

## Skills

1	Stroke technique	A method used to hit the ball including forehand, backhand, volley, lob and overhead. <b>(See forehand and backhand skill below – picture to support)</b>
2	Ready position	A skill and a starting position to get the body ready to return the serve and hit a stroke.
3	Match play	A technique used to understand the basics of the game, the rules, the scoring and the court.

## Scoring

The score starts at 0 – 0 which is known as 'love all.'

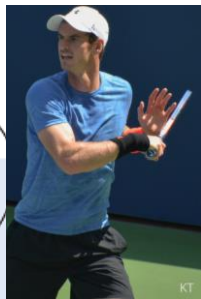
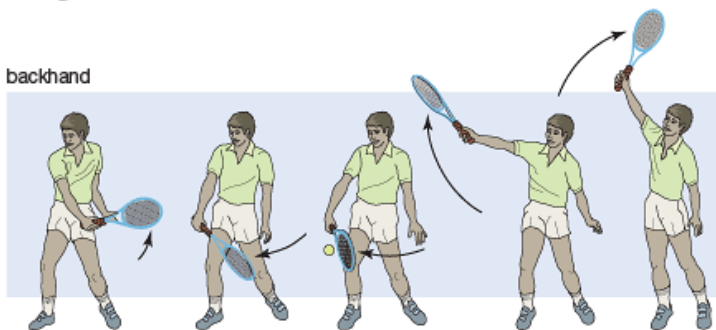
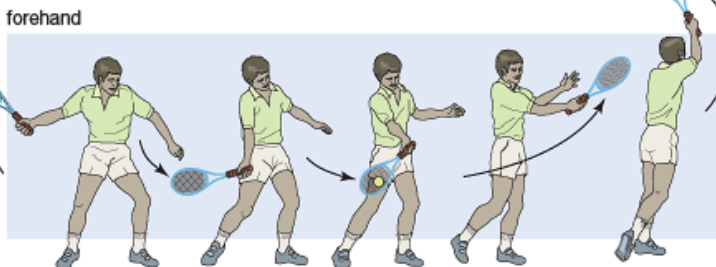
The score then increases as follows:

- First point: 15
- Second point: 30
- Third point: 40
- Fourth point: game
- 40 – 40 is called deuce.

## Vocabulary

1	Forehand	a stroke played with the palm of the hand facing in the direction of the stroke.
2	Backhand	a stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body.
3	Serve	The first shot played in a point / rally
4	Movement	Running / jumping to perform a shot or to get into a position to return
5	Return	Hitting the ball back in the direction of your opponent (attempting to score a point).

## Forehand & Backhand technique:



Sir Andy Murray OBE:  
Murray is a British professional tennis player who represents Great Britain in his sporting activities and is a three-time Grand Slam tournament winner, two-time Olympic champion, Davis Cup champion, winner of the 2016 ATP World Tour Finals, and former world No. 1.

## 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.

