

INSTRUCTIONS

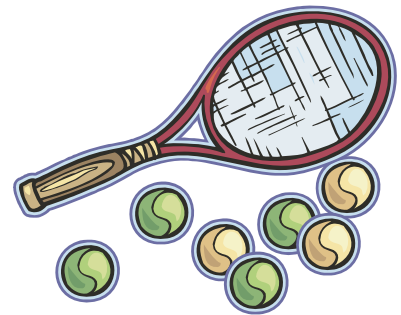
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

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 tournaments. 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

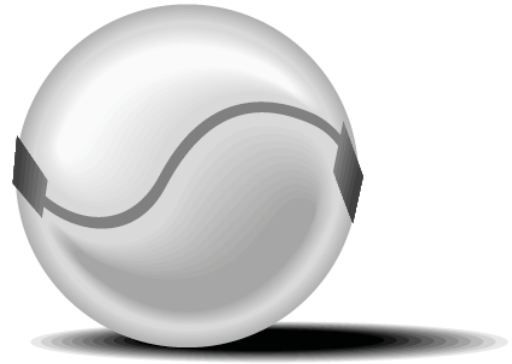
The game that we know as “tennis” today (officially known as “lawn tennis”) was created by a British citizen, Major Walter C. Wingfield, who introduced the game to Britain in 1873. The following year saw the introduction of the already-popular game to America.

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

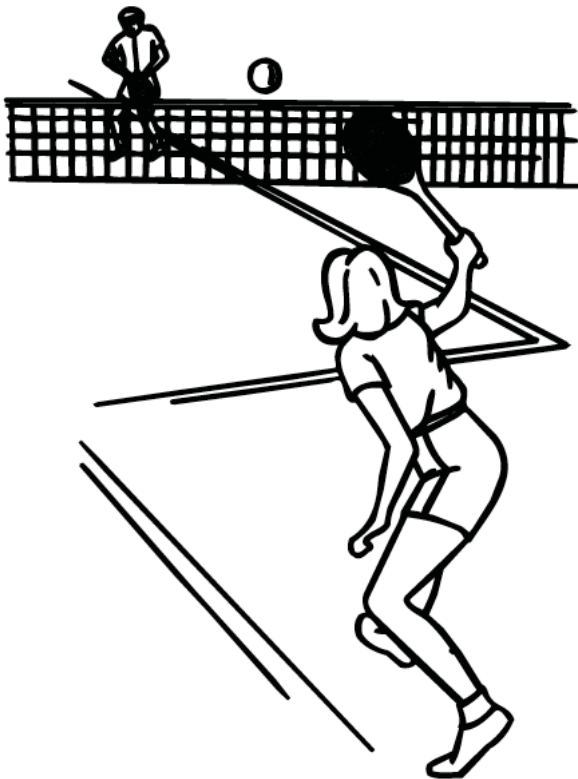
A tennis game always starts with the serve. The server stands behind the base line on the right side of the court. The ball is tossed into the air and hit diagonally across the net into the opponent's court. The opponent then has to hit the ball after the first bounce, and return it back across the net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

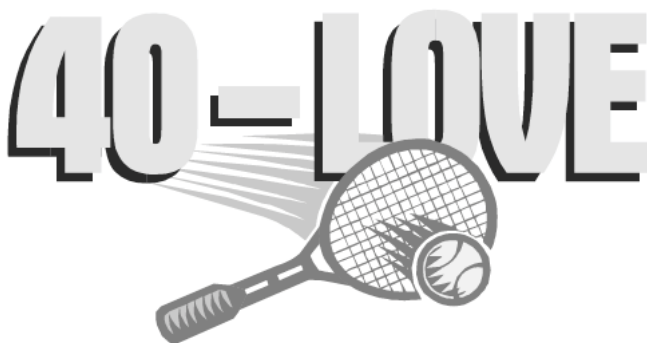
The first point in a tennis game is 15, the second is 30 and the third is 40. The final score (or fourth point) is the GAME POINT.

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 (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Wimbledon

Men

Novak Djokovic underlined his new status as the world's top tennis player by shattering Rafael Nadal's winning streak at Wimbledon.



The 24-year-old, won 6-4, 6-1, 1-6, 6-3 in two hours 28 minutes to continue his domination of tennis - and Nadal in particular - throughout this most amazing season in his career. Djokovic is the first from his country to capture a Wimbledon singles title. He fell flat on his back, arose with both arms uplifted before squatting down with his head in his hands to briefly contemplate what he had achieved.

A pair of cracking forehand winners followed by an ace in the opening game were clear indication of Djokovic's intent to carry the fight to the defending champion and what ensued merely underlined that intention. Djokovic was playing a smart game, serving to the widest corners and drawing Nadal forward with drop shots.

Djokovic was untouchable on service and moved 5-4 ahead with his third ace, clipping the sideline - at which Nadal stared long and hard without issuing an official challenge.

Stepping up to attempt to break the Nadal serve to win the set seemed to inspire Djokovic to new heights. At 30-0 down, he struck two brilliant winners, one on each wing. Then Nadal's netted forehand handed the Serb his first set point.

One chance was all that a Djokovic in such form needed. He returned a 93mph second serve with such venom that Nadal's forehand response was wide. So the underdog was a set up in 41 minutes with some superb tennis. He had dropped a mere six points on serve and Nadal - denied even a sniff of a break point - had committed seven unforced errors.

Having won the last two games of the opening set, Djokovic promptly won the first three of the second set, too. On a perfect day for tennis, warm and still, it was the Serb who was playing perfectly at this stage, quicker around the court and more resilient in the rallies.

Nadal finally applied the brake to that streak, albeit temporarily, by holding to love. Once more however Djokovic revved up, lifting his ace count to seven and wrapping up the second set in a little over half-an-hour. This time he had conceded just five points on his serve and lifted his total count of winners to 22. With justification, Nadal looked a worried man.



A counter-attack was the urgent requirement, and Nadal duly launched it, finally reaching his first break point and cashing in on it when Djokovic netted a backhand approach. It was precisely the lift Nadal needed and he roared through the third set in inspired fashion, winning three service games to love and breaking Djokovic for a second time when the Serb perpetrated his first double fault. That set lasted a mere 30 minutes.

Having been rocked back on his heels by that typical Nadal fightback, Djokovic reacted like a champion by going 2-0 up in the fourth. First, he survived a break point to hold serve and then a perfect drop volley set up another break of Nadal. The Majorcan's response was to break Djokovic immediately and go on to level at 2-2, but nevertheless he was the one who looked more likely to crack again in a tense fourth set - and that is exactly what transpired in the eighth game.

First, Nadal double-faulted, for the first time in the match, then he sent a crosscourt forehand unforgivably wide before netting a forehand and handing his opponent three break points. Another error, this time on the backhand, and Nadal was duly broken, leaving Djokovic to serve for the title.

A glorious backhand volley took him within one point of glory, at which Nadal - the champion for the last two years he has competed at Wimbledon - obliged with another error, a backhand out of play.

Women

Martina Navratilova, the greatest of Wimbledon's women's champions, had tipped her compatriot and fellow left-hander Petra Kvitova to cause an upset in the ladies' singles final at the 125th Championships, and the Czech duly obliged, obliterating the ambitions of a second Wimbledon win for the hot favorite Maria Sharapova - and in straight sets, too.

Kvitova won 6-3, 6-4 in one hour 25 minutes and though Sharapova's play fell well below her best levels, it was in no small part due to the big-hitting torrent directed at her by the 21-year-old whose first, but surely not last, Grand Slam victory this was. She has compared her own power tennis to that of the 2009 US Open winner Juan Martin del Potro and it seemed she certainly has a point.



Kvitova becomes the youngest champion since Sharapova herself lifted the Venus Rosewater Dish in 2004 at the age of 17.

In addition to Navratilova, there were eight other former ladies' singles champions in the Royal Box, gathered to watch what many in the capacity crowd considered would be a formality for the 24-year-old Sharapova. The Russian promptly reinforced those opinions by breaking in the opening game on a pair of Kvitova forehand errors and a rasping forehand rocket of her own.

But the Czech, wearing a plaster on her right thigh as she had done throughout the fortnight, responded bravely and aggressively. It was quickly apparent that Sharapova would need to dig very deep if she was to weather the hard-hitting and bigger-serving Kvitova.

To add to her woes, double faults began to creep into the Sharapova game but early on in the battle the Czech's tendency to over-hit was enough to keep Sharapova in with a good shout, or more accurately a shriek, of her second Wimbledon title. However, she was sometimes reduced to groans as she stretched for deep bullet returns that were giving Kvitova more confidence with every passing minute on Centre Court.

It was "The Day of the Sluggers" and Kvitova proved to be the champion at this. She held for 5-3 at a cost of one point, was denied a set point on the Sharapova serve by a Russian

ace, but then served out confidently to love for the first set in 40 minutes. Sharapova's unforced error count already stood at nine.



The Czech momentum was maintained as she broke at the start of the second set with a stunning forehand which clipped the baseline. Kvitova then developed a touch of the jitters - two double faults creeping in at this make-or-break stage - but gathered her composure to put two first serves in and take a 2-0 lead.

The jubilation among the Sharapova-ites was brief. Missing three game points for a 3-2 lead proved costly as Kvitova slammed away another forehand service return winner to break the Russian serve for a fourth time. Back came Sharapova with a service break of her own to level once more at 3-3 and the Centre Court fans readied themselves for a Sharapova surge. It never came, and was never likely to, as Kvitova's intelligent serving - taking full advantage of her southpaw style - directed the ball into her opponent's body, restricting her opportunities to generate pace of her own on the return.

Another Kvitova break, following Sharapova's sixth double fault, put her ahead once more and all she needed from there was to make sure she did not lose confidence in her service action. When the time came to serve for the title, her first Slam, there was no faltering. She won it to love with her first ace of the match, a rocket down the middle, and knelt in disbelief on the baseline before rising to acknowledge the acclaim. After Navratilova, and more recently Jana Novotna, the Czechs have another worthy ladies singles champion at Wimbledon.

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>

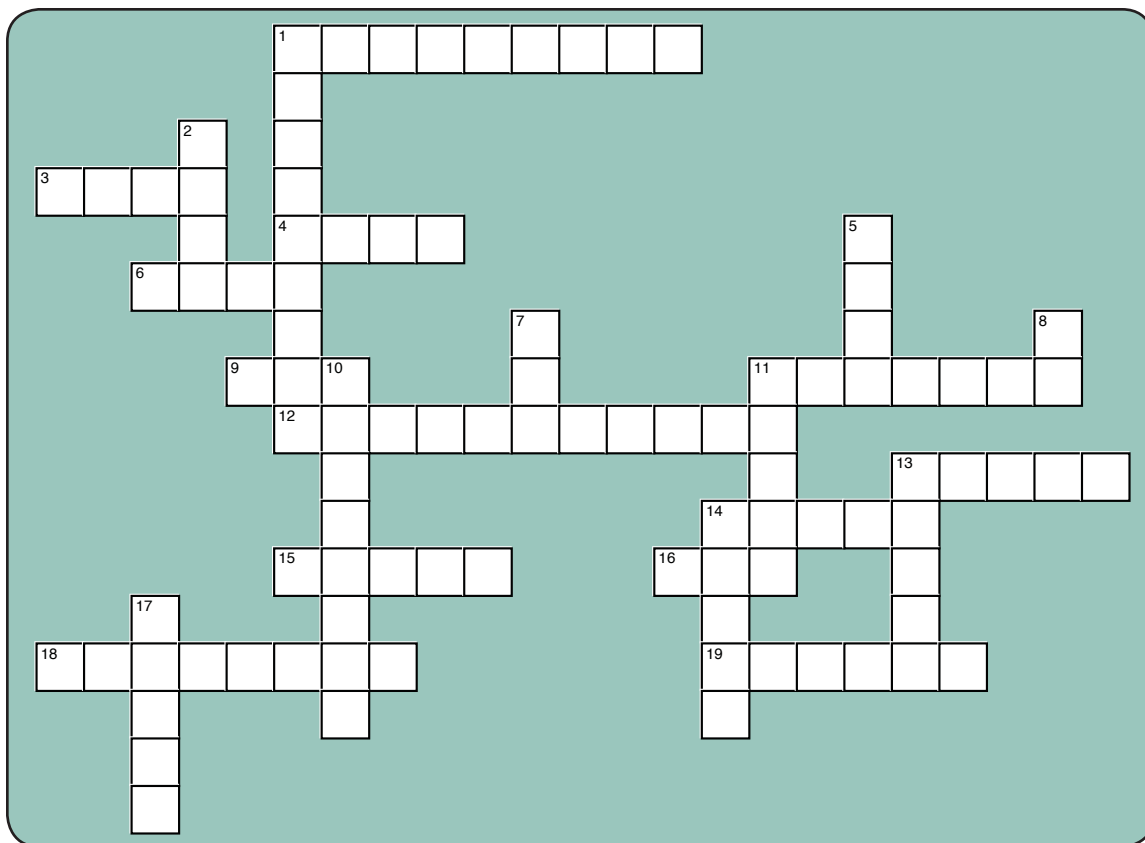


The Williams Sisters



Roger Federer

Name: _____ Date: _____

**Across:**

1. This major introduced tennis to England in 1873
3. One must win at least six of these to win the set
4. Tennis was originally played on this
6. Comes from the French word for "egg"
9. Short backswing and upward motion
11. The direction of the player's weight when hitting a slice
12. Martina _____
13. A popular tennis tournament
14. Makes the ball bounce and spin
15. You want a _____ follow-through with a slice
16. It is in the middle of the court and the ball must be hit over it
18. Another type of drive
19. Martina says keep it short and simple

Down:

1. Most famous tennis tournament
2. Love in tennis means this for a score
5. There are this many types of serves in tennis
7. The server hits the net with the ball and the ball lands in the right place
8. The first point scored after deuce
10. One type of drive
11. When the server hits the net with the ball
13. A score of 40-40
14. A tennis game starts with one of these
17. The power of the volley comes not from the swing but from this

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

Tennis

Deuce

Isner

Wimbledon

Advantage

Nadal

Wingfield

Love

Williams

Greece

Egg

Sharapova

France

Navratilova

Volley

Fault

Lob

Drive

Serve

Slice