TENNIS

HOW TO PLAY ?

Have you always wanted to learn to play tennis, but you've been unsure of where to start? Do you love watching Rafael Nadal or Serena Williams dominate the courts, and hope to be just like them? Playing tennis can help you build speed, power, and fitness. It's also a great way to spend time with your family or your friends. Learn the layout of the court, the scoring system, and all the playing techniques you need to become a tennis pro.

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Tennis Instructions

1 Find a place to play.

• You can play tennis at your local park, a gym, or tennis club. Search online or ask friends where the best local courts are. Most parks let you play for free, but you'll probably need to pay membership fees to play anywhere else.[1]  
• You can practice basic serving techniques in any large, open space, but it's best to spend as much time as possible on actual courts. You'll learn the layout of the court faster, and minimize the risk of breaking anything with your racquet or a ball!

2 Buy tennis supplies.

• You don't need to buy professional-grade tennis supplies right away, but every beginner will need to have a few things to get started. Some gyms or tennis clubs provide basic supplies for their members, but if that isn't the case, you'll need to go shopping.[2]  
• You'll need a racquet with its own case. For a beginner, all you really need to do is check to make sure your hand fits comfortably around the handle. The racquet shouldn't feel like it's too heavy to move, but it also shouldn't feel like it weighs nothing. There are also men's and women's racquets, but you should prioritize fit over gender in most cases.  
• Buy at least three tennis balls. They get lost very easily!

3 Buy tennis clothes.

• Before you buy tennis clothes, ask your gym or club if they have any clothing requirements. If not, any loose, comfortable athletic clothes will be fine.  
• Stricter clubs may require you to buy tennis shoes, tennis shorts and shirts, and tennis skirts for women. However, this is not always the case.  
• Tennis shoes are the best to play tennis in, but if you don't have them, any pair of sneakers will do.

4 Find an opponent.

• Once you learn the basics, you'll need an opponent to practice tennis with. Ask anyone you see playing at your local court if they'd be interested in helping you learn. If not, try asking friends, family, or even searching online for a local tennis association.[3]