

This will be the overall hierarchy of the website.

#### Tennis Homepage

- 1) History
- 2) Rules
- 3) Strategies
- 4) Equipment
  - a) Racket
  - b) Balls
  - c) Grippers
  - d) Accessories
  - e) Where to buy
- 5) Top Players
  - a) Men
  - b) Women

## History:

The current game of tennis originated from a game called real tennis or royal tennis. Historians believe that the game originated from France in the 12<sup>th</sup> century. It was played with the hand and the ball was hit with the palm of the hand and hence was called jeu de paume (game of the palm). In the 16<sup>th</sup> century was when rackets came into use and people started calling the game tennis. It was popular in England and France and Henry VIII of England was a big fan of the game

The game thrived among the 17th-century nobility in France, Spain, Italy, and in the Austro-Hungarian Empire, but suffered under English Puritanism. By the Age of Napoleon, the royal families of Europe were besieged and real tennis was largely abandoned.[27] Real tennis played a minor role in the history of the French Revolution, through the Tennis Court Oath, a pledge signed by French deputies on a real tennis court, which formed a decisive early step in starting the revolution. In England, during the 18th and early 19th centuries as real tennis declined, three other racquet sports emerged: racquets, squash racquets, and lawn tennis. Lawn tennis is the tennis that we currently play today. It was called lawn tennis because it was played on grass courts.

## Rules:

Serving is usually decided by a toss of a coin or spin of a racket. The server has 2 chances to serve in otherwise the opponent gets the point.

A player loses a point if they fail to return the ball in either the correct areas on the court, hits the net and doesn't go into opponent's area or fails to return the ball before it bounces twice in their half.

- The server must serve each point from alternative sides on the base line. At no point must the server's feet move in front of the baseline on the court prior to hitting their serve.
- The ball can hit any part of the line for the point to be called in, outside the line and the ball is out.

## Keeping score:

- No points are scored = Love
- 1 point scored = 15 points
- 2 points scored = 30 points
- 3 points scored = 40 points
- 4 points earned = set point (set over)

For a player to win a game, they must win with at least a two point lead.

If the score is tied at 40 to 40 then you are at deuce which means a player must earn two consecutive points to win the game. When a player gets a point now, they have the "Advantage" point. If the player who has an "Advantage" point loses the next point, the score will be "Deuce" once again.

A set is won when a player has won a minimum of six games with a two game advantage over his opponent. If the score is tied at 5 - 5, a player must win 2 consecutive games before he wins a set such as 7-5. If the score is 6-6, then they must play a tiebreaker.

## Strategies:

The best tennis strategy is similar to those of any sport: win more points and lose fewer points. Use the knowledge you've gained by observing your opponent. Use variations of height, spin, and speed to disrupt your opponent's timing.

If your opponent is tall, land the ball low, forcing him or her to bend. If your opponent appears out-of-shape or slow, force him or her to run from side-to-side or from shallow-to-deep and back again. If for example, your opponent is uncomfortable at the net, you can hit short, then lob or you can make your opponent volley. Do not take unnecessary risks thus making unnecessary errors and losing a point.

Keep defending with varied shots — whether low slices, slow balls, or even moon balls — discovering what neutralizes your opponent's swing. Finally, if absolutely necessary, simplify your strokes, just blocking the ball but improving consistency.

Top Players:

\*include pictures of all the players

Men:

-Rafael Nadal

-Roger Federer

-Novak Djokovic

-John McEnroe

-Andy Murray

Women:

-Serena Williams

-Maria Sharapova

-Venus Williams

-Billie Jean King

-Steffi Graf

## Equipment:

### Racket:

There are many different rackets out there. They come in all sizes and colors. Some of the most famous rackets companies are Wilson, Babolat, Prince, and etc. Some major factors that influence the racket are the string strength, max weight, length, neck width, grip width and etc.

### Balls:

Balls are pretty much the same with all companies. The only difference in balls is the type of ball. There are balls made for all levels of tennis. Beginners can play with a ball that has a slower bounce speed so it is easier to hit.

### Grips and Dampeners:

Many tennis players play with vibration dampers in their strings. These dampers change the sound when you hit the ball. Some pros play with dampers and other play without. It generally helps so that too much bad pressure isn't placed on the strings.

The grip on a tennis racket also comes in different forms. You can either use a leather grip which is what the racket comes with or you play with an over grip. The leather ones are more expensive to replace but they also last a lot longer.

Is is important though to have the right size of grip on your tennis racket. Over grips are generally used to make the racket grip bigger for larger hands.

### Accessories:

Some other accessories that you can use are wrist bands, head bands to prevent sweat. You can string savers to prevent strings from breaking too easily.

### Where to buy:

There are many places you can buy this equipment including you local sports store. Some of the well-known online websites to buy equipment are below.

- [Midwestsports.com](http://Midwestsports.com)
- [Tenniswarehouse.com](http://Tenniswarehouse.com)