

# Lawn Tennis

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**LECTURE-9: B.A. I, II & III (Course code:  
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# History & Background

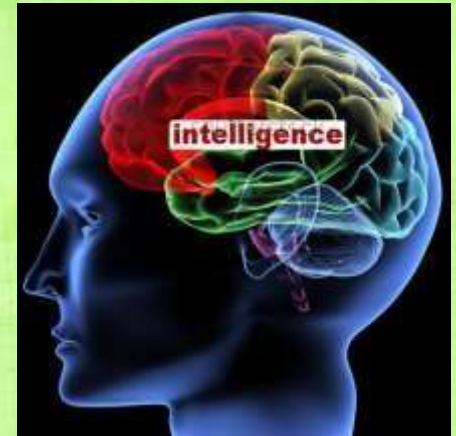


# DISCIPLINE

THE ONE THING  
NECESSARY TO  
ACHIEVE ANY  
GOAL WORTH  
HAVING.

Fit.

It's a game of sport not only testing your **Hard Work**, **Discipline**, **Intelligence** but is also testing your **Determination**.



WHEN YOU LIVE FOR A  
STRONG PURPOSE, THEN  
HARD WORK ISN'T A N  
OPTION. IT'S A NECESSITY

# What is Tennis?

## ➤ **Tennis**

- ✓ A racquet sport that can be played individually against a single opponent or between two teams of two players each.
- ✓ Each player uses a racquet that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

## ➤ **Objective :**

- ✓ To play the ball in such a way that the opponent is not able to play a good return.
- ✓ The opponent who is unable to return the ball will not gain a point, while the opposite opponent will.

# History of Tennis

- An Englishman, Major Walter C. Wingfield
  - ✓ invented **lawn tennis** (1873) & first played it at a garden party in Wales.
  - ✓ Sports historians all agree that Wingfield deserves much of the credit for the development of modern tennis
- Called "**Sphairistiké**" (ball playing) by its inventor, the early game was played on an hourglass-shaped court, widest at the baselines and narrowest at the net.

## ➤ **Court tennis**

- ✓ Known as royal tennis.
- ✓ Originated in France during the Middle Ages and became a favourite of British royalty, including Henry VIII.
- ✓ The progression from court tennis:
  - Used an unresilient sheepskin ball filled with sawdust, sand, or wool, to lawn tennis depended upon invention of a ball that would bounce.

## ➤ **Tennis** spread to the United States by way of Bermuda.

- ✓ While vacationing there, Mary Ewing Outerbridge of New York was introduced (1874) to the game by a friend of Wingfield.
- ✓ She returned to the United States with a net, balls, and rackets, and with the help of her brother, set up a tennis court in Staten Island, N.Y.

# Equipment of tennis



# Type of tennis racquet

## a) Power or game improvement racquets

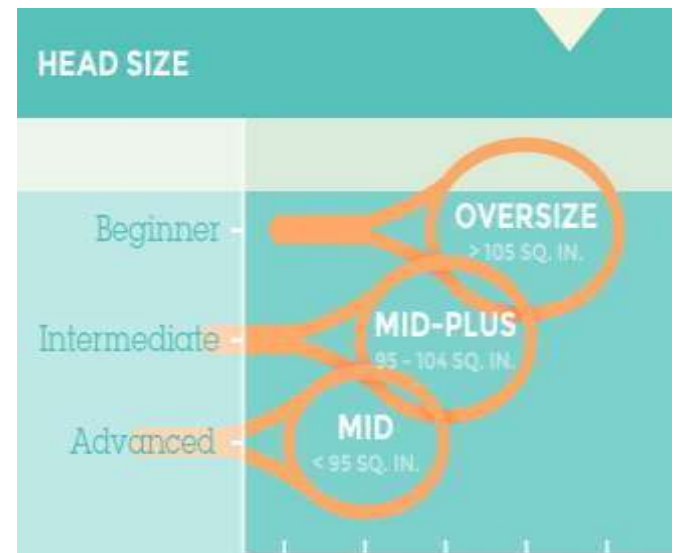
- Super oversize head
- Lightweight and longer
- designed for players with shorter & slower swings
- wants more power from racquet

## b) Tweener racquets

- smaller head size
- heavier weight compare to power racquets
- offer medium- high power
- For players that seek for enhanced maneuverability

### c)Control or players' racquets

- have the smallest head size
- heaviest among three type of racquets
- for players that like to provide own power
- better control of the racquets



# Type of tennis balls

- a) Recreational tennis ball
  - ✓ typical tennis ball
  - ✓ no specification on any type of court
  - ✓ as practice ball or ball machine
  - ✓ not allow in match play for many leagues



## ➤ b) Fast-speed tennis ball

- ✓ ball is slightly harder
- ✓ for slower court
- ✓ sufficient for almost all league match play



## ➤ c) Slow-speed tennis ball

- ✓ larger in size
- ✓ for faster court



# What do a String Dampener do?

- dampen string vibrations,
- not frame vibrations;
- in dampening string vibrations
- change the sound of the impact,

# Type of dampener

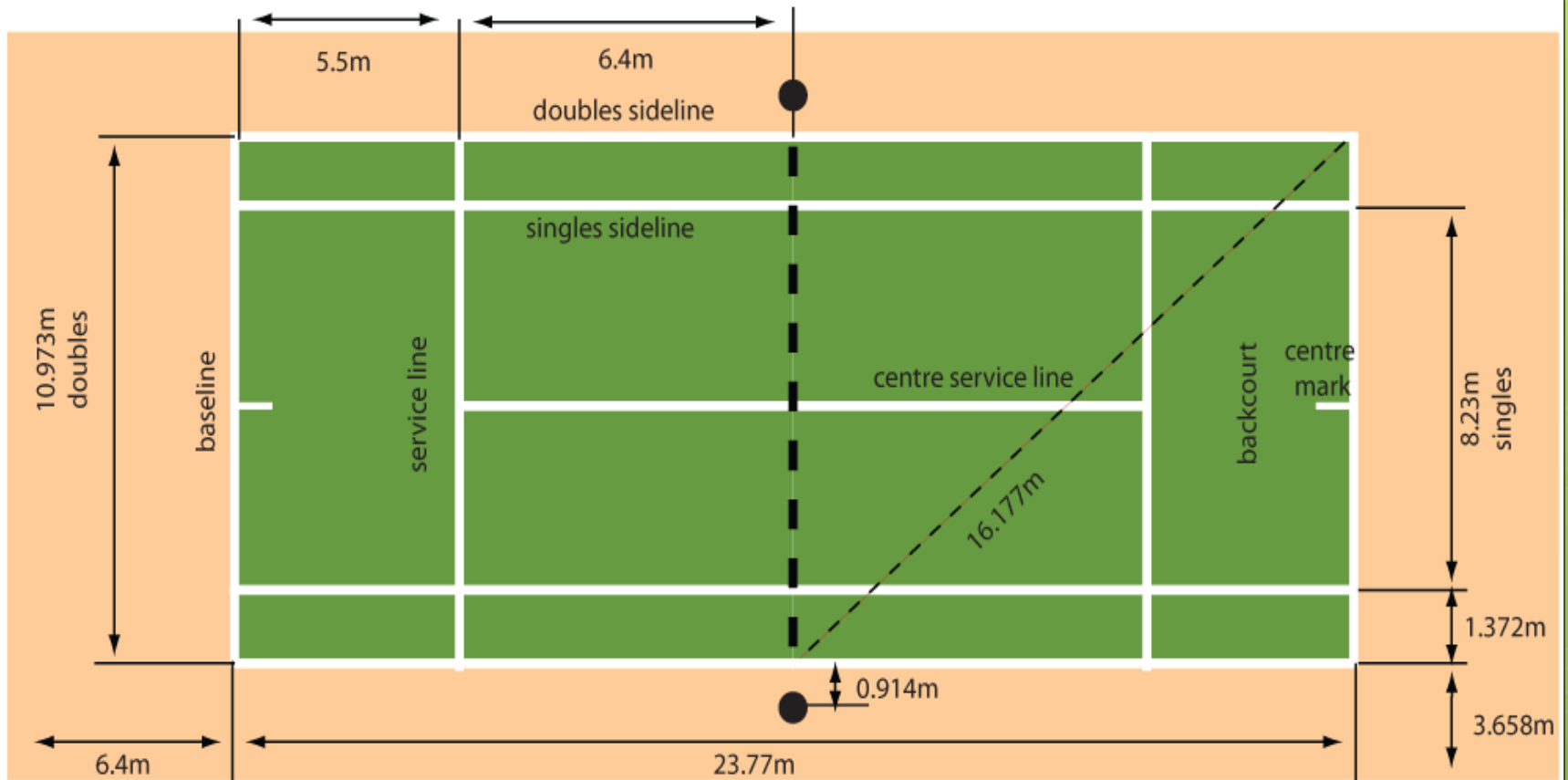
- Worm dampener ( pong sound )
- Button dampener (ping sound )



# Rules & regulation



# The Size of Tennis Court



# Types of Tennis Court



| Surface code | Type             | Description   |
|--------------|------------------|---|
| A            | Acrylic          | Textured, pigmented, resin-bound coating                                      |
| B            | Artificial clay  | Synthetic surface with the appearance of clay                                 |
| C            | Artificial grass | Synthetic surface with the appearance of natural grass                        |
| D            | Asphalt          | Bitumen-bound aggregate   |
| E            | Carpet           | Textile or polymeric material supplied in rolls or sheets of finished product |
| F            | Clay             | Unbound mineral aggregate   |
| G            | Concrete         | Cement-bound aggregate  |
| H            | Grass            | Natural grass grown from seed   |
| J            | Other            | E.g. modular systems (tiles), wood, canvas                                    |

By International Tennis Federation (ITF)

# Clay Type Surface

- Made of crushed stone and brick.
- The surface slows down the ball and produce a high bounce.
- Good for baseline player.
- Cheaper to construct but cost more for maintain.



# Hard Type Surface

- Made of asphalt, acrylic or synthetic rubber and resin.
- Faster than clay type surface but slower than grass.
- Good for big serve and hitter.
- Cheapest to maintain.
- Used in majority of tournaments.



# Grass Type Surface

- The most popular courts but almost extinct due to expensive maintainance.
- Bounces depends on the healthiness of the grass (fast ball, low bounce).
- Good for serve and volley player.



# Standard Scoring System (Game, Set, Match)

- Zero point = Love
- First point = 15
- Second point = 30
- Third point = 40
- Fourth point = Game
- If each player score: 40:40 = Deuce
- If one player score another point after Deuce = advantage
- If the same player score one more point = Game

## Sets:

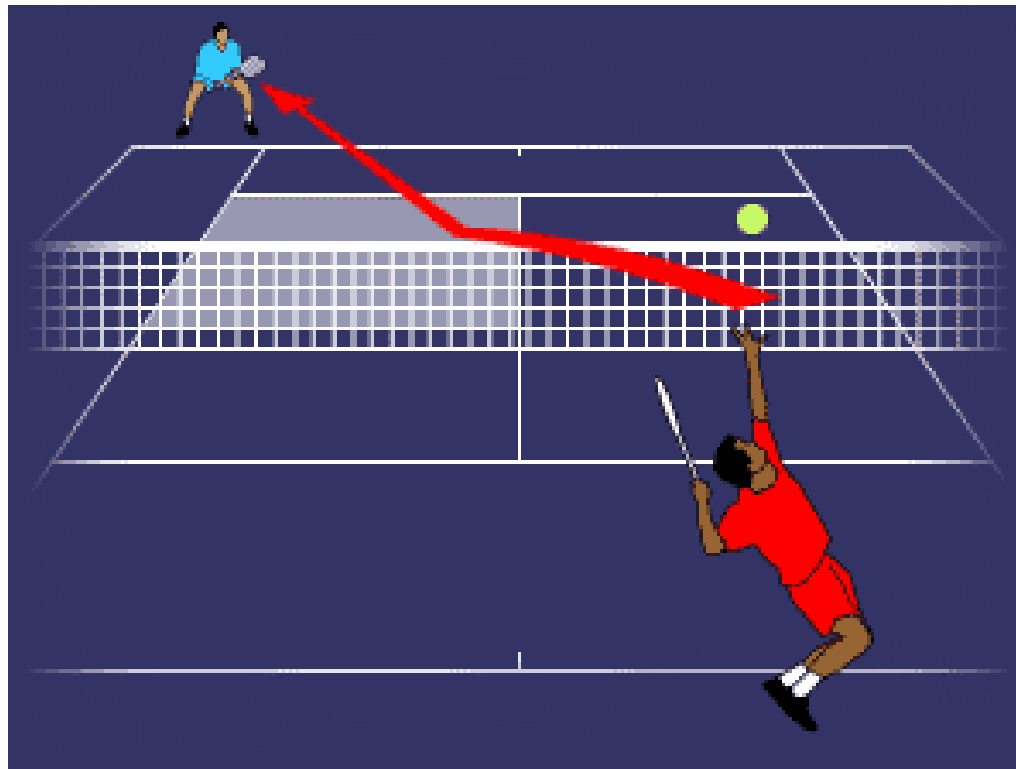
The first to win 6 games (must win by margin of 2 games).  
There are 3 sets and 5 sets (depends on the match).  
If games are tied 6:6 then continue with tie-breaker.

## Tie-breaker:

First to win 7 points (score have to win by margin of 2 points, 7:5)

# Serving the ball

- Each player takes turn to serve after each game.



# Rules in Tennis

- Coin Toss
  - ✓ Determine the first serve by which side of player.
- When Players change ends (double):
  - ✓ Players change ends at end of 1st, 3rd and every subsequent alternate game of each set.
  - ✓ End of each set if the total of games are not even.
- Player losses point:
  - ✓ two consecutive serve fault, bounces twice, outside correct court, before bounce, hit permanent fixture and touches ball more than once.



# Tournament

## a) The Grand Slam Tournaments

- Also called Majors - the four most important annual tennis events.
- Offer the most ranking points, prize money, public and media attention.
- The greatest strength and size of field; & greater number of "best of" sets for men.
- Consists of the following tournaments :  
(each tournament is played over a period of two weeks)
  - ✓ **Australian Open** - mid January (played on **hard courts**)
  - ✓ **French Open** - May/June (played in **clay**)
  - ✓ **Wimbledon** - June/July (played on **grass**)
  - ✓ **US Open** - August/September (played on **hard courts**)
- "Grand Slam" term originally refers to :
  - ✓ The achievement of winning all four major championships in a single calendar year.
- **A Career Grand Slam** = Winning all four majors at any point during the course of a career.

## b) ATP World Tour

- ATP World Tour Masters 1000, ATP World Tour 500 series, ATP World Tour 250 series and ATP Challenger Tour.
- ATP World Tour Finals
  - ✓ Played on indoor hard courts.
  - ✓ Held annually in November at the O2 Arena in London, United Kingdom.
  - ✓ The season-ending championships of the **Association of Tennis Professionals (ATP)** World Tour, featuring the top eight singles players and doubles teams of the ATP Rankings.

## c) WTA Tournament

- Premier Mandatory, International tournaments, WTA 125k Series
- Year-ending championships (WTA Tour Championships)
  - ✓ Generally considered to be the fifth most prestigious event on the women's tour after the four Grand Slam tournaments.
  - ✓ Has the largest prize money and ranking points after the Grand Slams.
  - ✓ Since 2003, eight singles players divided into two round robin groups, and four doubles teams.



# Tennis Players

# Female players

## ○ Caroline Wozniacki



- Born 11 July 1990
- Danish professional tennis player
- Former World No. 1 on the **WTA Tour** (held 67 weeks)
- The first woman from a Scandinavian country to hold the top ranking position and 20th overall.
- Wozniacki's playing style centers on:
  - ✓ "The defensive aspects of tennis with her anticipation, movement, agility, footwork and defense all first-rate and key parts of her game."
  - ✓ Her two-handed backhand - best weapons - capable of turning defense -> offense, most notably the backhand down-the-line.
  - ✓ Her defensive playing style has her contemporaries label her a counter-puncher.

# Female players

## ○ Caroline Wozniacki



- 2005–2007: Junior success and WTA debut
- 2008: First WTA Tour title
- 2009: First Grand Slam Final ( Top 5 ranking )
- 2010: New world No. 1
- 2011: Year-end No. 1 for the second year in a row
- 2012: Beginning of singles decline
- 2013: Continued struggles with form
- 2014: Resurgence and second Grand Slam final
- 2015: Back in the top 5 .

# Male players

- Nikolay Davydenko



- Retired Russian tennis player.
- Achieved a career-high singles ranking of World No. 3 in November 2006.
- Best result in a Grand Slam tournament:
  - semi-finals, accomplished on four occasions (twice each at the **French Open** & the **U.S. Open**, losing to Roger Federer in all but one of them).
- His biggest achievement :
  - ✓ winning the 2009 ATP World Tour Finals
  - ✓ won three ATP Masters Series.

# Male players

## ○ Nikolay Davydenko



- In mid-October 2014, Davydenko retired from competitions .
  - Employs an offensive baseline game, using deep and penetrating groundstrokes on both wings(technically efficient on both forehand & backhand).
  - His tremendous footspeed and anticipation enables him to hit the ball early which catches opponents out of position and allows him to dictate the play
- 
- Davydenko's main weaknesses:
    - ✓ his volleys - not consistent as his groundstrokes, though he does have one of the best swinging volleys on tour.
    - ✓ His occasional inability to close out matches.

# Interesting Video





# Thank You

*Courtesy: Choo et. al.*