

Attacking & Defending

Attacking

This involves trying to win a point by hitting the ball in a place which makes it difficult for your opponent to return, such as the perimeters of the court. This creates space for your next shot to be a winner because you have forced your opponent out of position.



Defending

This involves trying to return a ball which has landed in a place that is difficult to get to, such as the perimeters of the court. This will force you out of position, creating space for your opponent's next shot to be a winner.



PE: Tennis Autumn Term: Year 5

Key Skills ✓

- To introduce volley and overhead shots.
- To apply new shots into game situations.
- To play with others to score and defend points in competitive games.
- To further explore Tennis service skills and rules.

Extra Defending Skills/Tactics

If you are chasing after balls all over the court, you can give yourself more time to recover and be in the best position to be able to get to the next ball, by hitting the ball higher over the net and deeper in to the court.

If your opponent is attacking by running towards the net, you can hit it over them or past them.



Key Vocabulary		✓
Rally	A long series of shots.	
Drop shot	A gentle shot that lands just over the net.	
Lob	A shot that is usually hit over the opponents head.	
Net	The woven barrier dividing the court into halves, over which the ball must be hit.	
Volley	A shot on which the ball is hit before it bounces.	
Umpire	The official who is in overall charge of a match.	
Ace	A serve that is a winner without the receiving player able to return the ball.	
Baseline	The line indicating the back of the court.	
Tramline	The line indicating the side of the court.	
Service line	The line that the ball must bounce before when serving.	

The Serve

The overhead serve is one of the most complex and important strokes in tennis. It is the opening shot or stroke that starts a rally or point with an opposing player.

It provides far more power and direction than playing the ball underarm.

It is mastered by using a set of techniques and steps that are linked to balance, coordination & movement.

