

Gripping the racket

- Pick up the racket in your strongest, more dominant hand.
- Hold the racket at the bottom of the handle to allow for increased flexibility.
- Rotate the racket in your hand so that the V created between thumb and forefinger is in line with the edge of the racket.
- Close your fingers tightly around the handle of racket and grip firmly.



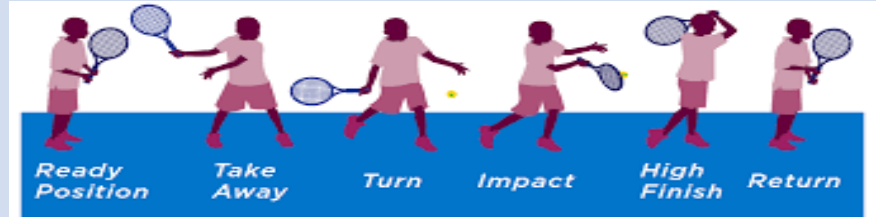
KS2 Net / Wall Games

Underarm serve

An **underarm serve** is a type of **serve** in which the player holds the ball in one hand, swings their racket in an arc motion below the waist and then swings forward to strike the ball.



Forehand and Backhand shots



FOREHAND



BACKHAND

The Ready position

- Eyes forward
- Body facing opponent
- Slightly bent forward at hips
- Knees slightly bent
- Weight on balls of feet



Key Vocabulary

Return – Hitting the ball back to the person who hit it to you.

Rally – A series of shots between two players.

Serve – The first shot between two players.

Playing surfaces

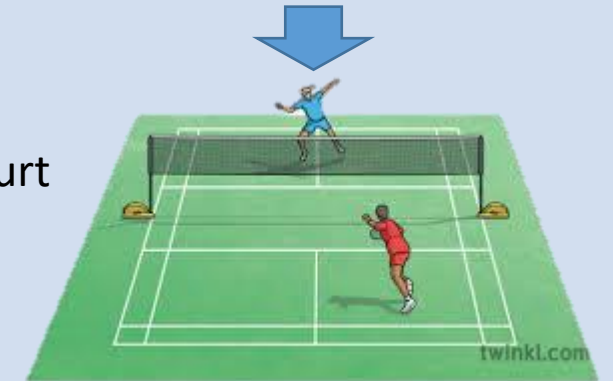


Table tennis table



Tennis Court

Badminton Court



Rules

Tennis

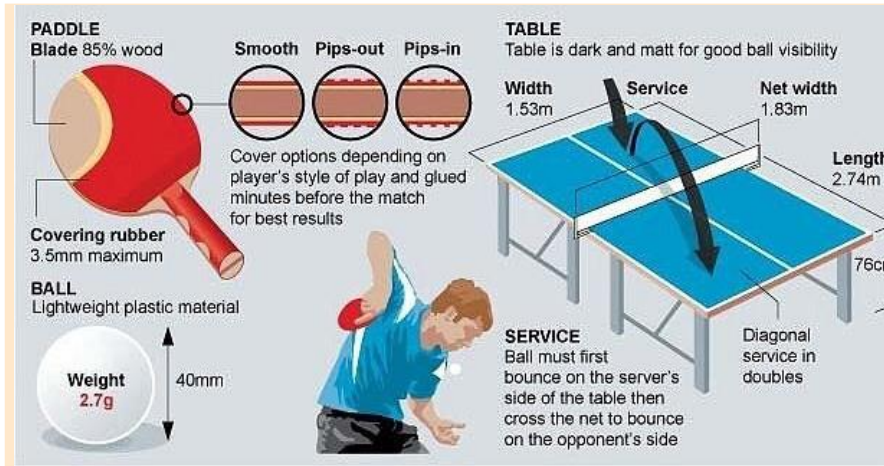
- Players serve diagonally across the court to their opponent. Players compete for games which add up to sets. Most matches are either three or five sets.
- Players are allowed one fault when serving, if two are done then the point is lost.
- The ball must bounce in the court on the opposite side to remain in play, if it does not then the point is lost.

Table Tennis

- The serve must bounce on both sides of the table.
- Service should be diagonal across the table.
- Players must hit the ball over the net and bounce on the opponents side.
- If the ball misses the table or the net then a point is lost.
- Players cannot volley the ball (hit it without bouncing). If they do they lose the point.
- Players serve twice each before swapping.
- First to 11 points is the winner.

KS3 Net / Wall Game

Table Tennis information



Scoring in Tennis

Tennis

Players earn points for winning rallies. Scores begin at 0 (love) and increase 1(15) 2(30) 3(40) and then game. If both players reach 40 then a player must win the next two shots (advantage-game).

PREVIOUS SETS		PLAYER	SETS	GAMES	POINTS
4	6	Nicolas MAHUT	2	4	0
6	3	John ISNER	2	4	0

Types of shot



Overarm Serve

