

# Master Tennis

Discover the untold winning  
strategies and techniques



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# Foreword

Tennis is a very popular game and it is played by many different types of people from all over the world. Tennis is played by young people, older people, and those that are in between. People of different skill levels enjoy the sport and there are people who actually make a lot of money from playing tennis professionally.

Tennis is a great way of having fun when you have some extra time on your hands. It can also be a great form of exercise. This probably contributes to why tennis is so popular. It is a very fun game that can also help you to stay in shape.

Another great thing about tennis is the fact that it can be played either in or out doors. This can come in handy when there are days that you would like to play but the weather is poor outside. This offers tennis players the opportunity to have a great time playing tennis anytime.

There are rules that should be followed when you play tennis in order to make sure that the game is played fairly and correctly. There is also some gear that you are going to need to get if you want to get in to the sport. Luckily, there will not really be all that much that you have to purchase.

Tennis can be quite challenging. There is much more to playing the game than just simply swinging a racquet at a tennis ball. There are different types of spins and different types of swings that can be used.

The following chapters of this book will go over the basics of tennis and will provide you with some helpful tips that should improve your tennis game.

# Chapter 1:

## *What is so interesting about Tennis?*

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### Synopsis

Tennis is quite a fun sport and is really quite interesting for many different reasons. Tennis can be played as a recreational activity or can be used as a form of exercise. There are also professional tennis players that make a large amount of money while playing a sport that they love.

You can play tennis against one other person or you can choose to play doubles. When playing doubles, most of the same rules apply. The only difference really is the fact that you will have a teammate instead of playing by yourself. Playing doubles is very exciting and can make the game twice as much fun.

Playing tennis is also a great social outlet. Playing this game will give you multiple opportunities to meet new people. This is true especially when you are using public tennis courts. These public courts will often have more than one court and this will give you the chance to make new friends and worthy tennis opponents.

Another benefit of tennis is the fact that it can be used as a form of physical therapy. The motion of your swing and the fact that you have to move around the court can be very beneficial for the body.

The following chapter will go over the basics of tennis and will also give you some examples of why the game of tennis is so interesting.

## Why Choose Tennis?

The invention of the game tennis dates quite a far time back. It was actually created in 1873 by an Englishmen who was named Major Walter C. Wingfield. The game was called lawn tennis and was played on a court that was a different shape than what you see now. The courts were more of an hourglass shape and were widest towards the base line and became narrower near the net.

The reason that this game is still played today after all of these years is probably due to the fact that tennis is a very fun and interesting sport. There are many different things that make tennis interesting and worth playing. The following are some examples of what makes tennis so interesting and what separates it from other sports.

- **Limited Players**

One of the things that makes tennis interesting and separates it from other sports is the fact that the game is played with a maximum of four players at any given time. As mentioned earlier, you can either play one on one or you can play doubles with a teammate. This will prevent you from becoming lost in the crowd that some other types of sports require in order to play. A smaller team will ensure that you will be able to participate in the sport much more.

- **Tennis is Formal**

If you are a person who likes to dress nicely and act in an appropriate manner and like to be surrounded by the same type of people, tennis is perfect for you. If you have ever watched a game of tennis on TV,

you have probably noticed that the players as well as everyone else there is dressed very nicely and acts in a very proper manner. In other words, you do not have to deal with the screaming and drinking fans that flood the stands in other types of sports such as football.

- **Health Benefits**

Another thing that makes tennis so interesting is the fact that the game offers many health benefits and it can actually be used as a very effective means of exercise. You burn a lot of calories while you are playing tennis. This is due to the fact that you are always in motion and you run around quite a bit. You can basically get the same amount of exercise that you can get from using a treadmill, it just will not be boring. Also, as mentioned before, tennis can be used as a form of physical therapy. Games that are used for purposed such as physical therapy will of course be played at a slower pace and will not really be competitive, but it will still be fun.

- **Core Strength**

- Playing tennis is probably one of the best ways that there is to build core strength. If you ever take the time to look you will notice that tennis players always have flat stomachs and are very in shape. This is due to the fact that it actually takes a lot of strength from all parts of your body in order to play. Many people have the misconception that playing tennis is easy and will not help them get in shape. This is not the case, tennis is a very demanding sport and it can help you get yourself into shape quite quickly.

- **Social Sport**

Another interesting thing about tennis is the fact that it can offer people an opportunity to conduct important events such as business meetings in a fun and interesting way. Constantly having meetings with a business partner in your office or at a coffee shop can become quite boring after a while. Try mixing things up a bit and arrange to meet at a tennis course for your next business meeting.

There are many different things that make tennis an extremely fun and interesting sport. No matter who you are or what type of person you are, you will surely find something about tennis that catches your interest. Give the game a try, I can almost guarantee that you will be hooked after your first match.



# **Chapter 2:**

## *Things You Need to Know about the Court*

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### **Synopsis**

There are a lot of different elements and facts to know about tennis courts. Although the new tennis fan may not be able to tell the difference between the courts, the more popularly played surfaces, would include the clay court, the normal looking court and the grass courts.

It is important that you know the difference in these types of courts because they will have an impact on how you need to play. Some surfaces are slicker than others and some will allow you to use more spins on your swings. It is important that you practice on all types of tennis courts and become familiar with how to play on each type.

One of the things that makes professional tennis players so good at the sport is the fact that they know how to use different types of courts to their advantages. The following chapter will go over the basics when it comes to tennis courts and will provide you with some important information pertaining to tennis courts.

## **All about Tennis Courts**

If you are new to tennis and are not familiar with tennis courts it would probably be a good idea for you to learn a little bit about them before trying to just jump straight into a game. Different types of courts will require you to play differently. The following are some examples of important information to keep in mind about tennis courts.

Court sizes, coating surfaces, court materials, fence material and building material usually follow the guidelines laid out by the American Sports Builders Association.

Asphalt base courts feature a type of surface that has a compacted stone base, with proper drainage incorporated. This is an important element that will promote the longevity of the court's surface. The amount of stone and asphalt used is variable and usually depends on the individual's requirements at the site.

On an asphalt overlay court there is usually a measurement of two inches of asphalt placed over the existing court surface after a layer of paving fabric has been laid, as this will help to bridge the old and new surfaces.

When in the process of building a tennis court, the weather conditions play an important role, thus there is a need to be sure the court is built during favorable weather conditions. Failing to observe this very important condition may create future problems, when the court's surface becomes problematic.

The painting and leveling processes also require a lot of attention, as this contributes directly to the playing aspect of the game. If the wrong quality

of paint is used, the reflection and distorted impression of the surface that is perceived by the naked eye can be very disconcerting for the players using the court. Most players are very sensitive to any off balance in the surface of the court, which will also usually cost them when they are unable to get comfortable enough to play a good game.



# Chapter 3:

## *How to Choose the Right Racquet*

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### **Synopsis**

Buying a tennis racquet can be a rather confusing exercise, mainly due to the vast variety available in the market today. This is even more difficult, when there is no advice forthcoming in the form of a personal coach or a more experienced player. However all is not lost, as by following a few guidelines almost anyone will be able to make a more informed purchase.

It is extremely important that you have some knowledge about the different types of racquets before you go out and make a purchase. The reason for this is the fact that some tennis racquets can be very expensive. The last thing you want to do is waste your money and purchase a tennis racquet that you do not like.

The following chapter will go over some basic information that you should keep in mind when shopping around for a tennis racquet.

## **Choose the Right Racquet**

It is important that you are aware of the fact that there are many different types of racquets on the market and each one is built to be played with a certain way and for a certain type of person. You need to be aware of a few things before you decide to purchase a tennis racquet to make sure that you are making a wise purchase.

Buying a tennis racquet can be a rather confusing exercise, mainly due to the vast variety available in the market today. This is even more difficult, when there is no advice forthcoming in the form of a personal coach or a more experienced player. However all is not lost, as by following a few guidelines almost anyone will be able to make a more informed purchase.

The following are a few tips on how to purchase a suitable and comfortable tennis racquet to suit an individual's needs:

Seniors and females should ideally focus on purchasing a racquet that can provide added power as these categories of people usually have slower and less powerful contact swings. Therefore, getting a racquet that is light weight and perhaps has a slightly oversized head is better than using one that is longer and head heavy.

The intermediate player who is a little more skilled at the game may require a little less power from the racquet, thus needing one that has enhanced maneuverability. Here the ideal racquet should have a midplus head with a more extended length. As for the more advanced to high level players, the racquets should ideally be heavier in weight and have smaller and more balanced heads, thinner beams and better control.

The general rule of thumb would be the heavier the racquet, the more power and stability it will be able to generate. This will also help to lessen the transmission of shock when in contact with the ball. As for the lighter version of the tennis racquet, it may be easier to swing and maneuver, however may not give the player the added power to create any forceful play action.

The grip of the racquet should also be one that allows the player to be both comfortable and in control of the general direction the ball flight takes. If the grips are unsuitable, these can be changed at the request of the player.

One thing that you want to consider doing is trying many different types of racquets before you actually make a purchase on one. As stated before, there are many different types of racquets on the market. The best way to find the racquet that is best for you would be to try it before you buy it and find one that is comfortable in your hands and fits your budgets.

Do not be one of the people who assume that the most expensive racquet is the best racquet. While it may be true that the more expensive racquets will often times be better than the cheaper ones, you can still find tennis racquets at a reasonable price that will still be very beneficial for your tennis game.

# Chapter 4:

## *Familiarize Yourself with Tennis Rules*

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### **Synopsis**

As in any game played, tennis also has a set of rules that are usually universally followed whenever a game is played. Although, there may be some allowances and leeways given, in general the rules are in place to govern over and ensure a fair and enjoyable game scenario.

Before you go out and try and play a game of tennis it is very important that you are familiar with most of the basic rules. You want to be able to play the game correctly so that you may enjoy it to the full potential and at the same time you do not want to look like a complete beginner in front of other tennis players.

The following chapter will go over some of the basic rules that are used for playing tennis.

## **Know the Rules**

The following are some of the more basic rules that each tennis player should be aware of and observe diligently.

Standing on opposite sides of the court and literally in a cross section format, the player who starts the ball delivery motion would be called the server, while the player who receives the ball will be called the receiver.

The starting positions, receiving and serving options are decided at the toss of a coin, before the very onset of the game. The game should only commence when both players have signaled their readiness to start game play. The server should be standing behind the baseline on the deuce court but within the boundaries of the single court when playing a single match, and within the doubles sideline when playing a doubles game.

The server can start the serving motion from anywhere, but the ball must bounce in the service box within the flight it takes. If the ball does not land in the service box, it is deemed a fault and a second serve is called for.

The scoring is done in a clock wise fashion whereby the first call would be Love which means zero; the second point would be called at 30 and the third at 45. The game is won when the score goes back to Love. If the score is 40 – 40 which is called a deuce, then one side has the opportunity to win by two points.

Advantage in means the server has the advantage to win and the Advantage out means the receiver has the advantage to win.

There are of course many more rules that are involved in a game of tennis. The previous were just some examples of the basic rules that you will need to be aware of in order to play the game correctly. You can do your own research on tennis rules and review official tennis rule books online or from your local library.



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