

The Complete Beginner's Guide to Tennis Rules, Tennis Scores, Jacks, and Hits

Tennis is a popular sport that can be enjoyed by people of all ages and skill levels. It is a great way to get exercise, improve your coordination, and make new friends. If you're new to tennis, this guide will teach you everything you need to know to get started.

Tennis is played on a court that is divided into two halves by a net. The goal of the game is to hit the ball over the net and into your opponent's court. The first player to win six games wins the set. The first player to win two sets wins the match.

There are two main types of tennis strokes: the forehand and the backhand. The forehand is hit with the palm of the hand facing forward, and the backhand is hit with the palm of the hand facing backward.



How to Play Tennis: The Complete Beginner's Guide to Tennis Rules, Tennis Score, Jacks and Hits and Tennis

Tips by Lisa Feldman Barrett

★★★★☆ 4.5 out of 5

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Tennis scoring is a bit confusing, but it's not as hard as it seems. Here's a breakdown of the scoring system:

- **Love:** This is the term for zero points.
- **15:** This is the term for one point.
- **30:** This is the term for two points.
- **40:** This is the term for three points.
- **Game:** A game is won when one player reaches four points and is at least two points ahead of their opponent.
- **Set:** A set is won when one player wins six games.
- **Match:** A match is won when one player wins two sets.

Jacks are a type of tennis serve that is hit from below the waist. Jacks are often used to surprise opponents or to hit a ball that is close to the net.

There are a variety of different tennis hits that can be used to hit the ball. Here are a few of the most common hits:

- **Groundstroke:** A groundstroke is a hit that is made from the baseline. Groundstrokes are used to hit the ball back over the net and into your opponent's court.
- **Volley:** A volley is a hit that is made before the ball bounces. Volleys are often used to hit balls that are close to the net.
- **Lob:** A lob is a hit that is hit high over the opponent's head. Lobs are often used to hit balls that are deep in your court.

- **Smash:** A smash is a hard hit that is made overhead. Smashes are often used to hit balls that are high in the air.

Here are a few tips for beginners to help you get started with tennis:

- Start by practicing with a friend or family member. This will help you get the hang of the game and learn the basic rules.
- Once you've got the basics down, you can start playing against other people.
- Don't be afraid to make mistakes. Everyone makes mistakes when they're first starting out. Just keep practicing and you'll eventually get better.
- Have fun! Tennis is a great way to get exercise, improve your coordination, and make new friends.

Tennis is a great sport that can be enjoyed by people of all ages and skill levels. This guide has provided you with the basics of tennis, including the rules, scoring, jacks, and hits. Now that you know the basics, you can start practicing and playing with your friends and family.



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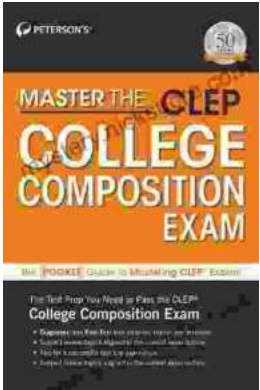
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