

20/11
Tennis Course-----33M

Nine Weeks

Required Text--Tennis Fundamentals and Timing, by Bruce and Bruce

I. Equipment and Clothing

- A. Tennis racket--B. Two balls--C. Gray shorts--
- D. White sleeveless shirt-- E. Rubber soled shoes--
- F. Wool socks-- G. Athletic supporter.

II. The Tennis Strokes

- A. Serve-- B. Drive-- C. Chop-- D. Volley-- E. Lob--
- F. Smash

III. The Grips

- A. Eastern-- B. Western-- C. Continental-- D. Explan-
ation, deomonstration and practice of the different
grips.

IV. The Waiting Position

V. The Forehand Drive

- A. Preparatory movement
- B. Back-swing
- C. Foreward swing
- D. Follow-through

VI. The Backhand Drive

- A. Waiting Position
- B. Backswing and count of one
- C. Forward Swing
- D. Follow-through

VII. Practice Stroking

- A. Without a ball
- B. With a ball

VIII. The Serve

- A. Sliced
- B. American Twist

IX. The Volley

- A. Either forehand or backhand
- B. Drive volley
- C. Blocked volley
- D. Half-volley

X. The Lob