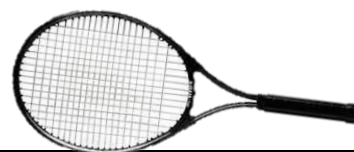




Tennis - Year 5



Key vocabulary	Definition
Backhand	A stroke in which the ball is struck on the opposite side of the body to the racket hand.
Forehand	A shot hit from the racket-arm side of the body.
Drop Shot	A gentle shot that just lands just over the net.
Grip	How to hold the racket in tennis.
Net	The woven barrier dividing a court into halves, over which the ball must be hit.
Racket	A stringed 'bat' that players hold and use to hit the ball.
Serve	The shot that begins each point. The ball must be thrown in the air and the ball must go diagonally across the court and bounce in the serving box.
Return	To hit the ball back to an opponent.
Rally	A series of shots and returns.
Volley	A shot hit before the ball bounces.
Umpire	The official in charge of the match.

Key Knowledge and Skills:

Forehand

A shot hit from the racket-arm side of the body. Usually played as a one-handed shot. Hit the ball side on, creating a 'star' shape with your body and swinging with a low to high swing path.



Backhand

A stroke in which the ball is struck on the opposite side of the body to the racket hand. A backhand shot is now more commonly hit with a two-handed grip, however some players will use a one-handed grip. Use the same technique as the forehand just from the other side of your body.



Ready Position

Allows a player to be alert, making sure they are on their toes as it enables them to react to where their opponent hits the ball. After a shot is played, returning to the centre of the court is important.



Scoring

In scoring, a game is won by winning points, a set is won by winning games, and a match is won by winning sets

Game: A sequence of points with the same player serving. To win a game a player must win at least 4 points but at this point have 2 more points than the opponent.

Set: A player must win at least six games to win a set.

Match: Usually a best of 3 sets win a match.

In Grand Slams, men play best of 5 sets, all other formats are best of 3.