowed, if this is announced in advance of the event.
- d. Event organizers may allow a rest period of a maximum of ten (10) minutes if this is announced in advance of the event. This rest period can be taken after the 3rd set in a best of 5 sets match, or after the 2nd set in a best of 3 sets match.
- e. The warm-up time shall be a maximum of five (5) minutes, unless otherwise decided by the event organizers.

## Course Outline

- 1. Grips
  - a. Eastern forehand
  - b. Continental
  - c. Eastern backhand
  - d. Semi-western forehand
- 2. Stroke Technique, Mechanics
  - a. Forehand Groundstroke - topspin, underspin
  - b. Backhand Groundstroke - topspin, underspin, one hand/two hands
  - c. Forehand Volley - block, drive, continental grip, one hand/two hands
  - d. Backhand Volley - block, drive, continental grip, one hand/two hands
  - e. Serve - full motion, continental grip
  - f. Forehand approach - topspin drive, underspin
  - g. Backhand approach - topspin drive, underspin
  - h. Lob - defensive, offensive
  - i. Overhead
- 3. Ball Control
  - a. Groundstrokes
    - (1.) Direction - cross court, DTL, vary, change (cross court  $\sqrt$  DTL)
    - (2.) Depth - short, mid, deep, vary
    - (3.) Net clearance/height - low, medium, high, lob, vary, change (low  $\sqrt$  high)
    - (4.) Pace - slow, medium, fast, vary, change (slow  $\sqrt$  fast)
    - (5.) Spin - topspin (moderate, extreme), underspin (moderate, extreme), vary, change (topspin  $\sqrt$  underspin)
  - b. Volleys
    - (1.) Direction - cross court, DTL, vary
    - (2.) Depth - short/deep, vary
    - (3.) Net clearance/height - low, high, vary
    - (4.) Pace - slow, fast, vary

- (5.) Spin - underspin
- c. Serves
  - (1.) Placement (deuce/ad) - wide out, wide in, at body, vary
  - (2.) Net clearance/height - low, high, vary
  - (3.) Pace - slow, medium, fast, vary
  - (4.) Spin - topspin (moderate, extreme), slice (moderate, extreme), vary
- d. Overheads
  - (1.) Direction - cross court, DTL, vary
- e. Lobs
  - (1.) Direction - cross court, DTL, vary, change
  - (2.) Spin - flat, topspin, vary, change
  - (3.) Net clearance - offensive (low arc), defensive (high arc)
- 4. Response
  - a. w/ Groundstrokes, Lobs
    - (1.) Bounce - high, low, combined sequence
    - (2.) Coverage - at body, right, left, wide right, wide left, up, back, combined sequence
    - (3.) Court position (from) - forecourt (net position), midcourt, backcourt, combined sequence
    - (4.) Pace - slow, medium, fast, combined sequence
    - (5.) Spin - topspin (moderate, extreme), underspin (moderate, extreme)
  - b. w/ Volleys
    - (1.) Height/net clearance - high, low, combined sequence
    - (2.) Coverage - at body, right, left, wide right, wide left, up, back, combined sequence
    - (3.) Court position - forecourt (net position), midcourt, backcourt, combined sequence
    - (4.) Pace - slow, medium, fast, combined sequence
    - (5.) Spin - topspin (moderate, extreme), underspin (moderate, extreme)
  - c. w/ Serve Returns
    - (1.) Bounce - high, low, combined sequence
    - (2.) Coverage - at body, right, left, wide right, wide left, up, back, combined sequence
    - (3.) Pace - slow, medium, fast, combined sequence
    - (4.) Spin - topspin (moderate, extreme), slice (moderate, extreme)
  - d. Response w/ Overhead
    - (2.) Coverage - right, left, wide right, wide left, short, deep, combined sequence
    - (3.) Arc/trajectory - high, low, before bounce, after bounce, combined sequence
- 5. Footwork - Groundstrokes, Serve Returns, Volleys, Overheads, Lobs
  - a. Balance
  - b. Recovery
  - c. Weight transfer
  - d. Split step/unweighting
  - e. Adjustment steps close range
  - f. Moving to ball - right/left, up/back
- 6. Shot Combinations
  - a. Forehand/backhand groundstrokes
  - b. Forehand/backhand volleys

- c. Approach shot and volleys
  - d. Volleys and overheads
  - e. Serves and groundstrokes
  - f. Serve and volleys
  - g. Groundstrokes and lobs
  - h. Serves and groundstrokes
  - i. Volleys with rundown to retrieve lob hit over head
7. Rally Progressions (Consistency)
    - a. Groundstroke to groundstroke
    - b. Volley to groundstroke
    - c. Volley to volley
    - d. Serves and returns
    - e. Lob to overhead
    - f. Lob to lob
  8. Scoring/Rules
    - b. Scoring
    - c. Tiebreaker
    - d. Singles rules
    - e. Doubles rules
    - f. Serving/receiving rotations - singles
    - g. Serving/receiving rotations - doubles
  9. Strategy/Tactics (Point Situations)
    - a. Singles play patterns
      - (2.) Serve (service placement)
      - (3.) Serve return (serve return placement)
      - (4.) Groundstrokes -cross court/DTL, short/deep, angles
      - (5.) Transition (approach and volley)
      - (6.) Net play (volleys and overheads)
      - (7.) Passing shots
      - (8.) Lobs
    - b. Doubles play patterns
      - (1.) Serve (service placement)
      - (2.) Return of serve (return of serve placement)
      - (3.) Volley poach/cross
      - (4.) Lobs/lob coverage
      - (5.) Defensive baseline
      - (6.) Closing sequences
      - (7.) Serve and volley
      - (8.) Return and volley
  10. Sportsmanship/Etiquette
    - a. Calling lines
    - b. Shaking hands after match
    - c. Congratulating opponent on “good” shots
    - d. Retrieving/returning balls - adjacent courts

- e. Respecting play on adjacent courts
- f. 100% effort - all the time, regardless of situation or conditions

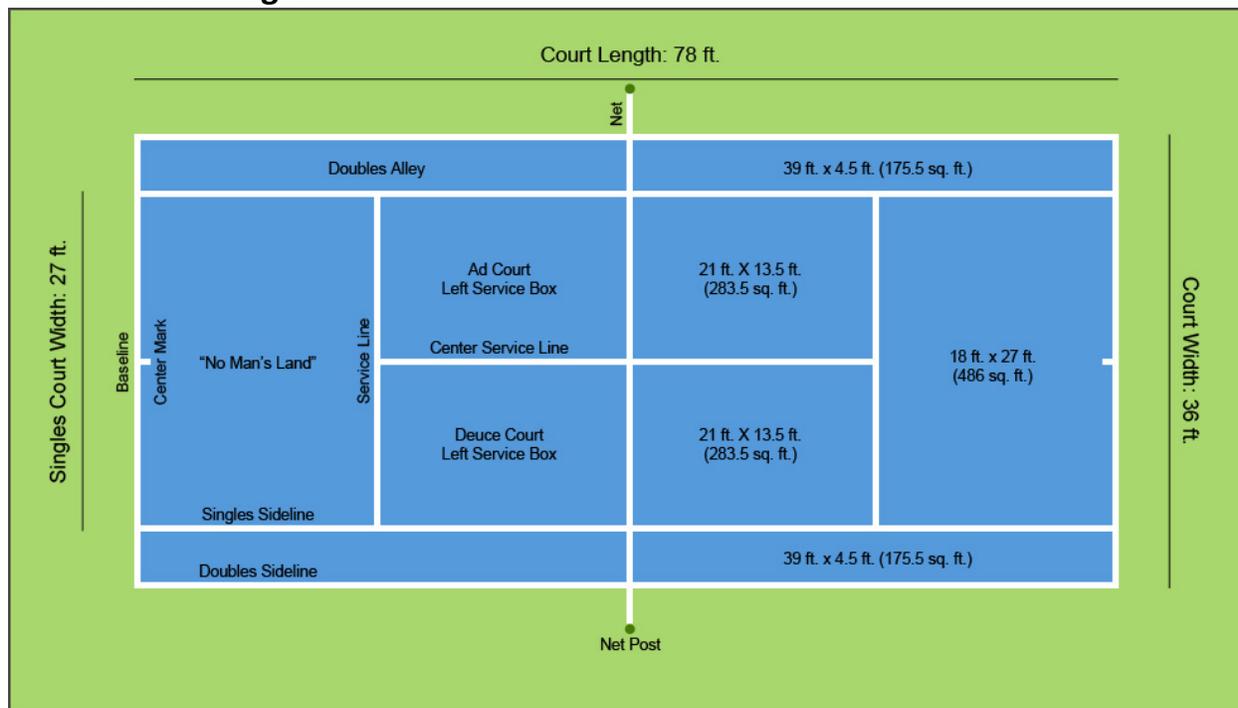
11. Conditioning/Fitness

- a. Strength
- b. Endurance
- c. Speed
- d. Flexibility
- e. Agility

12. Equipment

- a. Racquet – head size, composition, string types, tensions and patterns, grips and grip sizes
- b. Ball – QuickStart, regular and heavy-duty felt
- c. Apparel and shoes

## Tennis Court Diagram



### United States Tennis Association (USTA) – Tennis Terms to Know

**ACE** – A ball that is served so well the opponent cannot touch it with their racquet.

**AD** – Short for Advantage. It is the point scored after Deuce. If the serving side scores, it is Ad-in. If the receiving side scores, it is Ad-out.

**ALL** – An even score. 30-30 is, for example, 30-all. 3-3 would be 3-all.

**ALLEY** – The area between the singles and doubles sideline on each side of the court. (The singles court is made wider for doubles play by the addition of the alley.)

**APPROACH** – The shot hit by a player just before coming to the net.

**BACKCOURT** – The area around the baseline.

**BACKHAND** – The stroke used to return balls hit to the left side of a right-handed player (or to the right side of a left-handed player). Backhands are hit either one-handed or two-handed.

**BASELINE** – The court's back line that runs parallel to the net and perpendicular to the sidelines.

**DEUCE** – A score of 40-all, or 40-40. (This means the score is tied and each side has won at least three points.)

**DEUCE COURT** – The right side of the court, so called because on a deuce score, the ball is served there.

**DOUBLE FAULT** – The failure of both service attempts. On a double fault, the server loses the point.

**DOUBLES** – A match with four players, two on each team.

**DROP SHOT** – A softly hit ball with lots of backspin that lands near the net after crossing it.

**FAULT** – A served ball that does not land in the proper service box..

**FOOT FAULT** – A fault called against the server for stepping on or over the baseline with either foot during delivery of the serve.

**FOREHAND** – The stroke used to return balls hit to the right side of a right-handed player (or to the left side of a left-handed player). Forehands are commonly hit one-handed.

**GAME** – The part of a set that is completed when one player or side either wins four points and is at least two points ahead of his or her opponent, or who wins two points in a row after deuce.

**GROUND STROKE** – A stroke made after the ball has bounced; either a forehand or backhand.

**HALF-VOLLEY** – The stroke made by hitting a ball immediately after it has touched the ground, usually implies hitting the ball low on the short hop.

**LET** – A point played over because of interference. Also, a serve that hits the top of the net but is otherwise good, in which case the serve is taken again.

**LOB** – A stroke that lifts the ball high in the air, usually over the head of the opponent at the net.

**MATCH** – The overall contest, usually decided by the best two-out-of-three sets.

**NO-AD** – A system of scoring a game in which the first player to win four points wins the game. If the score reaches 3-all, the next point decides the game.

**NO MAN'S LAND** – A slang term for the area between the service line and the baseline.

**OUT** – A ball landing outside the boundary lines of the court.

**OVERHEAD** – During play, a stroke made with the racquet above the head in a motion similar to that of an overhand serve.

**POACH** – To hit a ball in doubles at the net that would normally have been played by one's partner.

**POINT** – The smallest unit of scoring.

**RALLY** – A series of good hits made successfully by players. Also, the practice procedure in which players hit the ball back and forth to each other.

**RECEIVER** – The player who receives the serve. Also known as the Returner.

**SERVE** – Short for Service. It is the act of putting the ball into play for each point.

**SERVER** – The player who serves.

**SERVICE BREAK** – A game won by the player/team receiving serve.

**SET** – A scoring unit awarded to a player who or team that has won: (a) 6 or more games and has a two-game lead; or (b) 6 games and the tiebreak game when played at 6-all.

**SLICE** – A shot that imparts backspin on the ball by hitting the ball with a high-to-low motion.

**SMASH** – A hard overhead shot.

**SPIN** – The rotation of the ball. (i.e., "topspin" or "backspin")

**STROKE** – The act of striking the ball with the racquet.

**TIEBREAK** – A system in traditional tennis used to decide a set when the score is tied, 6-all.

**TOPSPIN** – Forward rotation of the ball caused by hitting from low to high.

**VOLLEY** – During play, a stroke made by hitting the ball before it has touched the ground.