

OXFORD COLLEGE
Division of Physical Education and Dance

PE 123 Intermediate Tennis/Advanced Intermediate

Fall 1992 - Dr. Greer (4-8354)

Class Activity Schedule

Classes from August 24 to the following cover Chapters 1 & 2 from Tennis Anyone? by Gould (history and hitting the ball: forehand, backhand, serve, volley, with practice techniques). The USTA Skill Test, the U.S. Open, basic rules, and pre-class warm ups and stretching (p. 82-88).

Tues., Sept. 15	Net play with drills, directional hitting, approach shot; court positioning after hitting the ball; singles play
Thurs., Sept. 17	Serve, take net; return serve, take net; Review <u>Singles Strategy</u> (a hand-out); singles play; explanation of wall and serve tests
Tues., Sept. 22	*Wall test #1; *Serve test #1
Thurs., Sept. 24	*Serve test #1; Singles play; drop shot (p. 27) spin (p. 24-25)
Tues., Sept. 29	*Class Tournament - Singles (rules p. 35-41; strategy p. 43-58)
Thurs., Oct. 1	*Continuation, Class Tournament
Tues., Oct. 6	*Continuation, Class Tournament
Thurs., Oct. 8	Introduction to doubles (p. 37; 59-68) Directional hitting (down-the-line; cross-court)
Tues., Oct. 13	Mid Semester Break NO CLASS
Thurs., Oct. 15	Doubles Play
Mon., Oct. 19	ATTEND F.I.P.S.E. LECTURE (REQUIRED)
Tues., Oct. 20	MEET IN GYM FOR DISCUSSION OF F.I.P.S.E. LECTURE (Look on bulletin board for directions)
Thurs., Oct. 22	*Class Tournament - Doubles
Tues., Oct. 27	*Continuation, Class Tournament
Thurs., Oct. 29	*Continuation, Class Tournament
Tues., Nov. 3	*Mixed Doubles Play

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Thurs., Nov. 5	*Wall Test #2; Serve Test #2
Tues., Nov. 10	*Serve Test #2; on the court video taping in class and review
Thurs., Nov. 12	On the court video taping and review U.S.T.A. SKILL TEST DUE IN BY 12:30 P.M. ALL EXTRA CREDIT AND MATCH SCORES DUE IN BY 12:30 P.M.
Tues., Nov. 17	Open Play and make-up tests (due to weather and/or illness only)
Thurs., Nov. 19	Chapter 8 (p. 89-94) Tournament Organization: ranking, seeding, the draw, marketing your skills (USTA) - on court play
Tues., Nov. 24	Watch video - match play - classroom 8
Tues., Dec. 1	Review for Exam
Thurs., Dec. 3	WRITTEN FINAL EXAM AT CLASSTIME ON MEZZANINE

*See Evaluation A. 50% game play means tournament participation.
A cut during the tournament means a default. No tests will be made up except in cases of illness.

PE 123 - FALL 1992
Class Activity Schedule

EVALUATION

A. Grading

- | | |
|------|-------------------------------------|
| 20% | Final Exam |
| 20% | Wall/Serve Tests |
| *50% | Game Play |
| 10% | Other Tests (practical and written) |

B. Extra Credit

1. Reading articles: 5 = 1 point; turn in on index cards
2. Video Tapes: 1 HR = 1 point; turn in on index cards
3. Match Observation: 1 HR = 1 point; turn in on index cards.
4. Turn in four (4) drills ** outlined and explained (3 documented from a text, other than ours, and one (1) original) 1 point.

** Get drill sheets from Dr. Greer

MAXIMUM EXTRA CREDIT 5 POINTS

DUE BY TUESDAY, NOV 12, 1992, 2 P.M.

C. Outside Class

1. You are required to play one (1) singles match and one (1) doubles match. Scores must be turned in on index cards by November 12, 1992 at 2 p.m. Failure to complete this assignment is a -2 points from the final grade.

D. Help Sessions

Held on the courts, on the mezzanine if raining.

Mondays 6-7 P.M. Wednesdays 2-3 P.M.; 4:30-5:30 P.M.

Thursdays 3-4 P.M.; 6-7 P.M.

E. Tennis Club

Check with Marty Brandon, Campus Recreation Office

F. Class Attendance Policy

Tues/Thur classes: 2 unexcused absences

Cuts beyond this: -2 each from the final grade

Illness: Go to the infirmary or come to class and receive an alternate assignment. If emergencies arise, see Dr. Greer or call 784-8354 before class time.

G. Textbook

Tennis Anyone? Gould, Dick. Mayfield Publishing Co. Palo Alto, CA. 1985

Oxford College Library: Audio tapes and Video tapes

Tennis periodicals

Tennis books & other references

Dr. Greer's Personal Library: video tapes, books, articles

H. Match Observation

Live professional tennis matches and /or TV matches also may be used for viewing (minimum viewing time: 1 hour; see Evaluation, B3).

Be sure to refer to the materials given to you during class time and to the text whenever you have questions on the rules and regulations of tennis, as well as on strategy for singles and doubles.

NO MAKE-UPS WILL BE GIVEN FOR ABSENCES ON TEST DAYS OR DURING CLASS TOURNAMENTS, except in case of illness. (See F-Attendance)

USTA Skill Tests

Advanced Intermediate

Student's Name: _____

✓ Completed

1. From behind the baseline, return 15 out of 20 balls tossed alternately to your forehand and backhand. Each ball hit must land in the backcourt. ☐
2. Against a wall, hit 20 consecutive forehands, then 20 consecutive backhands. ☐
3. Serve:
 - a. 10 out of 15 balls into the right service court. ☐
 - b. 10 out of 15 balls into the left service court. ☐
4. Return:
 - a. 10 out of 15 balls served into the right service court. ☐
 - b. 10 out of 15 balls served into the left service court. ☐
5. Volley 15 out of 20 balls tossed alternately to your forehand and backhand. ☐

USTA Skill Tests

Intermediate

Student's Name: _____

✓ Completed

1. Starting from behind the baseline, return 10 out of 15 balls tossed alternately to your forehand and backhand. Tosses may be deep, short, or to the side. ☐
2. Against a wall, hit 15 consecutive forehands, then 15 consecutive backhands. ☐
3. Serve:
 - a. 5 out of 10 balls into the right service court. ☐
 - b. 5 out of 10 balls into the left service court. ☐
4. Return:
 - a. 8 out of 10 balls served into the right service court. ☐
 - b. 8 out of 10 balls served into the left service court. ☐
5. Volley 10 out of 15 balls tossed alternately to your forehand and backhand. ☐

BASIC SINGLES STRATEGY
(Also Read Pages 43-58)

1. Keep the ball in play, preferably deep. (Get the serve In. Return Serve In)
2. Return quickly to a "set" position after each hit:
 1. behind baseline at center or
 2. at net mid-way between the service line and the net, slightly toward where you just hit the ball
3. When you get a short shot, (near the center of the court, or within the service courts) approach it with the body turned toward the side (stroke) you plan to play and with the racket back and ready to hit, try your best to place the ball down-the-line; move on into a net position (see 2-2 above) with racket up and leading. Establish a position at net, move forward into the approaching ball, and safely volley crosscourt. If you are passed, say "good shot!" If you are lobbed, run like crazy toward the fence, let the ball bounce, and play a "safe" ground stroke from the back court.
4. On Serve:
 1. Establish a ritual and maintain it - GET THE SERVE IN!
 2. Upon hitting a legal serve, establish a "set" position (see 2: 1 & 2).
 3. Serves should have the following characteristics in the following order: Accuracy, Placement, Spin, Speed.
 4. Remember that very few points are made by aces!
5. On Return of Serve:
 1. Establish a position by drawing an imaginary line between you and the server, which bisects the target. (service court) Get on that line. Your depth depends on your ability to guess the speed of the oncoming ball and your skill to return it.
 2. Get it back over, inside the lines and establish a set position (See 2: 1 & 2)
 3. Remember that very few points are made by the return of serve!
6. Be aggressive, but be sensible. Get to the net as frequently as possible, considering where you just hit the ball, and where the ball bounces on your court. (See 2:1 & 2). Play to the open court, when you feel confident!

Good Luck! Have Fun!