

Tennis Knowledge Organiser

Key Skills:

Stroke technique	A method used to hit the ball, when holding the racket correctly, including forehand, backhand, volley, lob, overhead and serve.
Movement on court	The ability to move around the court so that the player is in the best position to hit the ball.
Decision making	The ability to choose the correct shot to use.
Ready position	A skill and a starting position to get the body ready to return the serve and hit a stroke.
Match play	A technique used to understand the basics of the game, the rules, scoring and the court.

Match:

- A match is divided into sets.
- A set is won when a player reaches 6 games.
- A match is won when a player has won 2 sets.

Scoring:

- The score starts at 0-0 which is known as 'love all'.
- The score then increases as follows:
 - first point: 15
 - second point: 30
 - third point: 40
 - fourth point: game
- 40-40 is called deuce.
- The umpire will always call the server's score first.



Key Terms

Tactical Skills

Changing speed
Changing direction
Awareness of others
Timing
Decision making

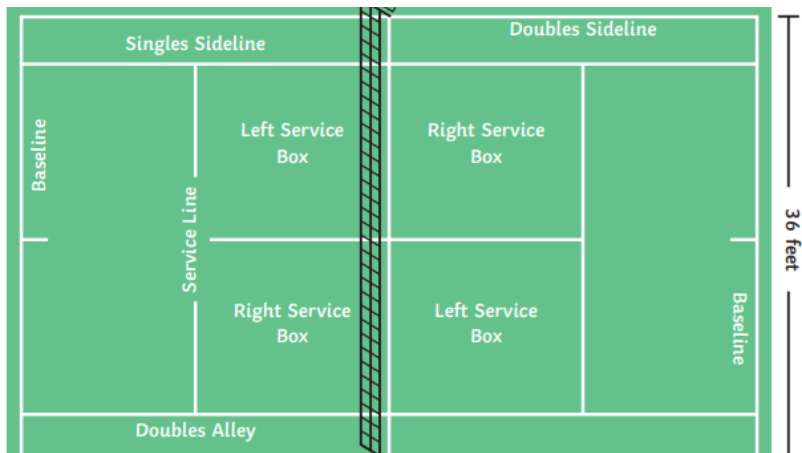
Physical Fitness

Coordination
Agility
Reaction time
Power
Stamina
Balance
Flexibility

Equipment

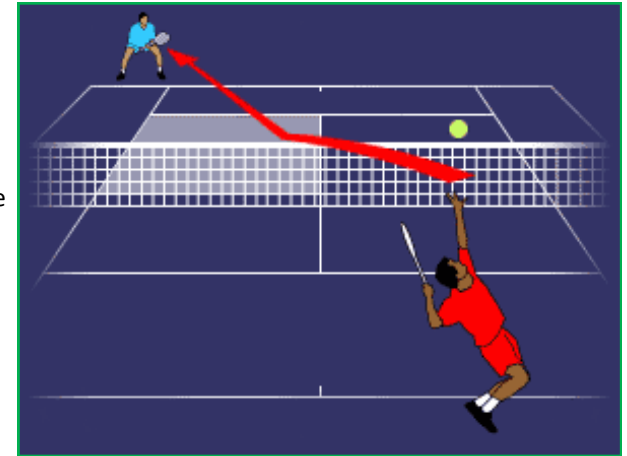
Tennis racket
Tennis ball
Tennis net

What a tennis court looks like:



Serving:

- A serve (or, more formally, a service) in tennis is a shot to start a point.
- A player will hit the ball with a racket so it will fall into the diagonally opposite service box without being stopped by the net.



Forehand



Backhand



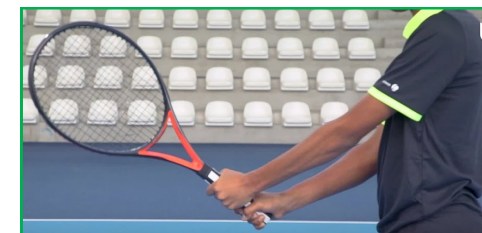
Overhead



Forehand grip



Lob



Backhand grip