

The Fundamentals of Playing and Coaching Tennis

Tennis is a popular racquet sport that can be enjoyed by people of all ages and skill levels. It is a great way to get exercise, have fun, and socialize. If you are new to tennis, or if you are looking to improve your game, it is important to understand the fundamentals of the sport.



Building a Champion: The Fundamentals of Playing and Coaching Tennis by Lee McIntyre

★★★★☆ 4.1 out of 5

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Court Dimensions

A tennis court is 78 feet long and 27 feet wide for singles matches and 36 feet wide for doubles matches. The court is divided in half by a net that is 3 feet high at the sides and 3 feet 6 inches high in the middle.

Equipment

In order to play tennis, you will need a tennis racquet, a tennis ball, and a pair of tennis shoes. Tennis rackets come in a variety of shapes and sizes, so it is important to find one that is right for you. Tennis balls are made of rubber and are covered with felt. Tennis shoes should be comfortable and provide good support for your feet.

Basic Strokes

There are four basic strokes in tennis: the forehand, the backhand, the serve, and the volley. The forehand is hit with the palm of your hand facing forward. The backhand is hit with the back of your hand facing forward. The serve is hit with an underhand motion. The volley is hit with a short, quick swing.

Footwork

Footwork is essential for playing tennis effectively. Good footwork will allow you to get to the ball quickly and hit it with power and accuracy. There are three basic footwork patterns in tennis: the split step, the crossover step, and the side step.

Coaching Techniques

If you are interested in coaching tennis, there are a few things you should keep in mind. First, it is important to be patient and encouraging. Second, it is important to be able to communicate effectively with your players. Third, it is important to have a good understanding of the game of tennis.

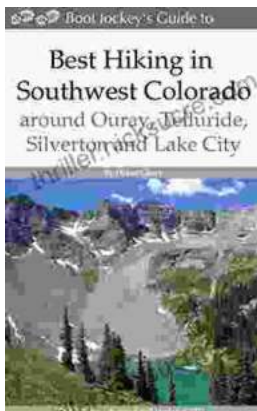
The fundamentals of playing and coaching tennis are essential for anyone who wants to enjoy the sport. By understanding these fundamentals, you can improve your game and help others to improve their game.



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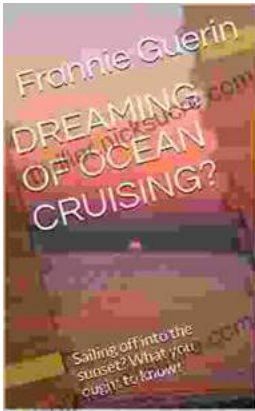
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