

Synthetic fiber and aluminum

[Life](#), [Friendship](#)



Tennis by Robin Seems Introduction First of all, tennis is a sport known all over the world. That allows you to enjoy entertainment with your friends or whatever and in addition doing some physical exercise.

It also improves your coordination a lot. It can be played either at two (called single) or four (called double). As you can guess, tennis is a very difficult sport. Especially in three points: physically, mentally and technically. The rare goods players excel in these three points.

About one hundred fifty players are earning their live thanks to this sport. It means that if you want to live with your passion, you'll need to be in the top hundred fifty of the world. Very tough.

Thus, tennis is especially a game and need to stay one. Fair play and having fun are required. Of course, a lot of people are watching tennis on television, which is very loved. History First of all, tennis is a sport known all over the world. His roots came from several thousand years ago. History seems to say that the creators of tennis are the Europeans monks. As you can guess, the racket was not yet uses at his time. They were hitting the ball with their hands, and then they were wearing leather gloves.

A big step came when the first ' racket' appeared. Thus, progressively (in course of time), the racket evolved as well as the ball. To begin with, the ball was wooden. Currently the ball is in rubber, filled of air and covered with felt. About the racket, they also were wooden and very heavy compare to now. Right now, rackets don't weigh more than four hundred grams and are for most of them in synthetic fiber and aluminum. STRING STUFF ? BALL

Different Shots Before talking about all the kind of shots, would like to say that tennis require finesse, power and speed.

The hardest think is to keep improving the two others skills while working on the third one. Indeed, if you only work your power, logically your speed will decrease. It's one of the reasons why all the professionals' players are supported by a coach. Actually, more than one coach. Obviously there's one for the physical aspect, one for the tennis aspect and sometimes for the mental aspect. Forehand and Backhand The more important shots with the service because they are the base of your game. Almost every ball you'll hit will be a forehand or backhand. If the balls bounces before you hit them then it is called Forehand or Backhand.

If you are right-handed then the forehand is stroke on the right side and obviously the backhand on the left side. If you're left-handed then it is the opposite. It's worth for every shot. * Volley * Stroke before it bounces, volley has for purpose to win time on your opponent.

Indeed, if the ball doesn't bounces, the opponent has less time to mom back on the good position on the court. In addition, volley is mostly hit under your head. In the other hand, volley is a very difficult shot because it is harder to control the ball * Smash * Same characteristic than the volley except that it is only stroke above the head.

In addition, the shot is often more powerful. * Service * One of the more important shots because it's the first shot you hit to start the point. It means if your serve is good, you already might win some free points. Starting from

the baseline in either the right or left side, it's exactly the same movement than the smash, except that you throw the ball yourself and she need to bounces in the opposite square. Rules ; court composition This website explain you the detailed rules in tennis. There's a lot of website showing the basic rules of tennis but the one I took is very clear and kind of detailed. It explains everything: the position the players must have on the court, how to count, what's all the possible fault you can do (double fault, foot fault, etc.) and as shown on the next page the dimension of the court.