

# Year 7 Tennis Knowledge Organiser



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## Tennis Knowledge Organiser

### Key Skills

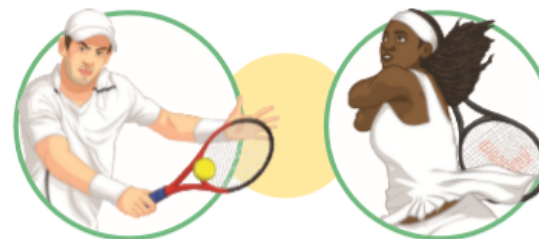
Skill	Description
stroke technique	A method used to hit the ball including forehand, backhand, volley, lob and overhead.
movement on court	The ability to move to around the court so that the player is in the best position to hit the ball.
decision making	The ability to choose the correct shot to use.
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 - apart from in Grand Slam tournaments, when male players must win 3 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.

### Court

The court is:

- 78ft (23.77m) x 27ft (8.23m) for a singles match.
- 78ft (23.77m) x 36ft (10.97m) for a doubles match.

The court is divided by a net which is 3ft (90cm) high.

On each side of the net are two services boxes and a set of tram lines.



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### Equipment

Each player has a tennis racket which is used to hit the ball.

The tennis ball must be a certain size (2.5-2.7in) and mass (56-59g).



### Tactical Skills

changing speed and direction

awareness of others

timing

decision making

### Physical Fitness

coordination

agility

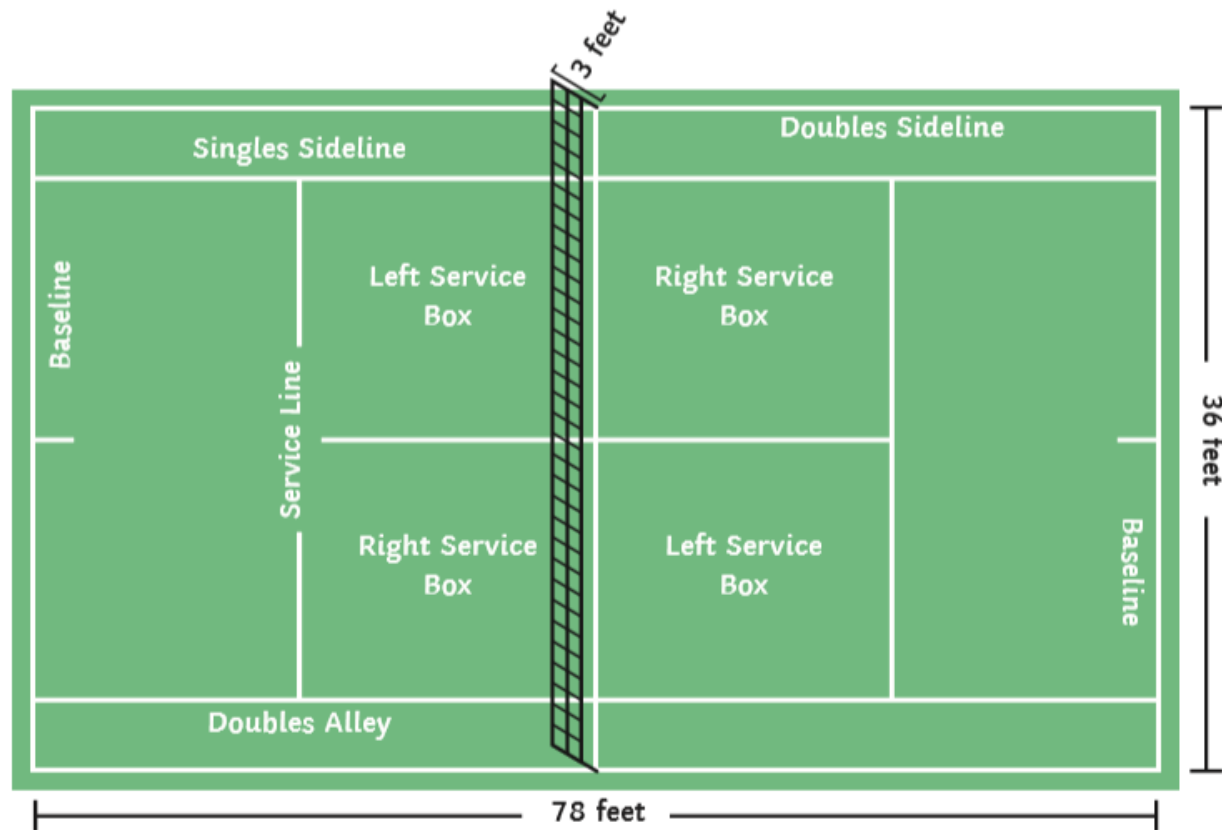
reaction time

power

stamina

balance

flexibility



Do you know what these words mean?



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## Skills

- I can play a **forehand** and **backhand** shot with the correct technique
- I can perform a basic **volley** with the correct technique.
- I can set my feet into **position** so that I can prepare for my next shot.
- I can **serve** by feeding the ball underarm.

## Key Terms

Forehand  
Backhand  
Fault  
Point

Positioning  
Serve  
Volley  
Let

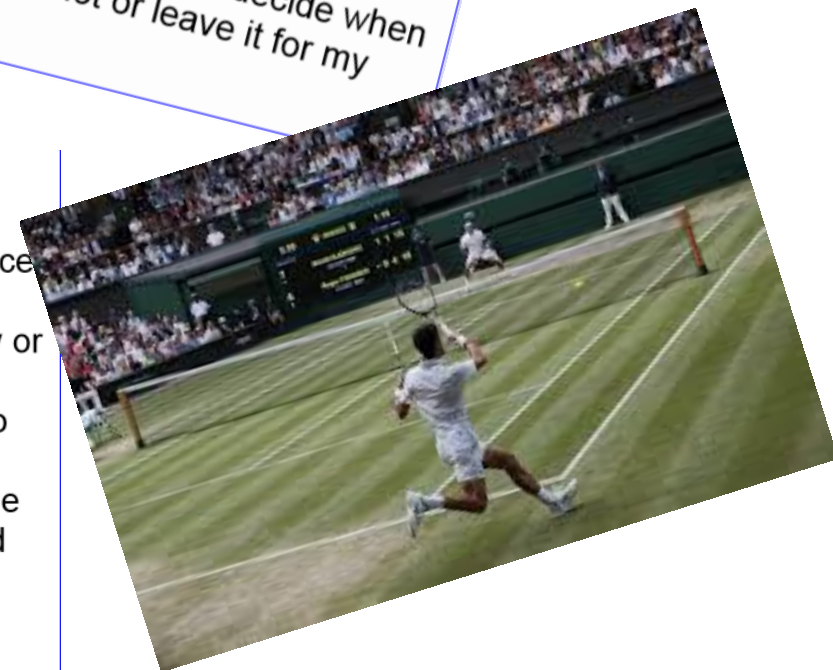
Do you know what these words mean?

## Decision Making

- I can judge an opponent's **positioning** and decide where to play my shot in order to win a **point**.
- During a game I can decide whether to play a passing shot or attempt to win a **point**.
- In a game of doubles I can decide when I should play a shot or leave it for my partner.

## Rules

- You can not double hit the ball
- The ball is out if goes past the sideline or service line before bouncing.
- You're not allowed to hit the net with your body or racket.
- In doubles you're not allowed to play the ball to your partner.
- You get two chances to serve. If the ball hits the top of the net and goes over its called a let and doesn't count as one of your two attempts to **serve**. If you miss serve twice then it's called a double fault and the other team gets a point.



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