



UNIT 3: THEORIC AND PRACTICAL SPORT UNIT: TENNIS FOR BEGINNERS.

1. *The tennis court.*
2. *The tennis score system.*
3. *Racquet's parts.*
4. *Types of grips in tennis.*
5. *Tennis strokes.*

5.1. *Forehand.*

5.2. *Backhand.*

5.3. *Volley.*

5.4. *Serve.*

6. *Vocabulary.*
7. *Key words: tennis court, baseline, right/left service court, center mark, match, tournament, tie, score, umpire, judge, ball boy, butt, strings, handle, grip, racquet head, strokes, forehand, backhand, volley, serve, technique, toss, bounce*

By the end of this section students should:

- To know the court where tennis is played.
- To enumerate the different parts of the tennis racket.
- To know basic rules to play tennis.
- To know and execute all tennis strokes as a beginners according with their skills.





1. THE TENNIS COURT.



2. THE TENNIS SCORE SYSTEM.

A tennis player wins the **match** when he gets two or three sets depending of the **tournaments** format. To get a set, players must win six games with a margin of two. Game scoring is the most confusing but simple. First player to win 4 points wins the game. If you **tie** at 4 you must win by 2, no matter how long it takes. The terminology for tennis games scoring goes like this:

- Point zero is called **LOVE**.
- Point 1 is called **15**.
- Point 2 is called **30**.
- Point 3 is called **40**.
- Point 4 a game is over unless it is **TIED**, tied games are called **DEUCE**. Winning by one is called **ADD**.





Did you know how are called the people who control the development of tennis match? **LET'S SEE THEM!!!!!!**



TENNIS UMPIRE



TENNIS LINE JUDGE



BALL BOY



3. RAQUET'S PARTS.



4. TYPES OF GRIPS IN TENNIS.

To get started in tennis, you first have to **pick up** a racket. Holding the racket incorrectly will limit your progress in developing the basic tennis **skills** needed, so make sure you learn it correctly from the beginning. We can differentiate three types of grips:

- Eastern grip.
- Western grip.
- Continental grip.

Note that the **eastern grip** ([Video: How to Grip a Tennis Racket | eHow.com](#)) is popular with **beginners** and is **widely** used with forehands because of its comfort. The grip can also be used to hit **backhands**, **serves** and **volleys**. Here is how to make the grip:

- Hold the racket in front of you in your left hand (or right hand if you're a **left-handed** player).
- Rotate the racket so that the face (**strings**) of the racket is perpendicular to the ground.
- **Lay** the palm of your free hand flat on the face of the racket.
- Move your palm toward your body, down the shaft of the racket, until it hits the end of the handle.
- **Wrap** your fingers around the handle and space them slightly apart. Your thumb and forefinger should lie almost directly on top of the handle, forming a V that points toward your right shoulder (toward your left shoulder if you're left-handed). Your thumb should lie across the top of the handle.



5. TENNIS STROKES.

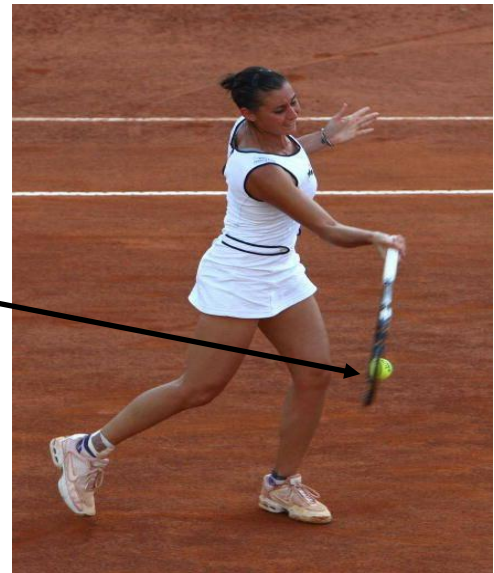
As you know, in this unit we are going to learn basic strokes that let us to play and enjoy tennis.

5.1. Forehand.

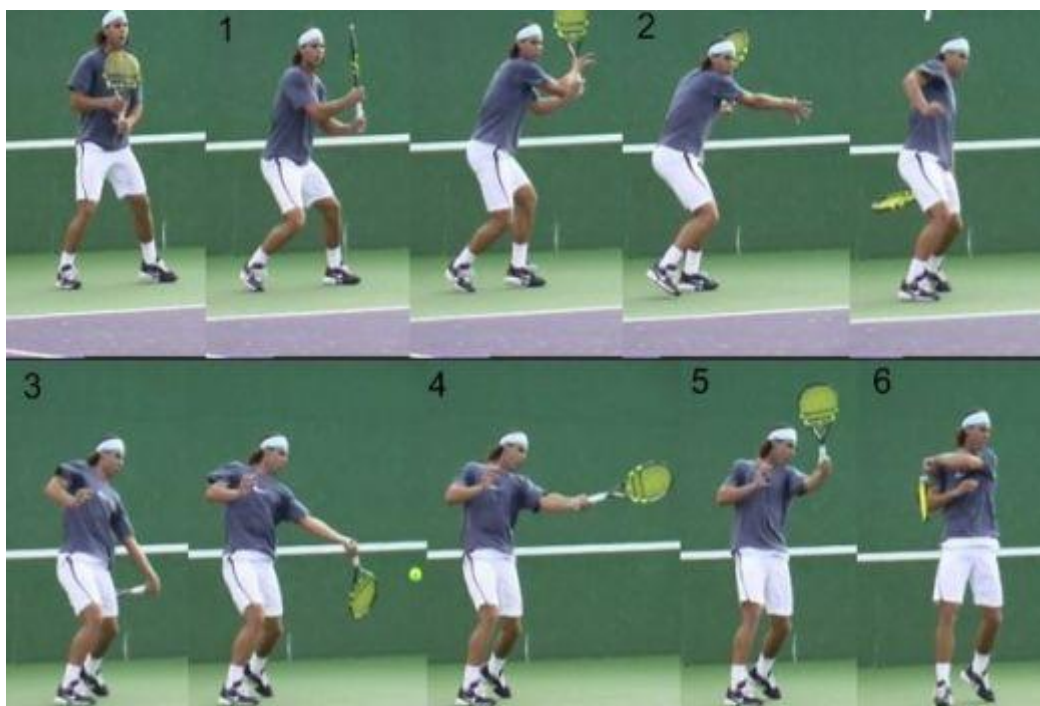
Forehand is usually the easiest stroke to start with. This is because most beginner players are quite comfortable with doing things on the right side of the body if there are right handlers and not so comfortable with doing things on the left side of the body.

First thing you should consider, is the **contact point** that would be in front of your body. Before you start playing you need to get ready which means, having a ready position and moving, such as leg to leg or whatever you want to do, you need to keep moving.

Then you have to put the racquet in the contact point and play.



LOOK AT NADAL'S FOREHAND STROKE SEQUENCE!!!!!!!





5.2. Backhand.

With the backhand stroke you need to decide whether you want to play two handed or one handed backhand. It would better, beginners start with two handed backhand. In this case the racquet must be closer to the body and you must not **twist** your **wrist** when you hit the ball. From this position you put the racquet in the **contact point** being ready to strike the ball.



LOOK AT SHARAPOVA'S TWO HANDED BACKHAND!!!!





5.3. Volley.



The tennis volley is a **technique** used for players before the ball bounces on the court. Generally a player hits a volley while standing near the net, although it can be executed in the middle of the tennis court or even near the baseline. You can use the volley from your forehand or your backhand.

5.4. Serve.

A serve is a stroke to start a point. The ball can only touch the net on a return and will be considered good if it falls on the opposite side. When you serve and the receiver is not able to touch the ball you get an **ACE**. Here are some tips that help you do a suit serve:

- Hold your racquet with your right hand (if you are right handed) or with your left hand (if you are left handed). Your hand should hold the base of the handle, not the middle.
- Hold the ball in your left or right hand depending if you are left or right handed.
- Position your left shoulder (right shoulder if left handed) towards the net. This is your first correct position when you are going to serve.
- Position your right foot several **inches** behind your left foot. The distance should depend on how comfortable you are.
- **Bend** your body slightly towards your left leg, putting your **weight** on your left leg as you bounce the ball. Normally you can bounce the ball 2-3 times or more, but not too many.
- Toss the ball in front of you and see it is not too close or not too far away from you.
- Then try to **reach** the ball on the highest point and **hit** it.





6. Vocabulary.

- **Beginners:** [brɪˈɡɪnə] principiante.
- **Bend:** [bend] back/leg> doblar, flexionar;
- **Inches:** /ɪntʃ/ *sustantivo* pulgada *f* (2,54 centímetros)
- **Hit:** /hɪt/ *Dep* golpe
- **Lay:** /leɪ/ put, place) poner
- **Match:** /mætʃ/ (Sport): **boxing/wrestling** ~ combate *m or* match *m* de boxeo/de lucha libre; **tennis** partido *m* de tenis; **football/hockey** ~ (*BrE*) partido *m* de fútbol/de hockey
- **Pick up:** (*del suelo, etc*) recoger, levantar, coger.
- **Reach:** /ri:tʃ/ alcanzar.
- **Skills:** /skɪl/ habilidades.
- **String:** /strɪŋ/ (on racket) cuerda.
- **Technique:** /tekˈni:k/ técnica.
- **Tie:** /taɪ/ (equal score) empate.
- **Twist:** /twɪst/ (turn) <handle/knob> girar;
- **Tournament:** /ˈtʊrnəmənt/ torneo
- **Umpire:** [ˈʌmpaɪə] árbitro.
- **Weight:** /weɪt/ (unit) peso.
- **Widely:** /ˈwaɪdli/ generalmente.
- **Wrap:** /ræp/ envolver, rodear
- **Wrist:** /rɪst/ parte del cuerpo– muñeca.