



**TRAIL
LIFE
USA**

Tennis

Name _____

- ____1. Do the following to learn about tennis:
- ____a. Explain how the scoring system for tennis works and the difference between Advantage and No-Ad scoring.
 - ____b. Explain the difference between the ITF Rules of Tennis and The Code. Describe how The Code enables players to play fairly when tennis officials are not present.
 - ____c. Discuss the roles and responsibilities of chair and line umpires at official tennis matches, and show the signals a line umpire would use to call a shot out or good.
 - ____d. Draw a diagram of a regulation tennis court. Explain the dimensions of the each area of the court and describe how the lines separate the court into the following areas: service line, back line, singles court and doubles court.
 - ____e. Explain what a foot fault is.
 - ____f. Describe the three primary surfaces of tennis courts: hard court, grass and clay. Describe the effect these different surfaces have on the ball and how strategies may differ depending on the surface of the court.
 - ____g. Demonstrate the following types of grips: continental, eastern forehand, semi-western, western, eastern backhand and two-handed backhand, and explain when each grip is primarily used.
- ____2. Do one of the following:
- ____a. Describe the history of tennis and explain what the Modern Open Era means.
 - ____b. Tell about the evolution of the tennis racquet and the strings.
 - ____c. Attend or watch a regulation tennis match among local amateurs, high school or college players, or a professional match.

- _____d. Read a biography of a professional tennis player.
- _____3. Demonstrate the following skills:
- _____a. Basic tennis shots: serve, forehand, backhand, volley, slice, smash, and lob
- _____b. Hitting: down the line, cross-court, and drop.
- _____c. Serving: flat serve, topspin serve, a slice or sidespin serve, and a kick serve.
- _____4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:
- Team practice for an organized team
 - A team competition or tournament for an organized team
 - A professionally coached skills session, lesson, or class
 - At least one hour of pick-up games, shot improving games, or basic shot practice

Trail Badge Mentor Signature

Date

Copyright © 2018 by Trail Life USA. All rights reserved. As an owner of The Trailman's Handbook AND a registered member of Trail Life USA you may only print portions of this Trail Badge for your own personal use in Trail Life USA. No part of this publication may otherwise be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without either the prior written permission of Trail Life USA or authorization through payment of an appropriate per-copy fee.