

Tennis Knowledge Organiser

Key Skills

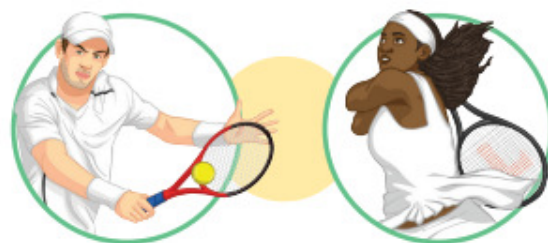
Skill	Description
stroke technique	A method used to hit the ball including forehand, backhand, volley, lob and overhead.
movement on court	The ability to move to around the court so that the player is in the best position to hit the ball.
decision making	The ability to choose the correct shot to use.
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.



In 2021 she was ranked number 1 in singles by the Tennis Association.
She is one of only ten women, to achieve the career Grand Slam.

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Equipment	Tactical Skills
Each player has a tennis racket which is used to hit the ball.	changing speed and direction
The tennis ball must be a certain size (2.5-2.7in) and mass (56-59g).	awareness of others
	timing
	decision making
Physical Fitness	
	coordination
	agility
	reaction time
	power
	stamina
	balance
	flexibility

