

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 156 001 Tennis Intermediate
1 Credit Fall 2018
TR 9:00-10:15 am, Fairfax West Campus Tennis Courts

Faculty

Name: Steve Gallagher

Office Hours: On-Court 10 Minutes Before, During and 10 Minutes After Class

Office Location: West Campus Courts

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Prerequisites/Corequisites

RECR 155 or Permission of Instructor

University Course Catalog Description

Prepares experienced tennis player in advanced skills: point play, control of pace, direction, and depth of forehand and backhand, groundstrokes, and topspin and underspin. Instructs tactical use of volley, styles of play, and strategies for singles and doubles. Introduces principles to refereeing. Applies skills-training to competitive and recreational play.

Course Overview

- **Pre-Existing Conditions** – *Students with injuries/pre-existing conditions that may affect performance must inform the instructor.*
- Students must bring their own tennis racquet.
- Wear non-marking tennis shoes.
- Purchase a **NEW can** of tennis balls (\$2-\$4 at local retailer).
- Play in round robin tournament at the end of the semester.
- Most of the communication will be through GMU e-mail.

Course Delivery Method

This course is an activity-based class.

Learner Outcomes or Objectives

At the end of the course students will be able to:

1. Execute shots from backcourt, mid-court and net with reasonably sound technique.
2. Control and vary direction, net clearance, depth, spin and pace of shots (with moderate success).
3. Demonstrate understanding of basic positioning for singles and doubles.

4. Execute basic patterns of play from backcourt, mid-court and net.
5. Maintain consistency in response to progressively more difficult shots (as defined by direction, depth, net clearance, spin and pace).
6. Execute basic game plan.
7. Maintain focus and intensity in practice and match play.

Professional Standards: Not Applicable

Required Texts: None

The following reading can be found online

International Tennis Federation (ITF) Rules of Tennis (Excerpt)

United States Tennis Association (USTA) – Tennis Terms to Know

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Assignments and/or Examinations**
 1. **Quizzes:** Complete and pass series of quizzes to assess knowledge of stroke mechanics, patterns of play and tactics and strategy.
 2. **Practical** – play in round robin tournament. Instructor to observe and evaluate stroke proficiency and execution, footwork and court coverage, court presence and ability to construct points and execute a game plan.
 3. **Participation** – this includes arriving on time, absences, and daily play. Attendance will count after the first week of class. You receive 5 points each day for being on time and court play. Each 5 minutes the student is late will reduce the score by 1 point. Total 70 points. (Absences are only excused by a doctor’s note. The doctor’s note must be presented immediately upon return to class. Text, emails, phone calls do not excuse an absence.)
 - **Grading**
 - 70 points - Attendance and punctuality
 - 20 points - Quizzes
 - 50 points - Practical (Demonstration of strokes and ability to construct and play points)
- Total 140

Grading Scale (%)

A	90 – 100	C+	78 – 79.9
B+	88 – 89.9	C-	70 – 73.9
B	84 – 87.9	D	60 – 69.9
B-	80 – 83.9	F	0 – 59.9

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

Course Schedule

Classes 1 and 2

Skill development and refinement

Classes 3 and 4

Dynamic court coverage and footwork

Percentage play and risk management

Classes 5 and 6

Serve and serve return patterns (first-strike patterns)

Match play and point situations

Classes 7 and 8

Defensive point patterns (how to extend the rally and stay in the point)

Match play and point situations

Classes 7 and 8

Offensive point patterns (how to close out and finish the point)

Match play and point situations

Classes 9 and 10

Dynamic court coverage and footwork

Match play and point situations

Classes 11 and 12

Percentage play and risk management

Match play and point situations

Classes 13 and 14

Playing styles and role playing

Match play and point situations

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

Course Reading

Course Outline

1. Groundstrokes (baseline play)
 - a. Consistency, rhythm, depth and net clearance – rally ball
 - b. Spin - topspin (how and when to vary) and underspin (how and when to vary)
 - c. Cross court, down-the-line, down-the-line redirection, cross-court angles
 - d. Winners, unforced errors, percentage play and risk management
 - e. Targets and four target zones (deep corners, angles)
 - f. Dominant forehand, dominant backhand, inside-out forehands and inside-out backhands
 - g. Court coverage (footwork and balance) – left, right, up, back, recovery
 - h. Court position and shot selection based on court position (behind baseline, on baseline, inside baseline)
 - i. Offense/defense
 - j. Disguise of directional intent and other control variables (e.g. spin)
 - k. High ball/low ball response and control of bounce and projection (carry)
 - l. Pace – response to pace, how to generate pace and how to take pace off the ball
 - m. Timing of contact (ball rising, peaking or descending) and time of response (less time, more time)
 - n. Point of contact in relation to strike zone (strike zone, above strike zone, below strike zone) and point of contact in relation to court position (behind baseline, inside baseline, forecourt)
 - o. Response to pressure – when ahead, when behind, when tight, playing conditions
 - p. Play patterns – cross court/down-the-line, cross court angle, short/deep, drop shot/lob, passing shots, varying pace, varying spin, high bounce/low bounce
 - q. Shot combinations – groundstrokes combined with volleys, serves...
 - r. Singles/doubles
2. Volleys/overheads (net play)
 - a. Consistency and rhythm
 - b. Drive, block and touch (finesse) volleys
 - c. Depth and angles
 - d. Spin
 - e. Coverage (footwork and balance) – closing patterns, left, right, in and back
 - f. High ball/low ball response
 - g. Court position – hitting from three-quarter court, service line and inside service line
 - h. Response to time (less time/more time)
 - i. Disguise of directional intent and other control variables (e.g. pace)
 - j. Targets and target zones
 - k. Shot combinations – volleys/overheads combined with groundstrokes...
 - l. Play patterns – approach and volley, volley/overhead, serve and volley, passing shot response, lob rundown coverage
 - m. Specialty – lob volleys, drop volleys
 - n. Singles/doubles

3. Serves/serve returns
 - a. Serve
 - (1.) 1st serve/2nd serve
 - (2.) 1st serve percentage, risk management, net clearance and margin of error
 - (3.) Rhythm, service ritual
 - (4.) Utilizing serve to disrupt rhythm and timing of opponent(s)
 - (5.) Targets and target zones
 - (6.) Spin – topspin, slice, flat
 - (7.) Pace – how to generate pace, how to vary pace
 - (8.) Shot combinations and play patterns – serve and stay back and serve and come in (follow serve into net)
 - (9.) Response to pressure - when ahead, when behind, when tight, playing conditions
 - (10.) Singles/doubles
 - b. Serve return
 - (1.) Defensive response - neutralize serve (stay in point)
 - (2.) Offensive response – attack, gain advantage
 - (3.) Targets and target zones – server stays back, server comes in
 - (4.) Handling serve control variables – pace, spin and location
 - (5.) Serve coverage – right, left and at body
 - (6.) How to read server, improve anticipation
 - (7.) Shot combinations and play patterns – serve return and stay back, serve return and come in
 - (8.) Response to pressure - when ahead, when behind, when tight, playing conditions
 - (9.) Singles/doubles
4. Specialty shots (i.e. drop shots, lob volleys, half volleys) and emergency response shots (shots requiring special adjustments of hands and/or feet)
5. Playing styles and role playing
 - a. Aggressive baseline
 - b. Defensive baseline (counterpuncher)
 - c. Attacking style of play (net rushing/serve-and-volley)
 - d. All court play (opportunistic)
6. Tactical options/choices - shot selection responses based on nature and difficulty of oncoming shots and positioning of opponent(s) for singles/doubles
 - a. Neutral position (no advantage/disadvantage)
 - b. Position of strength
 - c. Position of weakness
7. Competition – singles and doubles
8. On and off-court tennis-specific fitness conditioning
 - a. Flexibility and range of motion – upper and lower body dynamic stretching
 - b. Strength Training - Muscular balance (how it relates to mechanical shoulder alignment), upper extremity strengthening, lower extremity strengthening and core strengthening
 - c. Footwork and court coverage - foot quickness, lateral, forward, backward and vertical agility and movement patterns and plyometrics
 - d. Court stamina and endurance - cardio-fitness conditioning, interval (fatigue) training and plyometrics

International Tennis Federation (ITF) Rules of Tennis (Excerpt)

5. SCORE IN A GAME

a. Standard game

A standard game is scored as follows with the server's score being called first:

No point - "Love"

First point - "15"

Second point - "30"

Third point - "40"

Fourth point - "Game"

except that if each player/team has won three points, the score is "Deuce". After "Deuce", the score is "Advantage" for the player/team who wins the next point. If that same player/team also wins the next point, that player/team wins the "Game"; if the opposing player/team wins the next point, the score is again "Deuce". A player/team needs to win two consecutive points immediately after "Deuce" to win the "Game".

a. Tie-break game

During a tie-break game, points are scored "Zero", "1", "2", "3", etc. The first player/team to win seven points wins the "Game" and "Set", provided there is a margin of two points over the opponent(s). If necessary, the tie-break game shall continue until this margin is achieved. The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponent(s) (in doubles, the player of the opposing team due to serve next). After this, each player/team shall serve alternately for two consecutive points until the end of the tie-break game (in doubles, the rotation of service within each team shall continue in the same order as during that set). The player/team whose turn it was to serve first in the tie-break game shall be the receiver in the first game of the following set.

5. SCORE IN A SET

There are different methods of scoring in a set. The two main methods are the "Advantage Set" and the "Tie-break Set". Either method may be used provided that the one to be used is announced in advance of the event. If the "Tie-break Set" method is to be used, it must also be announced whether the final set will be played as a "Tie-break Set" or an "Advantage Set".

a. "Advantage Set"

The first player/team to win six games wins that "Set", provided there is a margin of two games over the opponent(s). If necessary, the set shall continue until this margin is achieved.

b. "Tie-break Set"

The first player/team to win six games wins that "Set", provided there is a margin of two games over the opponent(s). If the score reaches six games all, a tie-break game shall be played.

6. SCORE IN A MATCH

A match can be played to the best of 3 sets (a player/team needs to win 2 sets to win the match) or to the best of 5 sets (a player/team needs to win 3 sets to win the match).

7. SERVER & RECEIVER

The players/teams shall stand on opposite sides of the net. The server is the player who puts the ball into play for the first point. The receiver is the player who is ready to return the ball served by the server.

8. CHOICE OF ENDS & SERVICE

The choice of ends and the choice to be server or receiver in the first game shall be decided by toss before the warm-up starts. The player/team who wins the toss may choose:

- a. To be server or receiver in the first game of the match, in which case the opponent(s) shall choose the end of the court for the first game of the match; or
- b. The end of the court for the first game of the match, in which case the opponent(s) shall choose to be server or receiver for the first game of the match; or
- c. To require the opponent(s) to make one of the above choices.

10. CHANGE OF ENDS

The players shall change ends at the end of the first, third and every subsequent odd game of each set. The players shall also change ends at the end of each set unless the total number of games in that set is even, in which case the players change ends at the end of the first game of the next set. During a tie-break game, players shall change ends after every six points.

11. BALL IN PLAY

Unless a fault or a let is called, the ball is in play from the moment the server hits the ball, and remains in play until the point is decided.

12. BALL TOUCHES A LINE

If a ball touches a line, it is regarded as touching the court bounded by that line.

13. BALL TOUCHES A PERMANENT FIXTURE

If the ball in play touches a permanent fixture after it has hit the correct court, the player who hit the ball wins the point. If the ball in play touches a permanent fixture before it hits the ground, the player who hit the ball loses the point.

14. ORDER OF SERVICE

At the end of each standard game, the receiver shall become the server and the server shall become the receiver for the next game. In doubles, the team due to serve in the first game of each set shall decide which player shall serve for that game. Similarly, before the second game starts, their opponents shall decide which player shall serve for that game. The partner of the player who served in the first game shall serve in the third game and the partner of the player who served in the second game shall serve in the fourth game. This rotation shall continue until the end of the set.

15. ORDER OF RECEIVING IN DOUBLES

The team which is due to receive in the first game of a set shall decide which player shall receive the first point in the game. Similarly, before the second game starts, their opponents shall decide which player shall receive the first point of that game. The player who was the receiver's partner for the first point of the game shall receive the second point and this rotation shall continue until the end of the game and the set. After the receiver has returned the ball, either player in a team can hit the ball.

16. THE SERVICE

Immediately before starting the service motion, the server shall stand at rest with both feet behind (i.e. further from the net than) the baseline and within the imaginary extensions of the center mark and the sideline. The server shall then release the ball by hand in any direction and hit the ball with the racket before the ball hits the ground. The service motion is completed at the moment that the player's racket hits or misses the ball. A player who is able to use only one arm may use the racket for the release of the ball.

17. SERVING

When serving in a standard game, the server shall stand behind alternate halves of the court, starting from the right half of the court in every game. In a tie-break game, the service shall be served from behind alternate halves of the court, with the first served from the right half of the court. The service shall pass over the net and hit the service court diagonally opposite, before the receiver returns it.

18. FOOT FAULT

During the service motion, the server shall not:

- a. Change position by walking or running, although slight movements of the feet
- b. are permitted; or
- c. Touch the baseline or the court with either foot; or
- d. Touch the area outside the imaginary extension of the sideline with either
- e. foot; or
- f. Touch the imaginary extension of the center mark with either foot. If the server breaks this rule it is a "Foot Fault".

19. SERVICE FAULT

The service is a fault if:

- a. The server breaks Rules 16, 17 or 18; or
- b. The server misses the ball when trying to hit it; or
- c. The ball served touches a permanent fixture, singles stick or net post before it
- d. hits the ground; or
- e. The ball served touches the server or server's partner, or anything the server
- f. or server's partner is wearing or carrying.

20. SECOND SERVICE

If the first service is a fault, the server shall serve again without delay from behind the same half of the court from which that fault was served, unless the service was from the wrong half.

21. WHEN TO SERVE & RECEIVE

The server shall not serve until the receiver is ready. However, the receiver shall play to the reasonable pace of the server and shall be ready to receive within a reasonable time of the server being ready. A receiver who attempts to return the service shall be considered as being ready. If it is demonstrated that the receiver is not ready, the service cannot be called a fault.

22. THE LET DURING A SERVICE

The service is a let if:

- a. The ball served touches the net, strap or band, and is otherwise good; or, after touching the net, strap or band, touches the receiver or the receiver's partner or anything they wear or carry before hitting the ground; or
- b. The ball is served when the receiver is not ready.
- c. In the case of a service let, that particular service shall not count, and the server shall serve again, but a service let does not cancel a previous fault.

23. THE LET

In all cases when a let is called, except when a service let is called on a second service, the whole point shall be replayed.

24. PLAYER LOSES POINT

The point is lost if:

- a. The player serves two consecutive faults; or
- b. The player does not return the ball in play before it bounces twice consecutively; or

- c. The player returns the ball in play so that it hits the ground, or before it bounces, an object, outside the correct court; or
- d. The player returns the ball in play so that, before it bounces, it hits a permanent fixture; or
- e. The receiver returns the service before it bounces; or
- f. The player deliberately carries or catches the ball in play on the racket or deliberately touches it with the racket more than once; or
- g. The player or the racket, whether in the player's hand or not, or anything which the player is wearing or carrying touches the net, net posts/singles sticks, cord or metal cable, strap or band, or the opponent's court at any time while the ball is in play; or
- h. The player hits the ball before it has passed the net; or
- i. The ball in play touches the player or anything that the player is wearing or carrying, except the racket; or
- j. The ball in play touches the racket when the player is not holding it; or
- k. The player deliberately and materially changes the shape of the racket when the ball is in play; or
- l. In doubles, both players touch the ball when returning it.

25. A GOOD RETURN

It is a good return if:

- a. The ball touches the net, net posts/singles sticks, cord or metal cable, strap or band, provided that it passes over any of them and hits the ground within the correct court; except as provided in Rule 2 and 24 (d); or
- b. After the ball in play has hit the ground within the correct court and has spun or been blown back over the net, the player reaches over the net and plays the ball into the correct court, provided that the player does not break Rule 24; or
- c. The ball is returned outside the net posts, either above or below the level of the top of the net, even though it touches the net posts, provided that it hits the ground in the correct court; except as provided in Rules 2 and 24 (d); or
- d. The ball passes under the net cord between the singles stick and the adjacent net post without touching either net, net cord or net post and hits the ground in the correct court, or
- e. The player's racket passes over the net after hitting the ball on the player's own side of the net and the ball hits the ground in the correct court; or
- f. The player hits the ball in play, which hits another ball lying in the correct court.

26. HINDRANCE

If a player is hindered in playing the point by a deliberate act of the opponent(s), the player shall win the point. However, the point shall be replayed if a player is hindered in playing the point by either an unintentional act of the opponent(s), or something outside the player's own control (not including a permanent fixture).

27. CORRECTING ERRORS

As a principle, when an error in respect of the Rules of Tennis is discovered, all points previously played shall stand. Errors so discovered shall be corrected as follows:

- a. During a standard game or a tie-break game, if a player serves from the wrong half of the court, this should be corrected as soon as the error is discovered and the server shall serve from the correct half of the court according to the score. A fault that was served before the error was discovered shall stand.

- b. During a standard game or a tie-break game, if the players are at the wrong ends of the court, the error should be corrected as soon as it is discovered and the server shall serve from the correct end of the court according to the score.
- c. If a player serves out of turn during a standard game, the player who was originally due to serve shall serve as soon as the error is discovered. However, if a game is completed before the error is discovered the order of service shall remain as altered. In this case, any ball change to be made after an agreed number of games should be made one game later than originally scheduled. A fault that was served by the opponents(s) before the error was discovered shall not stand. In doubles, if the partners of one team serve out of turn, a fault that was served before the error was discovered shall stand.
- d. If a player serves out of turn during a tie-break game and the error is discovered after an even number of points have been played, the error is corrected immediately. If the error is discovered after an odd number of points have been played, the order of service shall remain as altered. A fault that was served by the opponent(s) before the error was discovered shall not stand. In doubles, if the partners of one team serve out of turn, a fault that was served before the error was discovered shall stand.
- e. During a standard game or a tie-break game in doubles, if there is an error in the order of receiving, this shall remain as altered until the end of the game in which the error is discovered. For the next game in which they are the receivers in that set, the partners shall then resume the original order of receiving.
- f. If in error a tie-break game is started at 6 games all, when it was previously agreed that the set would be an "Advantage set", the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue as a "Tie-break set".
- g. If in error a standard game is started at 6 games all, when it was previously agreed that the set would be a "Tie-break set", the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue as an "Advantage set" until the score reaches 8 games all (or a higher even number), when a tie-break game shall be played.
- h. If in error an "Advantage set" or "Tie-break set" is started, when it was previously agreed that the final set would be a match tie-break, the error shall be corrected immediately if only one point has been played. If the error is discovered after the second point is in play, the set will continue either until a player or team wins three games (and therefore the set) or until the score reaches 2 games all, when a match tie-break shall be played. However, if the error is discovered after the second point of the fifth game has started, the set will continue as a "Tie-break set". (See Appendix V) i. If the balls are not changed in the correct sequence, the error shall be corrected when the player/team who should have served with new balls is next due to serve a new game. Thereafter the balls shall be changed so that the number of games between ball changes shall be that originally agreed. Balls should not be changed during a game.

29. CONTINUOUS PLAY

As a principle, play should be continuous, from the time the match starts (when the first service of the match is put in play) until the match finishes.

- a. Between points, a maximum of twenty (20) seconds is allowed. When the players change ends at the end of a game, a maximum of ninety (90) seconds are allowed. However, after the first game of each set and during a tie-break game, play shall be continuous, and the

players shall change ends without a rest. At the end of each set there shall be a set break of a maximum of one hundred and twenty (120) seconds. The maximum time starts from the moment that one point finishes until the first service is struck for the next point. Event organizers may apply for ITF approval to extend the ninety (90) seconds allowed when the players change ends at the end of a game and the one hundred and twenty (120) seconds allowed at a set break.

- b. If, for reasons outside the player's control, clothing, footwear or necessary equipment (excluding the racket) is broken or needs to be replaced, the player may be allowed reasonable extra time to rectify the problem.
- c. No extra time shall be given to allow a player to recover condition. However, a player suffering from a treatable medical condition may be allowed one medical time-out of three minutes for the treatment of that medical condition. A limited number of toilet/change of attire breaks may also be allowed, if this is announced in advance of the event.
- d. Event organizers may allow a rest period of a maximum of ten (10) minutes if this is announced in advance of the event. This rest period can be taken after the 3rd set in a best of 5 sets match, or after the 2nd set in a best of 3 sets match.
- e. The warm-up time shall be a maximum of five (5) minutes, unless otherwise decided by the event organizers.

Tennis Court Diagram

