

INSTRUCTIONS

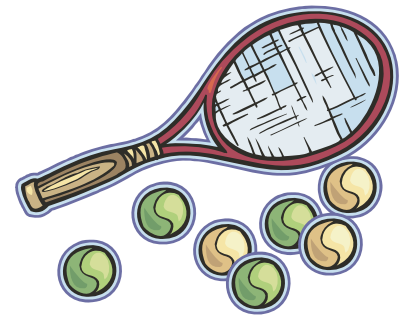
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Tennis is among the most popular sports in the United States. It is played by amateurs and professionals, children and adults, women and men. It can be played for sheer enjoyment or in fiercely competitive tournaments, such as the famous Davis Cup, Wightman Cup and the Wimbledon tournament. Like badminton, it requires agility, speed and almost continuous motion on the part of the player. It is often recommended as a good means of aerobic exercise.



HISTORY OF TENNIS

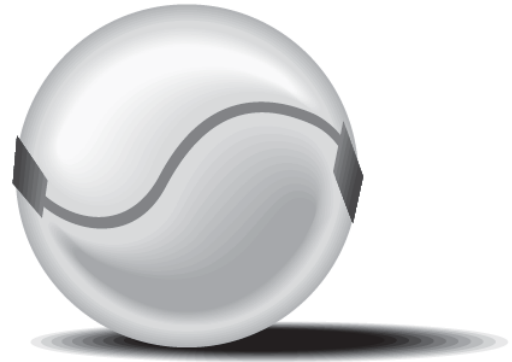
The game that we know as “tennis” today (officially known as “lawn tennis”) was created by a British citizen, Major Walter C. Wingfield, who introduced the game to Britain in 1873. The following year saw the introduction of the already-popular game to America.

However, the real history of tennis apparently goes back far beyond Major Wingfield’s day. A version of tennis was played in ancient Greece and in France in the 1400s.

The first tennis tournament was played at Wimbledon in England in 1877. While Wimbledon is still considered the most famous and prestigious tennis tournament in the world, the Davis Cup and Wightman Cup tournaments are also important annual events.

HOW THE GAME IS PLAYED

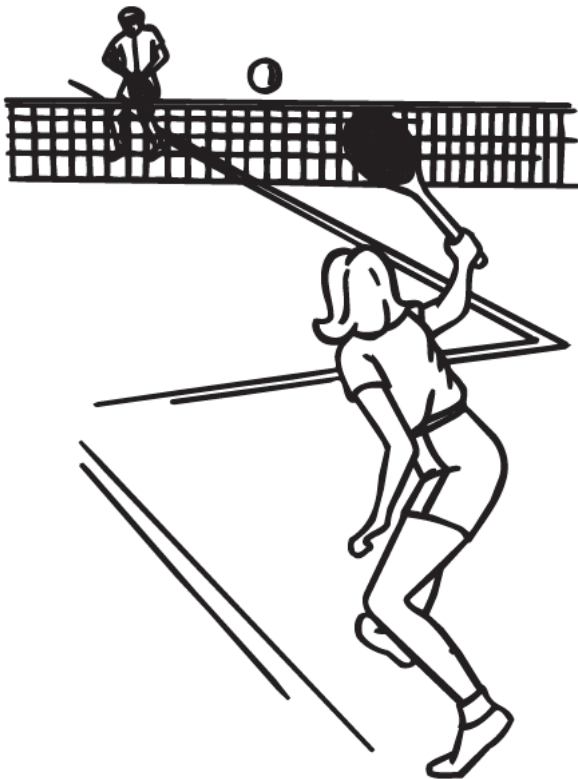
A tennis game always starts with the serve. The server stands behind the base line on the right side of the court. The ball is tossed into the air and hit diagonally across the net into the opponent's court. The opponent then has to hit the ball after the first bounce, and return it back across the net to the server.



A “fault” is committed when the server hits the net with the ball or when the ball is hit outside the service court. The second time a server tries to serve and fails, “a double fault” occurs. The opponent automatically gains a point after a double fault.

Faults can also occur when the server touches the base line or any other part of the court with his/her feet while serving.

A “let ball” is a serve that touches the net but lands in the correct place. This type of ball does not count; the server must serve again.



A ball that touches the net during play is called a “net ball.” Net balls are legal and must be played.

Once the first point is made, the server then serves from behind the left base line. The server continues until the opponent wins the serve or until a fault occurs.

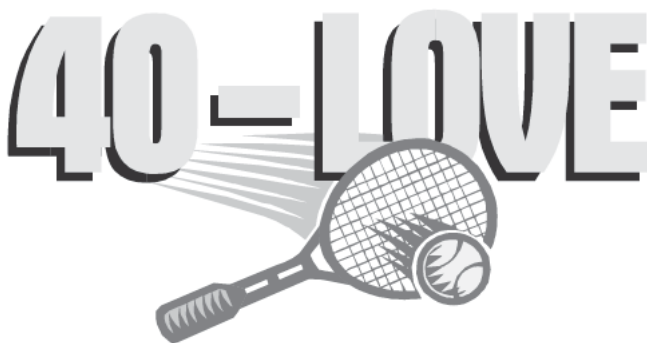
The first point in a tennis game is 15, the second is 30 and the third is 40. The final score (or fourth point) is the GAME POINT.

A player must score four points in order to win a game. In a tie game, both sides or players may score three points, or 40-40 (a “DEUCE”). If a player or side wins two more points after a deuce, the game is won.

The “AD” or ADVANTAGE is the first point scored after the deuce. When both players

score a point after a deuce, the game returns to 40-40 again.

The score “LOVE” means zero. If a game has the score 30-love, it means the score is 30 to zero. Nobody knows why the term “love” is used in tennis, but it is generally believed to have originated from the French word “l’ouve,” which means “egg.” An egg is round like a circle, hence its association with a zero.



A SET means that one side or player has won six games. The winner of the set must win by two games. A MATCH means that two out of three sets have been won.

PLAYING TECHNIQUES

THE SERVE



There are four types of serves in tennis: the flat serve, the slice serve, the kick serve and the American twist. While the slice is the most common and effective serve, all four types of serves demand a controlled toss and good follow-through.

To execute the serve properly, the player raises the racquet back to a point where it reaches over his or her right shoulder. The player’s elbow is kept straight in the air. The proper stance is straight, not bent at the waist. The ball is then tossed up into the air. As the ball comes down, the server moves forward and strikes the ball with the racquet, driving it over the net toward the other player or players.

FOREHAND DRIVE

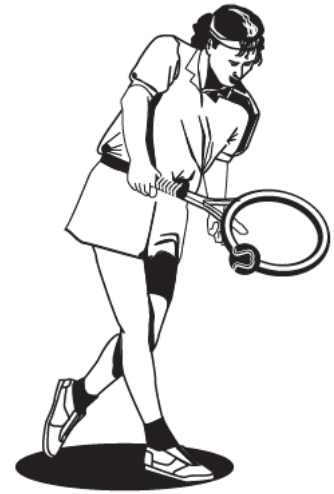
This move is one of the two main strokes used for returning the ball after one bounce. When the ball approaches the player’s racquet-hand side, the forehand drive is used—basically, as a way of blocking the ball. The wrist maintains a firm position and keeps the racquet face open. All contact with the ball should take place in front of the player’s body.

BACKHAND DRIVE

This move is the other main stroke used to return a ball after one bounce. In the backhand drive, the ball goes to the opposite side of the racquet hand. The player moves the arm across the body and, as with the forehand drive, maintains a firm wrist and elbow. Again, contact with the ball is made in front of the player's body.

VOLLEY

The famous Martina Navratilova once offered this advice about the volley: "Keep it short and simple." The player's knees should be bent and legs slightly apart while the weight of the body is forward. The elbows should be turned in toward the body as the body pivots and the shoulder turns toward the ball.



The power of the volley comes not from the swing, but from a firm wrist, good timing and the ability to keep one's body weight forward.

LOB

The lob features a short backswing, an open racquet face and an upward motion. The follow-through on this shot is shorter than on other shots. The goal of the lob is to hit the ball over the opponent's head in order to drive him/her back in the court.

SLICE



The forehand and backhand slices are used to make the ball spin and bounce crookedly. In the forehand slice, the player's shoulders should turn as the racquet is brought back above the level of the ball. The racquet head is tilted upward at this point, while the player's weight is kept forward. Ideally, the follow-through on this shot is kept short.

In the backhand slice, the player turns as the

racquet is brought back above the level of the ball. The wrist is kept stiff as contact with the ball occurs in front of the player's body.

EQUIPMENT AND CLOTHING

Tennis is usually played in loose-fitting shorts for men or short skirts for women. Athletic shoes are needed to brace the feet and ankles during violent maneuvers. Light polo shirts or blouses are worn to provide freedom of movement.

TENNIS NOTES AND NEWS

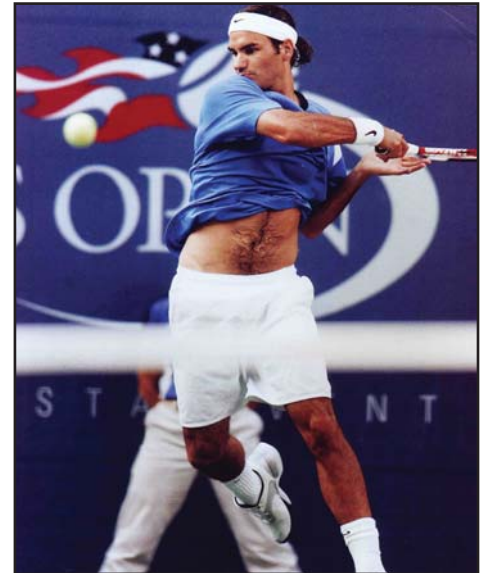
Wimbledon

The final of the women's singles competition included sixth seed, 2002 and 2003 Wimbledon Champion Serena Williams and seventh seed, 2000, 2001, 2005 and 2007 champion Venus Williams who met for the third time in a Wimbledon final, and for the seventh time overall in Grand Slam finals, with Serena winning five of the six previous encounters. Serena made the stronger start, breaking her sister in her first service game, and quickly took a 4–2 lead, as Venus struggled with her return. The momentum of the first set then shifted, when Venus started to play more aggressively, breaking Serena to even the score, and breaking her again in the last game to win the set 7–5 after fifty-three minutes. Venus struggled again with her serve in the beginning of the second set, saving a break point in her first service game, She was broken in her second, but broke back to 2–2. Both players then held their serve up to 5–4, when Serena found herself serving to stay in the match at 15-40, saving the first match point, but losing the second on an unforced error to give Venus the break and a 7–5, 6–4 victory after one hour and eleven minutes of play. The win allowed Venus to defend her title and was her fifth Wimbledon title, her seventh Grand Slam title overall.



After playing their single's match, Serena Williams and Venus Williams, met sixteenth-seeded Lisa Raymond, and 2002 champion Samantha Stosur, to play the mixed doubles final in the tournament. The Williams sisters proved to be as dominant through the final as they were during the whole competition, in which they lost no set and knocked out several seeded teams, among them French Open champions Anabel Medina Garrigues

and Virginia Ruano Pascual, as Serena and Venus broke twice in each of the sets, saving three break points in the first set, and not facing a single one in the second, to claim the 2008 Wimbledon doubles title after a mere fifty-eight minutes of play, on the score of 6–2, 6–2. The doubles title was Serena and Venus’ third in Wimbledon, and the seventh overall together, since the 1999 French Open. The win also marked the third time the sisters won the doubles title of Wimbledon while one of them won the singles title, and the second in which they won the doubles while both of them played the singles final.



The men’s singles match saw Rafael Nadal win the first Wimbledon title of his career and fifth Grand Slam tournament. No. 1 seed and five time champion Roger Federer was aiming to equal William Renshaw’s record of six consecutive Wimbledon titles (1881–86), and edge ever closer to Pete Sampras’s record of 14 Grand Slam titles, of which Federer had 12. Nadal, the No. 2 seed and four-time French Open champion was Federer’s challenger for the third consecutive year, and was aiming to become the first man since Björn Borg to win the French Open and Wimbledon in the same year. Nadal’s countryman, Manuel Santana, the last Spaniard to have won the Wimbledon title (in 1966), said Nadal could take inspiration from Spain’s victory in the recent European Championships, which Spain had last won in 1964.

Nadal began well, winning the first set 6–4 in just under an hour, and taking the second by the same scoreline, despite having been down 4–1 at one point. The third set was interrupted by rain delays but the players returned to finish the set with a tie break, which Federer won by seven points to five. The fourth mirrored the third by also going to a tie break, in which Nadal took a 5–2 lead. Nadal was on serve but served a double fault and then was forced by Federer in to a hitting a backhand into the net. Later in the tie break, Nadal had two championship points, including one on his serve, which he squandered, with Federer triumphing 10–8, and forcing a final set. The fifth set went only four games before another rain delay; the score was 2–2 (40–40) when they returned. Nadal eventually prevailed, winning the final set 9–7. Nadal celebrated his win by climbing to his family in the crowd, including coach Toni Nadal, and then traversed a roofed area to shake hands with members of Spanish royalty. Pundit and three-time Wimbledon champion John McEnroe lauded it as “the greatest match I have ever seen.”

The U.S. Open

In a men's final that made up in historical significance what it lacked in drama, Roger Federer dispatched Andy Murray 6-2, 7-5, 6-2 in Arthur Ashe Stadium at the U.S. Open to become the first player to win five straight Open titles and five straight Wimbledon crowns.

The victory was Federer's 13th major championship, bringing him within one of the leader, Pete Sampras.

"One thing's for sure," Federer said. "I'm not going to stop at 13. That would be terrible."

Terribly unlucky, anyway, which was an apt description of the first eight months of Federer's season. He lost in the Australian Open semifinals while battling mono-nucleosis. He lost in the finals of the French Open and Wimbledon to a surging Rafael Nadal, who ended Federer's four-and-a-half-year run at No. 1.



Beijing 2008 Olympic Results:

Men's Singles:

Gold: NADAL Rafael, Spain
Silver: GONZALEZ Fernando, Chile
Bronze: DJOKOVIC Novak, Serbia

Women's Singles:

Gold: DEMENTIEVA Elena, Russian Fed.
Silver: SAFINA Dinara, Russian Fed.
Bronze: ZVONAREVA Vera, Russian Fed

Men's Doubles:

Gold: FEDERER Roger and WAWRINKA Stanislas, Switzerland
Silver: ASPELIN Simon and JOHANSSON Thomas, Sweden
Bronze: BRYAN Bob and BRYAN Mike, USA

Women's Doubles:

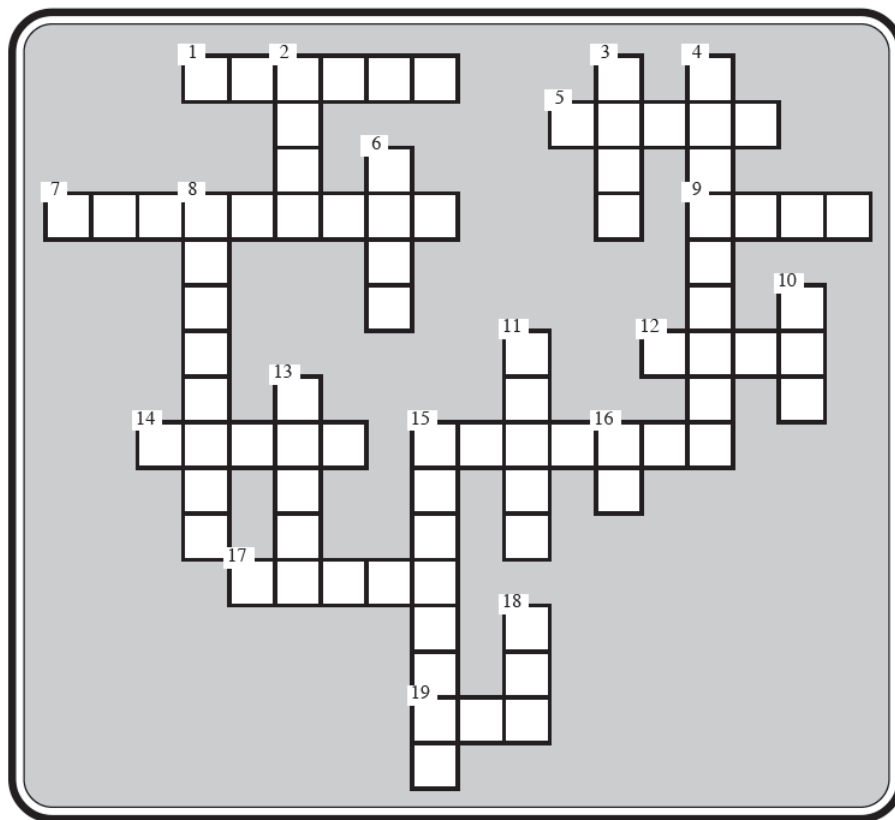
Gold: WILLIAMS Serena and WILLIAMS Venus, USA
Silver: MEDINA GARRIGUES Anabel and RUANO PASCUAL Virginia, Spain
Bronze: YAN Zi and ZHENG Jie, China

Keep current with the sport of tennis by visiting these tennis websites:

<http://www.atptour.com/>
<http://www.ncaasports.com/>
<http://www.tennisserver.com/>
<http://www.tennis.com>



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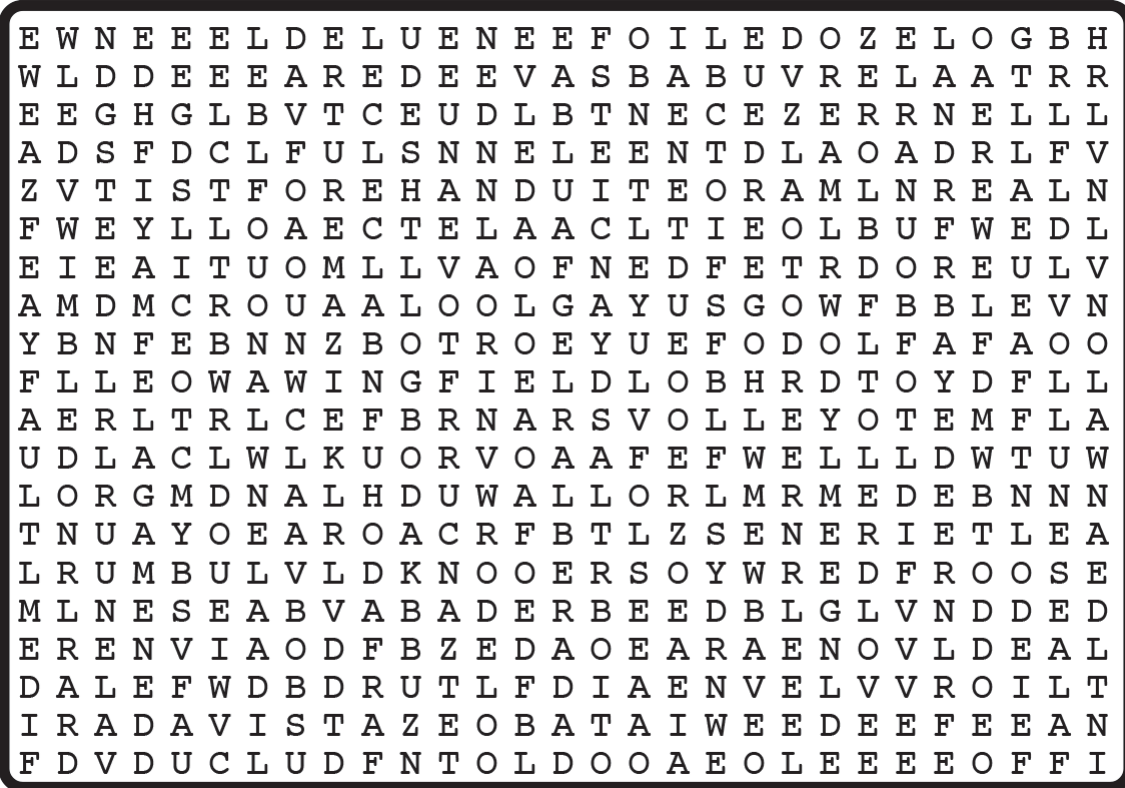
**Across:**

1. Martina says keep it short and simple
5. A popular tennis tournament
7. Most famous tennis tournament
9. One must win at least six of these to win the set
12. Love in tennis means this for a score
14. When the server hits the net with the ball
15. The direction of the player's weight when hitting a slice
17. A score of 40-40
19. It is in the middle of the court and the ball must be hit over it

Down:

2. Comes from the French word for "egg"
3. Tennis was originally played on this
4. This major introduced tennis to England in 1873
6. There are this many types of serves in tennis
8. One type of drive
10. Short backswing and upward motion
11. A tennis game starts with one of these
13. Makes the ball bounce and spin
15. Another type of drive
16. The first point scored after deuce
18. The server hits the net with the ball and the ball lands in the right place

Name: _____ Date: _____



Use the clues below to discover words in the above puzzle. Circle the words.

1. One type of drive
2. Another type of drive
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6. The server hits the net with the ball and the ball lands in the right place
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13. This major introduced tennis to England in 1873
14. Martina says keep it short and simple
15. Famous tennis tournament
16. The direction of the player's weight when hitting a slice
17. Most famous tennis tournament
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20. It is in the middle of the court and the ball must be hit over it