

TENNIS



Origins of tennis



There is evidence that the game originated in France in the 11th or 12th century and was played by French monks who played handball against the monastery walls or over a rope strung across a courtyard. The game was called '*jeu de paume*', meaning 'game of the hand'. Many believe that the name 'tennis' comes from the French '*tenez*', which means 'take this' or 'be ready', and was said by the server before the point began.



Origins of tennis



Rackets were introduced in the 16th century.

During the 18th century 'lawn tennis' emerged in Britain because the aristocracy wanted to entertain their guests at home in their own backyards.



Origins of tennis



The International Tennis Federation (ITF) is the governing body of world tennis.

It was founded in Paris in 1913.



International
Tennis
Federation

Parts of a tennis court

- Singles:

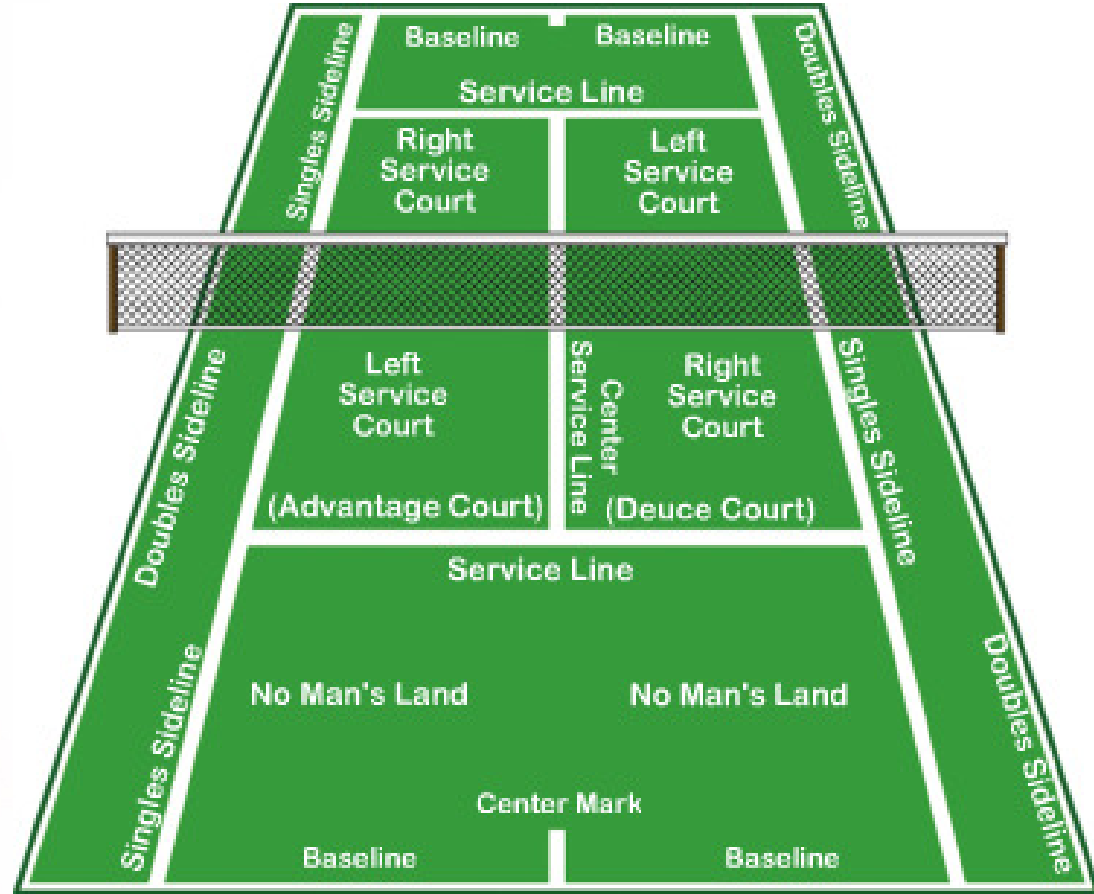
23.77 m long
and 8.23 m
wide.

- Doubles:

23.77 m long
and 10.97 m
wide.

- Net height:

107 cm at the
posts, 91.4 cm
at the center.



Scoring system

- Points: Love (0), 15, 15-all, 30, 30-all, 40, Game.
- Deuce (đus) at 40-40, advantage (prednost) scoring.
- Sets: First to 6 games, must win by 2.
- Match: Best of 3 or 5 sets.



Officiating (sudenje)

- **Chair umpire:** responsible for the match score and upholding the rules of tennis
- **Line umpire:** call the lines on the tennis court
- **Referee:** responsible for looking after all players at a competition and making sure everyone is following the rules of the game



Equipment



- Racket:
 - Typically 68.58–73.66 cm long.
 - Material: Graphite, titanium, or composite.
 - Strings (žice) / stringing (španovanje)
- Balls:
 - Yellow (since 1972) or white, 6.54–6.86 cm in diameter.
 - Covered with felt (*filc*).

Important vocabulary

- **Serve (servis):** The act of hitting the ball to start a point.
- **Ace (as):** A serve that the opponent fails to touch.
- **Groundstroke (udarac posle odskakanja loptice):** Hitting the ball after it bounces.
- **Volley (volej):** Hitting the ball before it bounces.
- **Backhand (bekhend):** Stroke played on the non-dominant side.
- **Forehand (forhend):** Stroke played on the dominant side.
- **Rally (razmena udaraca):** A sequence of back-and-forth shots.
- **Smash (smeč):** A powerful overhead shot typically executed when a player receives a high ball that can be hit downward into the opponent's court.
- **Topspin (top spin):** A shot that causes the ball to drop because of its interaction with the air.
- **Slice (slajs):** A groundstroke or volley hit with **backspin**.
- **Let (nec):** A serve is called a let when the ball hits the net cord but still lands in the service court. Such a serve is not considered a fault and the server may repeat the service attempt.
- **Double Fault (dvostruka servis greška):** Two consecutive serving faults.
- **Break Point (brejk lopta):** Point that can win a game on the opponent's serve.
- **Match Point (meč lopta):** Point that can win the match.



Professional Competitions

- Grand Slams:
 - Australian Open, French Open (Roland Garros), Wimbledon, US Open.
- ATP and WTA Tours:
 - Series of tournaments for professional players.
- Davis Cup and Fed Cup:
 - International team competitions.





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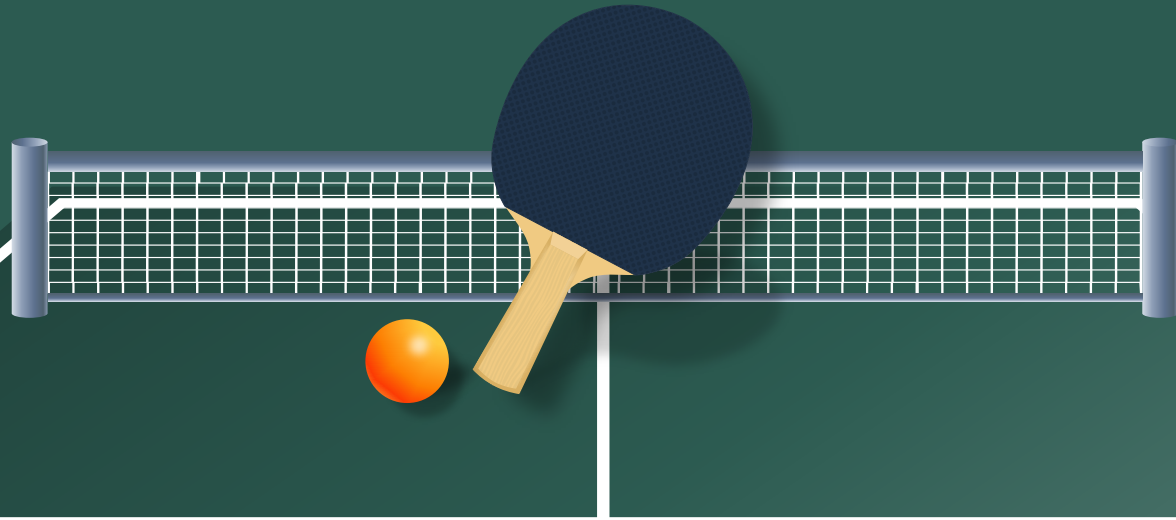


TABLE TENNIS



ABOUT TABLE TENNIS

Table tennis, also known as **Ping-Pong**, is a ball game played on a flat table divided into two equal courts by a net fixed across its width at the middle. The objective of the game is **to hit the lightweight hollow (šupalj) ball** 40 mm in diameter so that it goes over the net and bounces on the opponent's half of the table in such a way that the opponent cannot reach it or return it correctly. The game is played with small rackets (**bats**  or **paddles** ) held by the players.



HISTORY OF TABLE TENNIS

It became an Olympic sport in 1988. The term 'ping-pong' originates from the onomatopoeic sound of the ball that appeared in the Far East in 1884: 'ping' sounds like the racket hitting a ball and 'pong' sounds like the ball bounce on the table.

● **12th century** – Jeu de paume

18th century – Lawn tennis

19th century – Table tennis

● **1926**

International Table Tennis Federation (ITTF) was founded.

The First World Championships was held in London.

● **1880s**

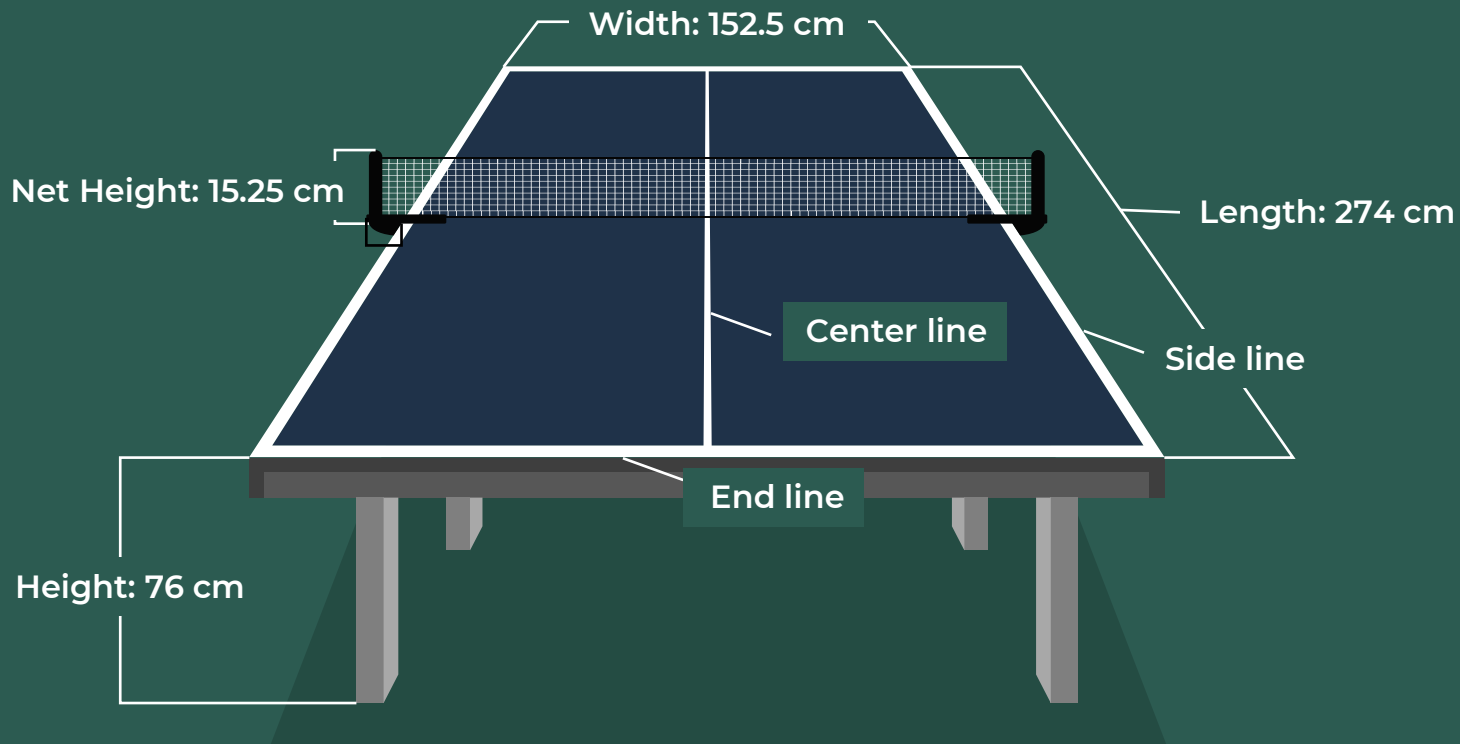
The first players belonged to middle-class Victorian society. The first games were played using a champagne cork as a ball, cigar boxes as rackets and books for the net.

● **1937**

1. A time limit was placed on matches
2. The height of the net was lowered
3. Finger spin serve was banned



TABLE DIMENSION



GAME RULES



TOSS THE BALL STRAIGHT UP WHEN SERVING

The ball must hit your side of the table and then the other side.



GAMES ARE PLAYED TO 11 POINTS (since 2001)

A **game** must be won by two points. A **match** is usually the best three of five Games.



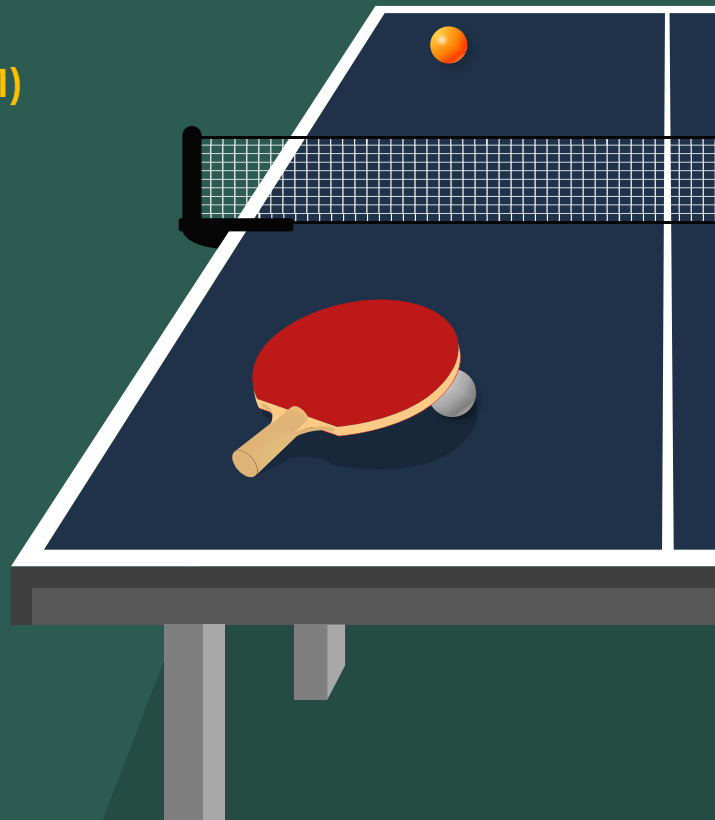
ALTERNATE SERVES EVERY TWO POINTS

EXCEPTION: After tied 10-10 ("deuce"), service alternates at every point.



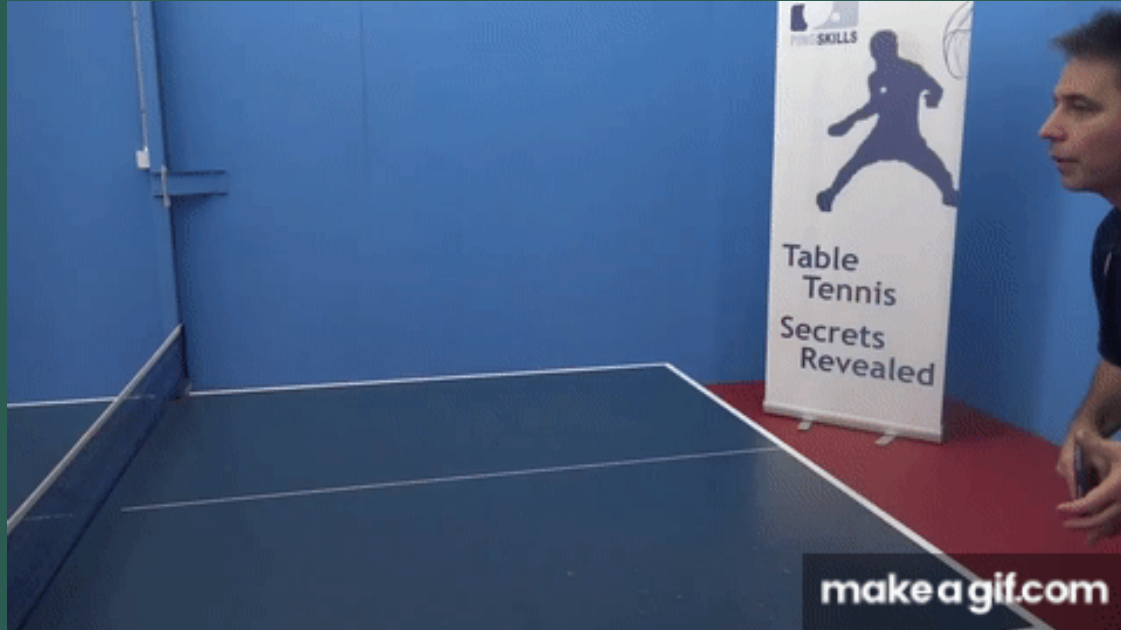
VOLLEYS ARE NOT ALLOWED

If you hit the ball before it bounces on your side of the table, the opponent gets a point.



SKILLS & TECHNIQUES

The **flip** or **flick** is a quick stroke performed on short balls near the net. It uses mostly the wrist and forearm, and produces a fast ball with moderate to little topspin.



SKILLS & TECHNIQUES

The **loop** is a stroke that generates a lot of topspin (with either the forehand or backhand).



SKILLS & TECHNIQUES

A **chop** is a stroke that produces backspin on the ball when you stand back from the table.



SKILLS & TECHNIQUES

The **push** is a stroke where you chop the ball (backspin), but do it over the table.

