

Essential Knowledge for a Tennis Unit

- Names, functions, and locations of lines and areas in the singles and doubles tennis courts
- Rules and procedures for playing singles and doubles tennis
- Scoring systems used in tennis: traditional, no-ad, and tiebreaker
- Rules of etiquette
- Singles strategies for ground stroke, serve, volley, and lob
- Doubles play strategies: up-and-back, side-by-side
- Critical performance elements and learning cues for forehand drive, backhand drive, forehand volley, backhand volley, serve, and lob
- How to perform appropriate combinations of the identified skills
- Placing the ball: hitting cross-court and down the line
- How to place the ball in the opponent's court in various situations
- Principles of biomechanics that apply to efficient and effective skill performance (e.g., leverage, summation of forces, balance, footwork, ball spin)
- Benefits that can be derived from playing tennis regularly