

## GAMES LEADING TO TENNIS

### I. Introduction

Tennis is a game that stimulates the physical, mental, and social life of an individual. These values are recognized everywhere, and for this reason it has become one of our leading sports.

Every girl wants to know how to play tennis, and every girl should know how to play tennis. Yet very often tennis is omitted entirely from the physical education program in our schools. This, I believe, is due to two major reasons. First, the equipment is too expensive. Second, the physical education classes are generally too large for the game to be taught successfully. There are, however, games similar to tennis, the teaching of which may be adapted to the physical education conditions existing in most of our schools. These are ring tennis, handball, and paddle tennis. Through these games the fundamental skills of tennis are taught.

A school having a playing area the size of one tennis court can make four ring tennis or paddle tennis courts, and in a regular sized gymnasium there is ample wall space for at least four handball courts. By playing doubles in any one of these games, sixteen girls may be used at one time, while the rest of the class act as scorers or line-men, or practice the skills among themselves.

If the school is financially unable to furnish nets for ring tennis and paddle tennis, a white tape may be used. For the official rubber ring used in ring tennis may be substituted a heavy rope ring, which is less expensive. The balls used for paddle tennis and ring tennis may be ordinary ten-cent balls about the size of a regulation tennis ball. If standard paddles for paddle tennis cannot be afforded, handmade ones will serve the purpose. This game is especially suited to younger girls. The lower net, the shorter and lighter paddle, and the small

court make the game active without being exhaustive.

### II. Outcomes

#### A. Skills

1. Ring Tennis
  - a. Service
  - b. Forehand toss
  - c. Backhand toss
2. Handball
  - a. Underhand stroke
  - b. Service
  - c. Quick location on court
3. Paddle Tennis
  - a. Forehand stroke
  - b. Backhand stroke
  - c. Service
  - d. Quick location on court

The above skills are related to tennis in the following ways:

1. In the forehand and backhand swing as used in ring tennis and paddle tennis the movement of the arm and feet is identical with that used in the forehand and backhand stroke of tennis.

2. In the playing of any one of these games an opportunity is given for the practice in placing one's self at the right place on the court, a skill which is very essential to the tennis player.

3. Although the arm movement as used in the service in the above games is unlike that used in tennis, the foot movement is similar. The service in these games also affords an opportunity for learning how to direct a ball, a matter which is of greatest importance in tennis.

#### B. Knowledges

1. Rules of games
  - a. Ring Tennis (see Spalding No. 115R)
  - b. Handball (see Spalding No. 114R)
  - c. Paddle Tennis (see Spalding No. 115R)
2. Principles underlying skills
  - a. Forehand stroke
    1. Left side should face net.
    2. As arm swings from shoulder, parallel to ground, the weight is transferred from back to front foot.
  - b. Backhand stroke
    1. Right side should face net.
    2. As right arm swings from

back to front, parallel to ground, the weight is transferred from back to front foot.

c. Underhand stroke (as used in handball)

1. Feet should be together; arm well back, palm facing front, hand cupped.
2. As ball comes toward you, arm is swung forward and under to meet the ball. At same time, a step is taken with left foot (as in underhand pitching).

d. Service

1. Ring Tennis—same as forehand toss.
2. Handball—same as underhand stroke, except that the ball is bounced by server.
3. Paddle Tennis—same as forehand stroke except ball is bounced by server and must be directed so as to fall in the service court directly opposite.

e. Quick location on court.

After having made a play get quickly into center back of court so as to be ready to return ball or ring coming from any direction.

C. Attitudes

1. Joy of game for game's sake.
2. Desire to become really skilled in games preliminary to tennis.
3. Desire to learn how to play tennis.
4. Appreciation of good plays whether made by own or opposing team.
5. Ambition to be a good sport
  - a. To be courteous at all times to opponents and umpire.
  - b. Not to make alibis.
  - c. To be a good winner as well as a good loser.

III. *Presentation*

The remainder of this article will deal only with paddle tennis. This unit was made for a class of about twenty-one girls divided into three squads of seven each. The class was carried on in a gymnasium large enough for three paddle tennis courts. This unit was presented in the early spring.

A. Introduction to game

1. Explain origin.
2. By use of blackboard explain paddle tennis court.
3. By use of blackboard give a clear explanation of object and progression of games.
4. Tell the general relationship of paddle tennis to tennis.
5. Pass out sheets with rules to be learned. (List of rules will be found at the end of this unit.)

B. Presenting technique of game

1. Demonstration of each stroke
2. Mimetic drill of each stroke. (Class in lines facing instructor.)
3. Squad work. (A squad to each court.)
  - a. Let squad leader divide squad in half, No. 1's bouncing ball to No. 2's, who hit the ball, using correct form. Teacher helps each squad as needed.
  - b. Let children practice strokes against wall. (This is an excellent way of practicing foot work.)
  - c. Let children practice strokes across the net from both sides of the court.
4. Squad competition
  - a. Each girl takes five tries at serving from both sides of court. Recorded on squad card.
  - b. Each girl takes five tries at forehand stroke from both sides of court. Recorded on squad card.

- c. Each girl takes five tries at backhand stroke from both sides of court. Recorded on squad card.
- d. The scores are transferred from the squad cards to large poster on which the squad totals and individual totals are kept.

NOTE: At end of unit see sample of squad card and poster.

#### C. Playing game

1. Place three sets of doubles on the three courts. (Each couple plays another couple from that squad.)
2. Use those not playing for scorers and linesmen. Change about.
3. Present strategic plays from time to time.
4. Competition between squads
  - a. Winning teams of squads play; losing teams play.
  - b. Keep record of scores on poster.
5. Competition between classes
  - a. Each class has three teams (doubles).
  - b. Each team in one class plays all teams in other class.

### WORK SHEET ON PADDLE TENNIS

#### I. Home Work

- A. Study list of rules given you and answer following true-false questions.
  1. The person serving may stand anywhere in the court, provided she is back of service courts.
  2. The service is delivered from right and left side of court alternately until end of game.
  3. A service to be good must fall somewhere in service court diagonally opposite.
  4. It is not necessary for the receiver to let the served ball bounce before hitting it.

5. In calling the score the receiver's score is called first.
6. The first point a player wins is "thirty."
7. Two more successive points have to be made after "deuce" in order to make "game."
8. If the server makes the first point after the "deuce" the score would be "ad out."
9. If the service is incorrectly given, the server does not get a second chance.

B. Draw a diagram of paddle tennis court, naming sections and lines.

C. Describe the forehand and backhand strokes, giving positions of body and movement of arms and feet.

D. Optional (Two out of three)

1. Bring to class any pictures you can find of tennis players in act of performing forehand or backhand stroke.
2. From your experience in playing paddle tennis, write out two or three plays you have found to be especially good. Why?
3. Make a paddle, using same dimensions as one used in class.

#### II. Study Hall Jobs

A. Study pictures of backhand and forehand strokes as found in Anderson's *Tennis for Women*.

#### III. Recess Jobs

A. Volleying ball against wall.

1. Use forehand and backhand alternately, recording number of successive "good" strokes. (Hitting ball on first bounce and above line on wall, which represents height of net.)
2. Do the above three times each day for five days, recording best score each day.

B. Directing ball.

1. Take ten tries at target from position diagonally right and then

from position diagonally left of target by bouncing ball and using forehand stroke.

2. Do the above five different days, recording the number of successful tries out of the ten strokes from both right and left.
3. Do the same by bouncing ball and using backhand stroke.

CARD FOR RECORDING RESULTS

	1ST DAY	2D DAY	3D DAY	4TH DAY	5TH DAY
Volley .....					
Forehand .....					
Backhand .....					

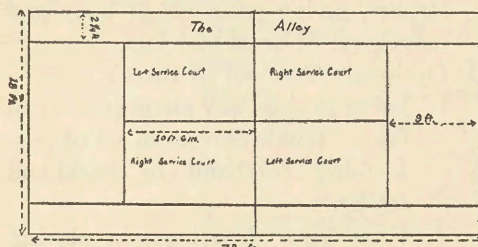


Diagram of Paddle Tennis Court

RULES FOR PADDLE TENNIS

1. The players shall be on the opposite sides of the net. The player who first delivers the ball is called the Server, and the other the Receiver. At the end of the first game the Receiver becomes Server, and the Server becomes Receiver, and so on alternately during the remaining games of the match or set.
2. Before commencing to serve, the Server stands with both feet back of the base line (end

line of the court) to the side of the center. Both feet must remain behind this line until the ball is struck.

3. The service is delivered from the right and left sides of the courts alternately, beginning from the right in every game, and the ball served must strike the ground in the service court diagonally opposite. The Server must not touch the ball with any part of his body, or anything he wears or carries, except his racket.

4. If the first ball is incorrectly served, the Server may try another from the same spot. If the second ball is also incorrectly served, the Server must change to the other side of the court and a point is scored for his opponent.

5. The last of the two players to return the ball over the net correctly—that is, striking it before it has bounced more than once, and sending it within the bounds of the opposite court—scores a point for herself.

6. On either player's winning her first stroke, the score is called 15 for that player; on either player's winning her second stroke the score is called 30 for that player; on either player's winning her third stroke, the score is called 40 for that player, and the fourth stroke won by either player is scored game for that player, except as follows:

If both players have won three strokes, the score is called deuce; and the next stroke won by either player is scored advantage for that player. If the same player wins the next stroke, she wins the game; if she loses the stroke, the score returns to deuce, and so on until one player wins the two strokes immediately following the score of deuce, when the game is scored for that player. If a player has scored no points, her score is "love." In calling the score for any game, the Server's score is called first.

7. The player who first wins six games wins the set; except that if both players have won five games or more, either player must gain a lead of two games to win a set.

8. In playing "doubles," or with four players, the rules are the same, except that Servers and Receivers alternate on each side. As each game is begun, the Receiver of the preceding game becomes the first Server, and vice versa.

SQUAD I NAME OF GIRL	Serve			Forehand			Backhand			Serve			Forehand			Backhand		
	Serve	Forehand	Backhand	Serve	Forehand	Backhand	Serve	Forehand	Backhand	Serve	Forehand	Backhand	Serve	Forehand	Backhand	Serve	Forehand	Backhand
Allen, Mary																		
Bowman, Ruth																		
Carr, Ellen																		

METHOD OF RECORDING SCORES

1. Place in first square number of good strokes out of five taken from right side of court.
2. Place in square under first square score for left side.

	1ST DAY				2D DAY				3D DAY				4TH DAY				5TH DAY				SQUAD TOURNAMENTS	
	Serve	Forehand	Backhand	Daily Ind. Scores	Serve	Forehand	Backhand	Daily Ind. Scores	Serve	Forehand	Backhand	Daily Ind. Scores	Serve	Forehand	Backhand	Daily ind. Scores	Serve	Forehand	Backhand	Daily Ind. Scores	TOTALS	
<b>SQUAD I</b>																						
GIRLS' NAMES																						
1.	Allen, Mary																					
2.	Bowman, Ruth																					
3.	Carr, Ellen																					
4.																						
5.																						
6.																						
Squad Totals																						
<b>SQUAD II</b>																						
1.	Barker, Katherine																					
2.	Collins, Sue																					
3.	Davis, Elizabeth																					
4.																						
5.																						
6.																						
Squad Totals																						

**PADDLE TENNIS TOURNAMENT**  
Inter-Class Tournament (Doubles)

Team IA—6    Team IIA—7    Team IIIA—4  
Team IB—3    Team IB—5    Team IB—6

Team IA—8    Team IIA—6    Team IIIA—5  
Team IIB—6    Team IIB—2    Team IIB—7

Team IA—4    Team IIA—3    Team IIIA—4  
Team IIIB—6    Team IIIB—6    Team IIIB—6

**TOTALS**

A Class 4.....  
B Class 5.....

The above tournament will be carried on between two classes, the teams of each class playing every other team in the other class.

**BIBLIOGRAPHY**

- Anderson, L. E.—*Tennis for Women*. A. S. Barnes & Co. 1926.
- Spalding—*Moderate Sports* (No. 114R). 1930.
- Spalding—*Handball* (No. 115R). 1930.
- "Paddle Tennis"—*Sportsman*, January, 1930.

IRENE GARRISON

**BELTEIN, OR MAY DAY, IN SCOTT**

"Bethink thee of the discord dread  
That kindled when at Beltane game  
Thou ledst the dance with Malcolm Graeme."  
*Lady of the Lake*, Canto II.

"The damsel dons her best attire,  
The shepherd lights his beltane fire."  
*Lord of the Isles*, Canto I.

"But o'er the hills, in festal day,  
How blazed Lord Ronald's beltane-tree,  
While youths and maids the light  
strathsper  
So nimbly danced with Highland glee!"  
*Glenfinlas*, Stanza IV.