



# TENNIS 4 LEARNING

Public Tennis Inc., 501c3 NonProfit  
USTA Foundation NJTL and USTA CTA  
Beaufort County, SC  
[www.publictennis.org](http://www.publictennis.org)

## VIDEO #2: HOW TO PLAY THE GAME OF TENNIS

### IN-CLASS WARM UP:

(Do concurrently with video, pause and supplement as needed!)

Warm ups can be done standing or sitting in a chair!

Jumping Jacks: Lift arms above the head as you spread legs & jump

Trunk Twists: Twist torso and arms to each side (feel the stretch!), like a helicopter

Leg Swings: Swing legs front to back then diagonally across opposite leg

### TOPICS/SEGMENTS:

- What is a Tennis Court? A rectangle, 120 feet long, lines painted on court in a standard pattern (always the same). The Net splits the playing surface into two, with players on each side playing against each other
- How to Play Tennis
  - Two types of games: Singles (1 player on each side) or Doubles (2 players on each side); and, two playing areas (doubles area is wider)
  - The Goal of Tennis is to win points, for example...
    - Players hit the ball over the net and the ball must land/bounce IN the playing area
    - If your opponent doesn't get it back over the net, or it comes back but lands OUTside the playing area on your side, you get a point!
    - If you miss a ball (one bounce allowed) or hit a ball outside of the playing area on the other side, the ball is OUT and your opponent gets a point!
  - To win points, players need tennis skills like hitting angles, spin, power, placement, offense, defense – *this is why we do Special Olympics training!*
  - Each point starts with a serve; 2 tries to hit a serve in the court and start a point
- Celebrating Special Olympics local players: The Pumpkin Bowl

### WRAP UP:

#### Quick quiz

- Order the following from largest to smallest: football field, tennis court, basketball court, ping pong table, volleyball court (other, fun with areas and sizes)
- What is the difference between Singles and Doubles tennis games? (# players and size of the playing area)
- Why is there a net across the court? (divide the court into sides and playing areas for 2 opponents or teams, obstacle to hit over which is fun and requires skill)
- How many chances do you have to get each serve in? (2)
- How many times can a ball bounce on your side of the court (0 or 1)

PREVIEW of NEXT VIDEO: Keeping score; Games, sets, and matches