RACQUET SPORTS

“Tennis is mostly mental. Of course, you must have a lot of physical skill, but you can’t play tennis well and not be a good thinker. You win or lose the match before you even go out there.” —Venus Williams

There are more than ten kinds of racquet sports. Each has its own set of rules and playing strategies, but the fundamentals of all racquet sports are similar.

THINGS TO KNOW AND DO

Complete the ★ Tasks, plus the number of tasks listed in each section.

Task 1

Complete the following task.

Learn about at least two of the racquet sports listed below. Circle your choices.

Lawn tennis Platform tennis
Court tennis Badminton
Squash Paddleball
Squash tennis Pickleball
Table tennis Frontenis
Paddle tennis Racquetball

Before playing, learn the following for the sports you chose:

What type of racquet is used?
Sport 1: _______ Sport 2: _______

What type of ball or birdie is used?
Sport 1: _______ Sport 2: _______

Is it played on an inside and/or outside court?
Sport 1: _______ Sport 2: _______

What kind of net is used, if there is one?
Sport 1: _______ Sport 2: _______
Task 2

Complete the following task.

Describe the basic rules for the two games you chose. Include the following:

How does the game begin?
Sport 1:

Sport 2:

How are points earned?
Sport 1:

Sport 2:

How many people are needed to play?
Sport 1:

Sport 2:

How many points are needed to win a game?
Sport 1:

Sport 2:

Task 3

Complete the following task.

Play the two sports you chose.

Mind Matters

Complete at least TWO of the following tasks.

1. DEMONSTRATE YOUR RACQUET SKILLS.
 Demonstrate the following skills:

- Forehand
- Clear
- Backhand
- Volley
- Smash or kill
- Serve
- Lob
- Drive

2. DEFINE THE RACQUET SPORTS TERMS.
 Define the following terms as they are used in racquet sports:

Ace

Baseline

Default

Deuce

Fault
Foot-Fault

Let

Zero

3. **LEARN THE PLACES TO PLAY RACQUET SPORTS IN YOUR CITY.**

Find out how to get permission to play there and what the court fees are. Share this information with your leader or group.

4. **LIST THE “DO’S AND DON’TS” FOR TAKING PROPER CARE OF YOUR EQUIPMENT.**

Know the basic etiquette of racquet sports.

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**Body Basics**

Complete at least **ONE** of the following tasks.

❤ ❤ ❤ ❤ ❤

**GIRL GUARDS**

1. **BESIDES LOTS OF PRACTICE TIME, ALL TOP ATHLETES WHO COMPETE IN RACQUET SPORTS HAVE TWO IMPORTANT THINGS IN COMMON.**

They warm-up before a match and stretch their muscles after a work out. Develop your own warm-up and stretching routine to use every time you play. Go online or talk to your school coach, physical education teacher, or another sports’ professional if you need help.

2. **SHOW AND TELL HOW TO ADMINISTER FIRST AID TO COMMON RACQUET SPORTS INJURIES.**

Show and tell how you would administer first aid for these common injuries:

- Blisters
- Sprained ankle
- Pulled muscle
- Bruises

An easy way to remember the quick treatment for most athletic injuries is:

R = **R**est
I = **I**ce
C = **C**ompression
E = **E**levation

Know these terms and when they are used for treatment.

**Soul Quest**

Complete the following task.

❤ ❤ ❤ ❤ ❤

**GIRL GUARDS**

Make a witness shirt to wear while participating in your racquet sport. Purchase a plain, light-colored T-shirt and a box of fabric crayons or markers. Write Philippians 4:13, or another verse of your choice, on the T-shirt.
If you are working on the Catherine Booth Award, take photos to share with the Review Committee.

1. **PLAY ON A RACQUETBALL SPORTS TEAM.**

Some suggestions are:
- Ping Pong game
- Badminton

2. **TEACH A FRIEND HOW TO PLAY ONE OF THE RACQUET SPORTS YOU CHOSE.**

Conduct a clinic for two or three friends. This could be a group of Girl Guards, Sunbeams, or neighborhood children. Organize several classes and practice drills to teach the basic skills such as forehand, backhand, serves, etc. Set up a tournament for your group, if you feel they are ready for that kind of challenge.

Here are several careers related to this emblem. There are many others.
- Coach
- PE Teacher
- Tennis Instructor

3. **ENTER A SCHOOL OR NEIGHBORHOOD RACQUET SPORTS TOURNAMENT OR LEAGUE.**

**Additional Resources**

- **Websites**
  - Rules for Different Racquet Sports
    - [www.ask.com/questions/sports/racquet-sports](http://www.ask.com/questions/sports/racquet-sports)
    - [http://racquet.about.com/](http://racquet.about.com/)
  - Racquet Sports on Pinterest

**Looking Ahead**

If you enjoyed this activity, find out how to put it to work. Talk to your school counselor about career opportunities that would allow you to use your new skills. What can you do now to help you prepare for a related job in the future?

If you are working on the Catherine Booth Award, take photos to share with the Review Committee.

1. **PLAY ON A RACQUETBALL SPORTS TEAM.**

2. **NOW THAT YOU HAVE LEARNED THE BASICS OF A RACQUET SPORT, USE YOUR KNOWLEDGE TO HELP OTHERS.**

Conduct a clinic for two or three friends. This could be a group of Girl Guards, Sunbeams, or neighborhood children. Organize several classes and practice drills to teach the basic skills such as forehand, backhand, serves, etc. Set up a tournament for your group, if you feel they are ready for that kind of challenge.

3. **ENTER A SCHOOL OR NEIGHBORHOOD RACQUET SPORTS TOURNAMENT OR LEAGUE.**
RACQUET SPORTS

MY TASKS AND ACTIVITIES:

★ Task 1
Signature: __________________________
Date Completed: ____________________

★ Task 2
Signature: __________________________
Date Completed: ____________________

★ Task 3
Signature: __________________________
Date Completed: ____________________

Mind Matters
Choice Task 1
Signature: __________________________
Date Completed: ____________________

Choice Task 2
Signature: __________________________
Date Completed: ____________________

Body Basics
Signature: __________________________
Date Completed: ____________________

Soul Quest
Signature: __________________________
Date Completed: ____________________

Others
Signature: __________________________
Date Completed: ____________________

S-T-R-E-T-C-H Project(s)
Signature: __________________________
Date Completed: ____________________

MY NOTES:

My Name: __________________________
Date: ____________________________

MY BIG IDEAS:

I WONDER:

COMPLETED

My Name: __________________________
Date: ____________________________