Tennis Terms Explained – Key Stage 1 & 2

1) **Ready Position**: Holding racket (in strongest hand) in the middle of the body, at 12 o’clock. Feet shoulder width apart.

2) **Forehand**: A stroke played after the ball has bounced once with the palm of the strongest hand facing in the direction of the stroke.

3) **Backhand**: A stroke played after the ball has bounced once with the palm of the strongest hand turned toward the body and the back of the hand turned in the direction of the shot.
4) Sideways Body Position (forehand & backhand):

5) Volley: A volley is when a shot is hit (usually close to the net) with a blocking action without the ball bouncing on the ground.

6) Crosscourt: A ball that is struck in a diagonal direction
7) **Down the Line:** Ball hit straight along the sideline to the opponent’s side of the court.

8) **Low to High Forehand:** The tennis racket moves from the ready position to a low down position behind the body. From there the racket comes through to contact the ball at waist height (mid height). From there the racket continues high over the shoulder.

9) **Low to High Backhand:** The tennis racket moves from the ready position to a low down position behind the body. From there the racket comes through to contact the ball at waist height (mid height). From there the racket continues high over the shoulder.

10) **Rally:** An extended exchange of shots (or throws) between players.