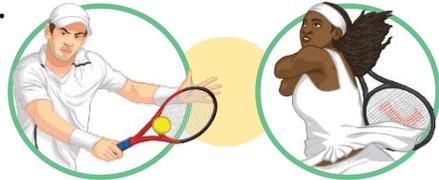


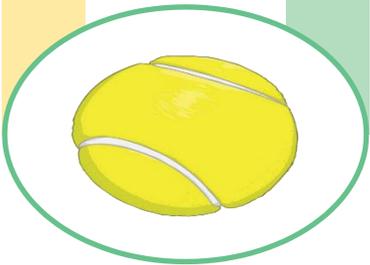
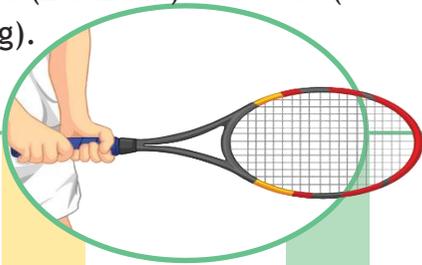
Tennis Knowledge Organiser

Key Skills		Match
<p>Skill</p> <p>stroke technique</p> <p>movement on court</p> <p>decision making</p> <p>ready position</p> <p>match play</p>	<p>Description</p> <p>A method used to hit the ball including forehand, backhand, volley, lob and overhead.</p> <p>The ability to move to around the court so that the player is in the best position to hit the ball.</p> <p>The ability to choose the correct shot to use.</p> <p>A skill and a starting position to get the body ready to return the serve and hit a stroke.</p> <p>A technique used to understand the basics of the game, the rules, scoring and the court.</p>	<p>A match is divided into sets.</p> <p>Each 'match' is set off to play and the final score entered onto the 'Mini Tennis Match Card' and then the 'Round Robin Box Sheet' would either be; 4-0, 3-1, or 2-2 - taking into account the individual results from each of the 4 rounds. These scores then add up to give a total point score for each team. Individual match points can also be tallied in case of a tie.</p> 
Scoring	Court	Playing
<p>Each 'match' is set off to play and the final score entered onto the 'Mini Tennis Match Card' and then the 'Round Robin Box Sheet' would either be; 4-0, 3-1, or 2-2 - taking into account the individual results from each of the 4 rubbers. These scores then add up to give a total points score for each team.</p>	<p>Children can play on badminton-sized courts. The easiest option is to use badminton courts; however, you can also set up Mini Tennis courts on standard tennis courts, both inside and out.</p>	<p>The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point, it then alternates every 2 points. When serving, players should stand behind the baseline. When serving, the ball must not be bounced before being hit. The serve can be hit over or under arm. Serves should be hit diagonally, landing in the diagonally opposite service box. Each court should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders). Sponge balls should be used if playing indoors, felt Mini Tennis Red Balls should if playing outdoors. Rackets no longer than 23" in length should be used.</p>

Equipment

Each player has a tennis racket which is used to hit the ball.

The tennis ball must be a certain size (2.5-2.7in) and mass (56-59g).



Tactical Skills

changing speed and direction

awareness of others

timing

decision making

Physical Fitness

coordination

agility

reaction time

power

stamina

balance

flexibility

