



Overview



- Tennis is a racket sport played either individually against a single opponent (singles) or between two teams of two players each (doubles). The goal is to hit the ball over the net and into the opponent's court in a way that they cannot return it. Points are scored through rallies until one player reaches the required score to win the game, set, and match.
- Tennis is played on different surfaces like clay, grass, and hard courts, each influencing the game's speed and style.
- The sport develops agility, hand-eye coordination, endurance, and strategic thinking, making it suitable for players of all ages and skill levels.

Rules

- Scoring System: Points progress from 0 (love) to 15, 30, 40, and then game point. To win a game, a player must win by two points. Winning 6 games (by two) wins a set, and typically, a player must win 2 or 3 sets to win a match.
- Serving: The serve starts each point, alternating after each game. Players must serve diagonally into the opposite service box.
- Faults: A serve that lands outside the service box is a fault. Two consecutive faults result in a point for the opponent.
- In-Bounds: Shots must land within the court lines. If the ball hits the line, it's considered in.
- Rallying: After the serve, players rally by hitting the ball back and forth until a player fails to return it in bounds.

Further Support

- International Tennis Federation (ITF): The global governing body for tennis, organizing events like the Davis Cup and Fed Cup. [ITF Website](#)
- Association of Tennis Professionals (ATP): Governs the professional men's tour, organizing major events and rankings. [ATP Website](#)

Did you know?

Grand Slam Tournaments: The four major tournaments, or "Grand Slams," are the Australian Open, French Open, Wimbledon, and US Open.

Origins: Modern tennis originated in England in the late 19th century, evolving from a game called lawn tennis.

Surface Types: Tennis is played on various surfaces—clay, grass, and hard courts—which affect ball speed and bounce.

Skills

Serving: The act of putting the ball in play; includes a variety of serves such as flat, slice, and topspin.

Forehand: A stroke made on the dominant side of the body, generally with one hand on the racket.

Backhand: A stroke made on the non-dominant side; can be one-handed or two-handed.

Volleying: Striking the ball before it bounces, often used near the net.

Footwork: Quick, precise movements to position oneself effectively for each shot.

Lob: Hitting the ball high over the opponent's head, often used when they are near the net.

Drop Shot: A soft shot designed to barely clear the net and land close to it, forcing the opponent to rush forward.

Smash: A powerful overhead shot typically used to finish a point.

Vocabulary

Ace

Deuce

Advantage

Break Point

Double Fault

Rally

Serve

Forehand

Backhand

Volley

Lob

Drop Shot

Smash

Baseline

Let