



**KHE 207**

**SKILLS DEVELOPMENT AND TECHNIQUES IN  
SPORTS AND GAME**

# **MODULE 1 SKILLS DEVELOPMENT AND TECHNIQUES IN SPORTS AND GAME-ATHLETICS – FIELD EVENT**

## **UNIT 1 TRIPPLE JUMP**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. History and Development of Triple Jump
  - 3.2. Facilities and Equipment for Triple Jump
  - 3.3. Performing the Skills in Triple Jump
- 4.0. Self Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/ Further Readings

### **1.0. INTRODUCTION**

Athletics events which is called athletics in Britain and named track and field in America are aspects of sports that involve running and jumping. In this module, you are to learn about one of the events in athletics known as triple jump which is also called “hop step and jump”

### **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of this unit, you will be able to;

- appraise the history and development of triple jump
- categorise facilities and equipment in triple jump as a professional
- perform the skills involved in triple jump

### **3.0. MAIN CONTENTS**

#### **3.1. History and Development of Triple Jump**

Triple jump is one of the athletic jump events done on the field during athletics meet (field events). It was one of the events done when the modern Olympic game started in 1896 in Athens Greece. Triple jump is one of the field events in athletics called horizontal jump in which athletes jump far distance. Another event in this category is long Jump. The event was exclusively done by the

male from 1896 until females were allowed to participate in the event at the 1996 centenary Olympic game held in Atlanta, Georgia. It is an event that is now done in secondary sports and tertiary institutions games by both male and female. The world record holder in Triple Jump is Jonathan Edwards of Great Britain with 18.29m since 1995 while the Olympic record holder is Kenny Harrison of USA with 18.09m since 1996. For female, the world record holder is Inessa Kravets of Ukraine with 15.5.m since 1995, while the Olympic record holder is Françoise Mbango of Cameroon with 15.39m since 2008.

Click on the link to watch a video of How to perform Triple Jump on YouTube [https://www.youtube.com/watch?v=w\\_X7cLnFCYw](https://www.youtube.com/watch?v=w_X7cLnFCYw)

### Self Test 1

- i. List two horizontal jumps or field events in which athletes jump for distance.
- ii. When was the modern Olympic games started and where was it held?

Answer

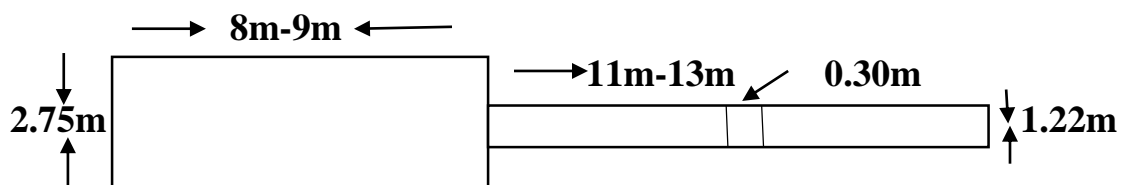
- Long jump, Triple jump(Hop Step and Jump)
- 1896, Athens Greece

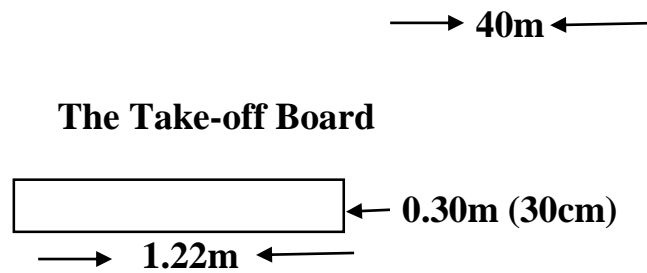
### 3.2. Facility and Equipment in Triple Jump

The facility in the triple jump is the run way, the take-off board and the land pit. The equipment used in triple jump includes the spiked shoe and the sportswear which must be tight fitted, the measuring tape and the fine sand or sawdust.

#### The Run Way and the Pit

The run way to the take-off board is usually 40m by 1.22m. The take-off board to the landing pit is usually 11m-13m depending on the sex. The 11m is for female while the 13m is for male. The landing pit is between 8m-9m long and 2.75m wide. The landing pit is usually filled with fine white sand without stone or pebbles.





**Fig. 1.1: The Run Way and the Pit**

### 3.3. Performing the Skills

Triple jump is an event that is performed in phases. The phases involved in performing triple jump include:

- a. The approach run
- b. The hop
- c. The step
- d. The jump/flight
- e. The landing

#### **The Approach Run**

The athlete runs with full speed with good running posture in order to gain full acceleration for the hop.

#### **The Hop**

The athlete hops with one stronger leg and land with the same leg to complete the hop.

#### **The Jump/Flight**

The athlete jumps and tries to hang in the air and push forward to gain distance.

#### **The Landing**

The athlete lands on both legs springing up and pushing forward. The athlete should always endeavour to land forward preventing any part of the body from falling backward. If this happens, the measurement is always taken from any point of the body that is closer to the take-off board.

#### **Performing the Skill (Skill Learning) Skill (Skill Learning)**

**Step I** – Try to hop on one leg using different legs at different times to determine the stronger leg or dominant leg.

**Step II** – Try to hang up one leg and hop moving forward, landing on the same leg you hopped with. Practice this for 2-3mins. When this is mastered, move to the next step.

**Step III** – Use the other leg (the leg not used for hopping) to step forward. Then practice both for 2 – 3mins.

**Step IV** – Jump forward and land in squat position to complete the last phase. Practice all the phases together.

**Step V** – Pair up with somebody and assess each other in the performance of the phases when combined together.

Endeavour to practice the skills at your convenient time.

#### **4.0. SELF-ASSESSMENT EXERCISE**

1. Trace history and development of triple jump.
2. Perform the skills of triple jump.
3. Describe the facility of triple jump.
4. List two equipment in triple jump

Answer

Tight fitted sportswear, hose, spiked shoe, red and white flag used by officials

#### **5.0. CONCLUSION**

In this unit, you have learnt about triple jump and how to perform the skills practically.

#### **6.0. SUMMARY**

Triple jump is one of the athletic events done on the field during inter-house athletic competition. It is also known as “hop step and jump”. The event involves phases that must be mastered before one can perform the event.

#### **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*.  
Benin City: Ambik

## **MODULE 2 SKILLS DEVELOPMENT AND TECHNIQUES IN SPORTS AND GAME- HANDBALL**

This module is to introduce you to the game of handball, which can be played as either indoor or outdoor game. It is played on a hard surface

called the court with two goal posts where goals can be scored as in football. However, the game is played with hand as the name signifies.

- Unit 1 History and Development of Handball
- Unit 2 Facilities, Equipment and Supplies in Handball
- Unit 3 Basic Skills in Handball
- Unit 4 Official of Handball Game and Rules of Playing the Game

## **UNIT 1 HISTORY AND DEVELOPMENT OF HANDBALL**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. History and Development of Handball in General
  - 3.2. History and Development of Handball in Nigeria
  - 3.3. Playing the Game of Handball
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Readings

### **1.0. INTRODUCTION**

You might have seen people playing different games like soccer before. However, in this module you are to learn about a new game called handball. It is called handball because it is played with the hand unlike soccer or football played with legs. The game is an interesting one which you may definitely want to play after studying this unit. In this unit you are to learn about the history and development of handball generally and how it was introduced to Nigeria. You will also be introduced to the process of playing the game of handball.

### **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of this unit, you will be able to:

- state the history of handball

- explain the development in Nigeria
- outline the process of playing the game

### **3.0. MAIN CONTENTS**

#### **3.1. History and Development of Handball**

The origin of handball game can be traced to Konard Kock in Germany. However, the modern handball game was started in 1919 by Carl Schelez who actually gave the new name. Initially, the game was known as raffball, catchball and other many names. It was Carl Schelez who drafted the first rules as well as reduced the size of the playing court to the current size. The game of handball is played over the world by both male and female. It is an Olympic game event. The game of handball is regulated by the International Handball Federation (IHF) which has its headquarter in Busel, Switzerland. It is the world ruling body for handball. The federation was founded on 11th July, 1946. The IHF organizes competitions and training for coaches. Nigeria is a member of the IHF. Handball game (indoor) became an Olympic game event in 1972 at the Munich Olympic games.

#### **Self-Test 1**

Recount the history of handball generally.

#### **3.2. History and Development of Handball in Nigeria**

The game of handball was introduced to Nigeria in 1972 in preparation for All Africa Games hosted by Nigeria in 1973. The international body International Handball Federation is represented by Handball Federation of Nigeria (HFN) in Nigeria. Nigeria first participated in international handball competition in 1973 when the country hosted the 2nd All Africa Games in Lagos. The game of handball is played by both boys and girls in Nigeria. The game is played in primary, secondary and tertiary institutions in Nigeria. Handball game is one of the games played in Nigeria National Sports festivals.

#### **Self-Test 2**

Trace the historical development of handball in Nigeria.



### **3.3. Playing the Game of Handball**

The game of handball is played by two teams of 7 players each. Each team is made up of one goalkeeper and six court players. A team is made of 12 players consisting of two goal keepers and 10 court players out of which 7 players are to be on the court while 5 are to serve as substitutes. The game is started with a throw-off at the centre of the court by the team that wins the toss. The aim of each team is to score as many goals as possible. The ball can be bounced, thrown or rolled to team mates without allowing the ball to touch the leg. A goal is scored in handball when the whole ball crosses the goal line within the uprights and below the cross bar called the goal post on the goal line. The duration of the game is 2 halves of 30mins each with an interval of 10mins as half time.

Click on this link <https://www.youtube.com/watch?v=69Ap8WsenXc> to watch a video of handball.

### **4.0. SELF-ASSESSMENT EXERCISE**

1. Recount the history of handball generally and in Nigeria
2. How many players make a team in handball?
3. How many players play the game of handball?

Answer

7players and 5subtitutes (12players)

14players

### **5.0. CONCLUSION**

One of the major games in physical education is handball which can be used in developing the physical being of every participant. If you develop interest in playing the game, it could be a means of making you physically fit as well as developing you mentally.

### **6.0. SUMMARY**

This unit has been able to discuss the development of handball generally and particularly in Nigeria. You have also learnt the process of playing the game as well as the process of starting the game at the centre of the court.

### **7.0. REFERENCES/ FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik

Muhlethaler, U. & Raz, P. (1977). *Handball A.B.C* Berne: International Handball Federation.

## **UNIT 2      FACILITIES, EQUIPMENT AND SUPPLIES**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Meaning and Concept of Facilities, Equipment and Supplies
  - 3.2. Position of Players on the Court and their Names

- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/ Further Readings

## **1.0. INTRODUCTION**

In the last unit, you learnt about the history and development of handball. You also learnt about the process of playing the game of handball. In this unit, you will learn about the facilities, equipment and supplies in the game of handball.

## **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of this unit, you will be able to:

- state the meaning of facilities, equipment and supplies in sports as well as relating them to handball
- list the facilities, equipment and supplies in handball
- explain the relationship between facilities, equipment and supplies.

## **3.0. MAIN CONTENT**

### **3.1. Meaning and Concept of Facilities, Equipment and Supplies**

Facilities are permanent, non-movable, durable structures used in sports. They are permanent because they cannot be moved from one place to the other. They are durable because they can be used for a long period of time without being destroyed. However, they can be repaired and used again. Nobody can just remove facilities at will. In the game of handball, the facility is the court on which the game is played.

Equipment on the other hand are movable and durable materials used in sports. They are durable because they can be used for a long period of time. They can be repaired if spoilt and put in good shape for use again. In sports administration, it is important to note that all equipment should be properly labeled to prevent people from stealing them. Examples of equipment in handball include the jerseys, the hose, the goalpost net, the movable goal post, the stop watch used for timing and the ball.

Supplies on the other hand are forms of equipment that are also movable but not durable. They are the materials that can be used and discarded. Such materials are called consumable materials because once taken, may not be

returned. Examples of supplies may include the recording papers, the paints used in marking the court.

### Self-Test 1

Why is the court a facility and not equipment?

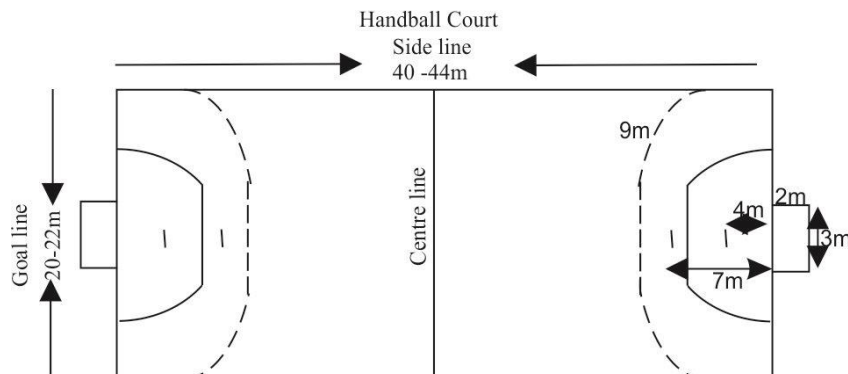
Answer

The court is not equipment because:

- it not be moved from one place to the other
- it is a permanent structure

### 3.2. Facilities, Equipment and Supplies in Handball

The facility in handball is the court. The court is rectangular in shape with the longer side called the side line which measure between 40m-44m. The shorter line is called the goal line which is 20m-22m. That is, a standard handball court could be either 20m by 40m or 22m by 44m. The goal post is 2m by 3m usually on the goal line.



**Fig. 2.1: Handball Court**

### Equipment

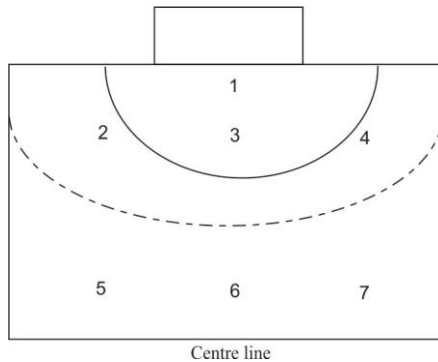
#### The Ball

The ball is spherical in shape which could be made from rubber or leather.

For men - 425gm to 475gm with a circumference of 58cm - 60cm

For women - 325gm - 400gm with a circumference of 54cm - 56cm

### 3.3. Position of players on the court and their names



**Fig. 2.2: Handball Half Court**

1. Goal keeper
2. Right Back
3. Centre Back
4. Left Back
5. Right Front
6. Centre Forward
7. Left Forward

Click on <https://www.youtube.com/watch?v=J0l0xWAwOvk> to learn more.

### 4.0. SELF ASSESSMENT EXERCISE

Draw a standard handball court showing all dimensions.

### 5.0. CONCLUSION

Understanding the meaning and concept of facilities, equipment and supplies is an important aspect in playing the game of handball. This aspect enables you to know about the court, the ball and the different parts of the court.

### 6.0. SUMMARY

You have been able to differentiate between facilities, equipment and supplies as well as knowing the relationship between the three. By now, you should be

able to list examples of facility in handball, the court and explain the nature of the court and the ball.

## **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik

Muhlethaler, U. & Raz, P.(1977). *Handball A.B.C* Berne: International Handball Federation.

## **UNIT 3 BASIC SKILLS IN HANDBALL**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Catching the Ball
  - 3.2. Passing the Ball
  - 3.3. Shooting the Ball

- 3.4. Bouncing the Ball
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Readings

## **1.0. INTRODUCTION**

In the last unit, you were introduced to the meaning and concept of facilities, equipment and supplies in handball. You were able to learn different examples of each one of them in handball. In this unit you will learn about the skills in handball game.

## **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of the lesson, you will be able to:

- catch the ball in an appropriate way
- pass the ball to other players
- shoot the ball at the goal
- apply the different types of passes and shooting.

## **3.0. MAIN CONTENTS**

### **3.1. Catching the Ball**

This is the first skill you are to learn so that you can be able to handle the ball appropriately, if there is a pass from other players. Therefore, catching a ball is a fundamental skill in handball.

**Catching the Ball:** This is done by the receiver of the ball who stretches the hand out with fingers well spread forming a “cup” shape in front of the body. The ball is caught with the elbow of the receiver pointing to the side. After catching the ball, the hand is moved backward towards the body.

To watch the technical points of catching in handball, kindly click on <https://www.youtube.com/watch?v=U08sP05KCZs>

### **Self-Test**

Look for a small ball or handball, let your partner throw the ball to you and catch.

### **3.2. Passing the Ball**

A pass is the process of setting the ball across to one's partner in the game of handball, since a player cannot hold on to the ball for more than 3 seconds. A good pass is a pass that gets to the player whom the pass is meant for. A pass that is intercepted by another player is not a good pass. Each pass must get to the targeted player. In handball game, the following types of passes can be identified:

- a. Chest pass
- b. Bounce pass
- c. Under hand pass (scoop)
- d. Hook pass

### **3.2.1. Chest Pass**

This type of pass is performed when the ball is held with one hand and thrown as a stone to the chest of the receiver. At the point of throwing the ball, the elbow of the hand holding the ball points to the direction of throw. The leg of the hand holding the ball is at the back and at the point of releasing the ball, the leg steps forward for a follow-through and more force. The ball is caught at chest level by the receiver. If the ball fails to go directly to the chest of the receiver, that shows that the chest pass is not properly executed.

### **3.2.2. Overhead Pass**

This type of pass is executed to displace an opponent standing in between two players. The skill is executed by just throwing the ball above the head of the opponent so that one's team mate could catch the ball. The skill is carried out with the ball held with one hand above the shoulder and thrown across to the receiver.

### **3.2.3. Bounce Pass**

Bounce pass is carried out with one hand where there is no opponent to intercept the ball. The ball is thrown and allowed to bounce  $\frac{2}{3}$  away from the thrower and  $\frac{1}{3}$  to the receiver.

Watch various ways how to pass the ball by clicking on <https://www.youtube.com/watch?v=tMLu3zWV3Sg>



### **3.3. Shooting in Handball**

This is a skill that is executed to score goals in handball game. After using different methods of passes to play the game of handball on the court, the players are to execute the skill to score goals. Since it is the team that scores the highest goal that wins, therefore, this skill is paramount to the game of handball. There are different types of shooting in handball which include jump, shot, pivot shot and penalty shot.

#### **3.3.1. Jump Shot**

This skill is executed when the attacking player jumps up above the defending players at the 6m line and releases a shot into the goal post. It is a very important skill usually used to score goals by attacking players in handball. In this method, the attacking player faces the goal post when the ball is being released.

#### **3.3.2. Pivot Shot**

This skill is executed when the attacking player is backing the goal post. The attacking player receives the ball in front of the defender and turns sharply to throw the ball into the goal post.

#### **3.3.3. Penalty Shot**

This type of shot is taken when there is a foul against the defending team within the goal area or the 6m line. This is usually taken from the penalty spot also called the 7m line. At the point of taking this shot, the leg of the player should not go beyond the line. The goal keeper has the right to move forward up to 4m line. The shot must be taken within 3seconds after the referee has blown the whistle.

Watch handball shooting training by clicking on <https://www.youtube.com/watch?v=A3qJmLO8QFE>

### **3.4. Bouncing the Ball**

The ball is bounced with one hand with the person bouncing the ball looking up in order to safe guide the ball from being intercepted by the opponent. In bouncing the ball the ball is usually kept within the reach of the person bouncing the ball.

#### **4.0. SELF ASSESSMENT EXERCISE**

- Look for a partner and execute some of the skills

- Take any of the reference books and read more about the skills.

## **5.0. CONCLUSION**

In this unit, you have been able to learn the different skills used in playing the game of handball. You learnt catching as skill as well as passing and shooting. Knowing these skills will definitely help you in playing the game of handball.

## **6.0. SUMMARY**

This unit has helped you to learn about the process of executing the skills of catching the ball, by laying emphasis on the position of the fingers when catching the ball. You were also able to learn about the different types of passes which include chest pass, overhead pass, bounce pass, underarm pass and hook pass. You were also able to learn about the different types of shooting which include Jump shot, pivot shot and penalty shot.

## **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik.

Muhlethaler, U. & Raz, P. (1977). *Handball A.B.C* Berne: International Handball Federation.

## **UNIT 4 OFFICIALS OF HANDBALL AND RULES OF PLAYING THE GAME**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Officials of Handball

- 3.2. Duties of Handball Official
- 3.3. Rules of Playing Handball Game
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Readings

## 1.0. INTRODUCTION

In the last unit, you learnt basic skills in handball. You were able to learn about catching the ball, passing the ball and shooting at goal. In this unit, you are to learn about the officials of the game and their duties.

## 2.0. INTENDED LEARNING OUTCOMES (ILOs)

By the end of this lesson, you will be able to:

- explain the meaning of officials
- highlight the officials of handball game
- enumerate the functions of all the officials

## 3.0. MAIN CONTENTS

### 3.1. Officials of Handball

Officials are individuals who enforce that players and team officials play the game according to the rules and regulations. They make sure that athletes and team officials adequately follow the rules and regulations. The officials of handball include:

- A. The Referee - usually two in number.
- B. The scorer
- C. Time Keeper

**A. The Referee:** There are usually two referees in the game of handball. One is called the court referee and the other is the goal line referee. Either of the two referees assumes either of the two positions depending on the position of the ball and the referee on the court. If the ball is at one end of the court, the referee there becomes the goal line referee, due to the position and the roles to be played in

that position. Once the ball moves to other goal area, the referee on the goal line assumes the role of court referee because the referee is now on the court.

### **3.2. Duties of Handball Officials**

The following are the duties of the referees in handball court:

- 1 The two referees are in charge of the game.
- 2 They examine the condition of the court before starting the game.
- 3 They see that the players and officials play the game according to the rules and regulations.
- 4 The first referee to be named on the list of officials is to draw the lots or toss for the teams to either choose the side or take the throw-off. At the point of starting the game, the other referee positions himself at the side of the team taking the throw off to blow the whistle for the start of the game as the court referee. They are to change positions during the intervals, that is, at the beginning of another half.

The court referee is to perform the following functions by blowing the whistle when:

- I. a foul is committed
- II. the ball crosses the touch-line or side line on his side
- III. the game is to start
- IV. either throw-off or corner throw, penalty throw, throw in or free throw is to be taken.
- V. there is ungentle man play

On the other hand, the goal line referee blows the whistle when:

- I. a player enters the goal area (6m line)
- II. a goal is scored
- III. the ball has crossed the touch line on his side.
- IV. the ball has crossed the goal line.

### **B. The Scorer**

The scorer performs the following functions:

- I. keeps the record of the game
- II. ensures that the score sheet is signed by the referees and captains of the team.

- III. collaborates with the time keeper to control the entire players.

### **C. The Time Keeper**

The time keeper performs the following functions:

- I. controls the time of the players enter and leave the court
- II. keeps the time substitute enters and leaves the court
- III. records the time of suspension
- IV. collaborates with the scorer to control the entering of players.
- V. notifies the end of suspension to the coach of offender's team.
- VI. makes a loud and distinct signal for the end of the game.

### **3.3. Rules of Handball Game**

- I. No player is allowed to take more than three steps while holding the ball.
- II. No court player is allowed to enter the 6m line except the goal keeper.
- III. No player is allowed to kick the ball with the leg except the goal keeper within the 6m area.
- IV. The goal keeper is not allowed to move out of the 6m area while holding the ball.
- V. The goal keeper while out of the 6m area cannot go back to the 6m while holding the ball
- VI. Any court player that steps into the 6m area is penalized with a free throw.
- VII. Players are not allowed to hold or grasp any part of the body of the opponent.

#### **Self-Test**

**Watch the video on the rules of hand ball by clicking the following link <https://www.youtube.com/watch?v=qkKTQKByJmA> and share what you have learnt.**

### **4.0. SELF ASSESSMENT EXERCISE**

- 1. State the duties of court referee in handball game
- 2. Explain the roles of time keeper and recorder in a handball game.

Answer

The referee:

examines the condition of the court before starting the game.

sees that the players and officials play the game according to the rules and regulations.

**Time Keeper:**

controls the time of the players enter and leave the court

keeps the time substitute enters and leaves the court

records the time of suspension

collaborates with the scorer to control the entering of players.

notifies the end of suspension to the coach of offender's team.

makes a loud and distinct signal for the end of the game.

## **5.0. CONCLUSION**

In this unit, you have been able to learn about the officials of handball game and their duties. You have also learnt about the rules guiding handball game.

## **6.0. SUMMARY**

This unit has helped you to know the officials of handball which include the referee – 2 in number, the scorer and the time keeper. You can now differentiate between goal line referee and court referee and their positions on the court. You have also been exposed to the rules guiding the players during handball game.

## **7.0. REFERENCES/ FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik.

Muhlethaler, U. & Raz, P. (1977). *Handball A.B.C* Berne: International Handball Federation.

### **Module 3 SKILLS, DEVELOPMENT AND TECHNIQUES IN SPORT AND GAMES – TENNIS**

In this module, you are to learn about the game of tennis. You are to learn about the history and development of tennis; and the basic skills involved in the playing of tennis game. Finally, you are to learn about the rules and regulations guiding the game.

**UNIT 1** History and Development of Tennis

**UNIT 2** Basic Skills and Officials

**UNIT 3** Rules and Counting

## **UNIT 1                   History and Development of Tennis**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. History and Development of Tennis
  - 3.2. Facilities, Equipment and Supplies in Tennis
  - 3.3. Meaning and Concept of Facilities, Equipment, and Supplies in Tennis
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/ Further Readings

### **1.0. INTRODUCTION**

You have seen people playing different games before; and have learnt about playing the game of handball. In this module, you will learn how to play tennis game. It is an interesting game played on court with ball and racquet.

### **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of this lesson, will be able to:

- trace the history and development of tennis
- recount the history of tennis in Nigeria.
- identify and illustrate facilities, equipment and supplies in tennis
- list examples of facilities, equipment and supplies in tennis

### **3.0. MAIN CONTENTS**

#### **3.1. History and Development of Tennis**

The modern tennis game can be traced to Mayor Walter Clopton Wingfield a British Army Officer in 1873 who invented a game called Sphairistike from which modern tennis evolved. The game of tennis used to be known as lawn tennis. This game was first played on grass and later on hard surfaces covered with clay. The game is now played on clay, asphalt, wood or concrete which is determined by the weather condition of each country. The body that is responsible for the formulation of rules and regulations in the world is the International Tennis Federation (ITF) which was formerly known as

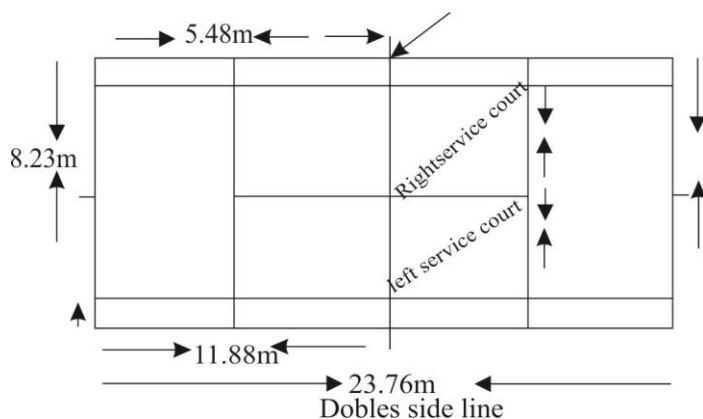


International Tennis Federation was formed in 1913, March 1st. The federation is saddled with overseeing the affairs of tennis worldwide including wheelchair tennis and beach tennis. The law guiding the game was promulgated in 1924. The federation has over seen so many tournaments organized in different nations of the world. This included Wimbledon Opens of London, US Opens, French Opens and Australian Opens. Tennis was one of the sports that featured at the inauguration of the modern Olympic Games in 1896 in Greece. However, the game withdrew from the Olympic game in 1924 only to return in 1988.

The game of tennis was one of the foremost games introduced to schools and colleges in Nigeria in the early 20th century by the missionaries. Since then, the game has become popular with clubs and individuals constructing tennis courts in their clubs and personal houses respectively. The International Tennis Federation is represented in Nigeria by Nigeria Tennis Federation. Tennis is a popular game in Nigeria with several competitions organised by different clubs. Such competition includes Ogbe Hand Court, Lagos International Tennis Championship and others to list a few.

### 3.2. Meaning and Concept of Facilities, Equipment and Supplies

Facilities are non-movable, permanent durable structures used in tennis game. They are non-movable because they cannot be moved from one place to the other. They are durable because they can be used for a long period of time. The court is rectangular in shape which can either be constructed on a clay, concrete, asphalt or grass.



**Fig. 3.1: Diagram of Tennis Court**

## Equipment

These are movable, non-permanent durable materials used in playing tennis. They are movable because they can be moved from one place to the other. They are durable because they can be used for a long period of time and can be repaired when spoilt. Examples of equipment in tennis include the racquet, the ball, the net, the sport wear (dress, head band, sneakers, hose, wristband).

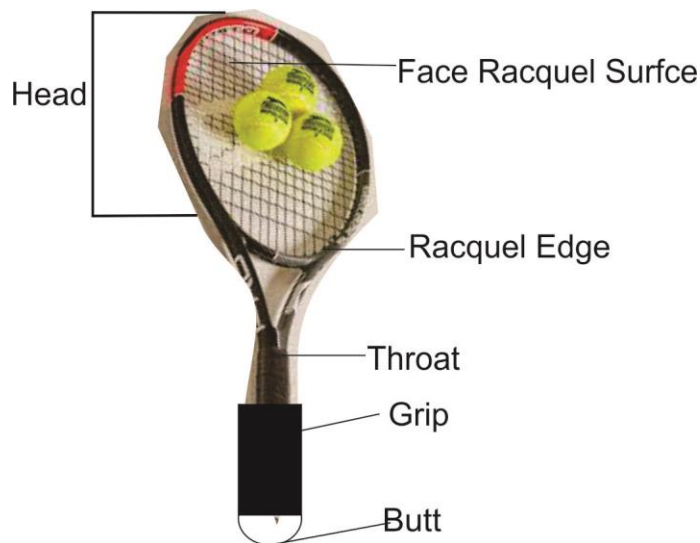
- i. **The Net** - The net is usually attached to the pole which must be 0.91m away from the double side line and must be 1.07m high at the poles and 0.91m at the centre of the court. The pole is usually a facility because it is attached to the floor of the court. At times it could be moved and therefore becomes equipment.
- ii. **The Ball** - This is spherical in shape. It is between 6.35cm and 6.67cm in diameter and must weigh between 56.7gms and 58.5gms.

### iii. The Racquet

The racquet for male weighs between 337gms to 350gms.

Female weighs between 325gms to 337gms.

Juniors weigh between 225gms to 275gms.



**Fig. 3.2: Diagram of Tennis Racquet**

#### **iv. The Dress**

The normal dress for playing tennis is white. For men, it is white short and short sleeve shirts. For female, it is either shorts or skirts with shirts or blouses, canvas shoes and stockings.

### **Supplies**

Supplies are also equipment but they are dispensable. They are movable, non permanent, nondurable but disposable materials used in tennis. They are disposable because they cannot be reused repeatedly. Examples of supplies in tennis are powder used in rubbing the hand during play and the paint used in lining the court.

#### **4.0. SELF-ASSESSMENT EXERCISE**

- i. Trace the historical development of Tennis.
- ii. Explain facilities in relation to tennis game

#### **5.0. CONCLUSION**

In this unit, you have been able to learn about facilities, equipment and supplies in relation to tennis. You have been able to differentiate between the facilities used in tennis as against facilities in other games.

#### **6.0. SUMMARY**

In this unit, you have learnt that the court and the pole are the examples of facilities in tennis while the net, the ball, the racquet and other accessories are equipment. You are also able to discover that all the dispensable materials like the powder used by athletes to rub their palm during play is an example of supplies

#### **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik.

Wikipedia <http://en.wikipedia.org> retrieved on 9th July, 201

## **UNIT 2 BASIC SKILLS OF TENNIS AND OFFICIALS**

### **CONTENTS**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Basic Skills
  - 3.2. Officials
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Reading

### **1.0. INTRODUCTION**

In the last unit, you were introduced to history and development of tennis, as well as facilities, equipment and supplies in tennis. In this unit, you will learn the basic skills in playing tennis and the officials of the game.

## 2.0. INTENDED LEARNING OUTCOMES (ILOs)

By the end of this unit, you will be able to:

- apply the basic skills in tennis
- execute at least one skill in tennis
- explain the duties performed by officials of tennis

## 3.0. MAIN CONTENTS

### 3.1. Basic Skills

The basic skills in playing the game of tennis are the grips, the service, the fore hand drive, the back-hand drive, the smash, the volley and the lob.

#### 3.1.1. The Grips

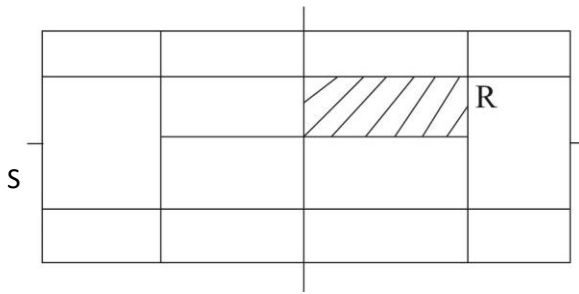
There are two types of grips which include the eastern grip and the continental grip.

**Eastern Grip:** This form of grip is done as if one is having hand shake with the handle. There is V shape formed by the thumb and the forefinger on top of the racquet with the face of the racquet perpendicular to the ground.

**Continental Grip:** The continental grip occurs when the V shape formed by the thumb and the index finger is shifted slightly to the left on the handle.

#### 3.1.2. The Service

The game of tennis is started with a service from the right service court. In serving a ball by a right-handed player, the player stands with his left foot in the front with his body parallel to the service line, the ball is tossed into the air, so that if it is allowed to fall, it lands on or beside the toe of the left leg. However, as the ball is coming down from the air, the ball is played with the racquet with a drive from behind over the head. The ball must be driven forward and downward. On the court, it must be played towards the right court diagonally opposite the serving area. The ball must land in the service area in order to make the service a valid one.



S - Position of server

R – Position of receiver

//// - Area where the ball must land for singles

**Fig. 3.3: Positions and Area in Tennis**

Click on <https://www.youtube.com/watch?v=CXgfNBnetzQ> to watch how to serve

### Self Test

Practicalise the two ways of holding racquet in tennis

#### 3.1.3. The Forehand Drive

The forehand drive is done by a right-handed player when the server stands in astride position facing the right-side line and the shoulder of the left hand facing the net. At this point, there is back swing of the racquet making the weight of the body transferred to the right leg. The racquet is now driven horizontally from the back forward to hit the ball and the right leg that was formally at the back is moved forward for follow through.

#### 3.1.4. The Backhand Drive

For the backhand drive, the right-handed player stands with the body facing the left-side line with the racquet held across the body. At this point, the shoulder of the right hand is facing the net. The racquet is now driven backward and moved forward to contact the ball with the back of the racquet. For the back hand stroke the continental grip is usually used.

To learn more on the backhand drive, click on <https://www.youtube.com/watch?v=zvjfL487Vaw>

#### 3.1.5. The Smash

This is an offensive skill in tennis. It is used to drive the ball harder into the opponent's court so that the receiver may not have the opportunity of returning the ball. The contact and the movement of the player are similar to the service. The player contacts the ball in the air with a very hard stroke into the opponent's court.

### **3.1.6. The Volley**

There are two types, which are the forehand volley and the backhand volley. To carry out the **forehand volley**, one stands sideways to the net with the shoulder facing the right-side lines. The elbow is close to the body with the body bent at waist; the wrist joint is extended but kept rigid. The racquet's face is tilted and the ball contacted with a backward swing of the racquet.

#### **The Backhand Volley**

This backhand volley is done in a similar way as the forehand volley but the body is placed sideways with the shoulder facing the left-side line with the wrist flexed. The racquet is swung backward with a little force to drive the ball forward with the back of the racquet.

### **3.1.7. The Lob**

The lob is done the same way the volley is done but the racquet's face is now near horizontal and more force is needed here for forward and upward movement. This skill is executed with the Eastern grip.

## **4.0. SELF-ASSESSMENT EXERCISE**

- i. Discuss two methods of holding the racquet in tennis.
- ii. Discuss forehand, backhand and the smash in tennis.
- iii. What is an offensive skill in tennis?

## **5.0. CONCLUSION**

In this unit, you have learnt the different skills used in playing tennis. You can now handle tennis racquet and display some of the skills highlighted.

## **6.0. SUMMARY**

This unit has tried to lead you into the skills used in playing the game of tennis. You have learnt how to grip the racquet either using the eastern grip or the

continental grip. You have also learnt how the ball is served. The forehand and the backhand drives were also learnt, as well as smash and the lob.

## 7.0. REFERENCES/FURTHER READINGS

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik.

Wikipedia <http://en.wikipedia.org> retrieved on 9th July, 2019

## UNIT 3 OFFICIALS OF TENNIS AND THEIR DUTIES

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Officials of Tennis
  - 3.2. Duties of the Officials
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Readings

### 1.0. INTRODUCTION



In the previous unit, you have learnt about the skills used in playing tennis. In this unit, you will learn about the officials and their duties.

## **2.0. INTENDED LEARNING OUTCOMES (ILOs)**

By the end of this unit, you will be able to:

- list the officials of tennis
- explain the duties of the officials in tennis
- officiate as line umpires during tennis tournaments

## **3.0. MAIN CONTENTS**

### **3.1. Officials of Tennis**

The officials of tennis are the judges that help in enforcing of rules and regulations of tennis. They make sure that both athletes and the team officials abide with the rules and regulations. Depending on the type of competition, a team of about eleven officials may be on a court. This is necessary because there are usually many line umpires to help the chair umpire. The officials of tennis are licensed by the respective tennis federation. Apart from the umpire, there may also be the referee who is usually not seen because the individual is the person that assigns the umpire to the court. The main officials of tennis include:

- The Chief Umpire
- The Chair Umpire
- The lines Umpire

### **Self-Test**

Who are the officials of tennis?

### **3.2. Duties of the Officials**

#### **3.2.1. The Chief Umpire**

The chief umpire is the leader of the officials in the game of tennis. During the tournaments, this official may not be visibly seen on the court during play. The duty of the chief umpire is to assign other umpires to their places of assignments. The chief umpire is to allocate courts to all the officials. The chief umpire signs and ratifies all results and resolve disputes that arise during the course of play on all the courts. The umpire signs all the results in all the courts.

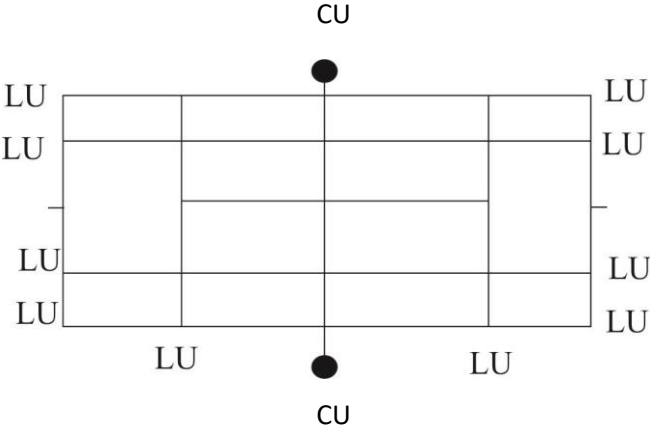
#### **3.2.2. Chair Umpire**

The Chair Umpire is the main official for each tennis tournament. This official is the leader of all officiating judges on the court. The decision of the chair

umpire is the final. He is the official that sits on the tall chair behind the net post at the centre of the court from where he can see all the parts of the court. The chair umpire calls the opposing players together to draw the lot for them to decide who serves first, receive or choose ends at the beginning of the tournament. He is in charge of the score card to record the points made by each player or team. After the tournament, he hands over all score to the overall chief umpire.

**3.2.3. The Line Umpire**

As the name entails, the line umpires are in charge of the lines. Usually at international competitions about ten in number assigned to watch the lines to determine whether the ball lands within the court or outside the court. The line umpires are assigned to each line at either side of the court. They make verbal pronouncement of “out” when the ball is out of play and at the same time make signs by extending the arm shoulder high in the direction of which the ball is out. When the ball lands within the court that “good ball” he makes sign by holding both hands together knee high in front of the body. They are also to check for foot faults during service. Foot faults occur when the server steps on the base line during service.



CU – Chair Umpire  
 LU – Line Umpires

**Fig. 3.4: Position of Chair Umpire and Line Umpires on the Court**

#### **4.0. SELF ASSESSMENT EXERCISE**

Enumerate the duties of chief umpire in tennis.

#### **5.0. CONCLUSION**

In this unit, you have learnt about the officials of tennis and their duties. You can now serve as tennis officials during tennis competitions among your friends.

#### **6.0. SUMMARY**

In this unit, you have learnt about officials of tennis, their duties and their positions on the court during play. You can draw a tennis court with the position of the chair umpire and the line umpires.

#### **7.0. REFERENCES/FURTHER READINGS**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O. (1988). *Physical education for junior secondary schools*. Benin City: Ambik.

Wikipedia <http://en.wikipedia.org> retrieved on 9th July, 2019

### **UNIT 4      Playing the Game of Tennis**

#### **Contents**

- 1.0. Introduction
- 2.0. Intended Learning Outcomes (ILOs)
- 3.0. Main Contents
  - 3.1. Playing the Game of Tennis
  - 3.2. Counting in Tennis
  - 3.3. Rules and Terms
- 4.0. Self-Assessment Exercise
- 5.0. Conclusion
- 6.0. Summary
- 7.0. References/Further Readings

#### **1.0. INTRODUCTION**

In the last unit, you have learnt about the game of tennis. In this unit, you will learn how the game of tennis is played. You will also learn about the counting as well as the rules and terms used in the games.

## 2.0. INTENDED LEARNING OUTCOMES (ILOs)

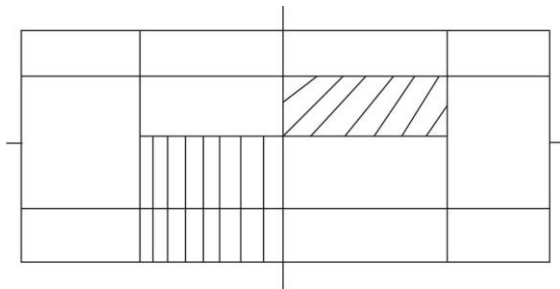
By the end of this lesson, you will be able to:

- state the process of playing tennis
- count the scores in tennis
- apply the rules of tennis
- use the terms of tennis correctly.

## 3.0. MAIN CONTENTS

### 3.1. Playing the Game of Tennis

The game of tennis is played on a court with two players (one player playing against the other) as it occurs in singles or four players (two players playing against two other players) as we have in doubles. The double games can be in three forms viz male doubles, female doubles mixed doubles. The game of tennis is started with a service from the right service court and played diagonally to the right service court on the other side of the court where the service is taken. If the service is returned by the receiver, the rally continues until the ball goes out of the play. The server has the opportunity of making two trials. If the ball fails to land within the specified areas at the first attempt, the server is allowed to take the second attempt. If it is successful, the rally continues till the ball goes out of play. When the ball goes out of play, the server moves to the left side of the court to serve and continues in that manner till the end of the game.



**Fig.3.5:Diagram Showing the Serving Area of the Court**

A≡≡ Right court for single

B ||| Right service court for doubles

i.e., when service is taken, it must land in any area marked A for singles and if it is double, it must land in any area marked B.

### Self-Test

Demonstrate the process of playing tennis.

### 3.2. Counting in Tennis

Counting in the game of tennis is unique in terms of scoring. Either of the opposing players can win points. The first player to win a point in tennis wins 15 points. The second point is 30, while the third point is 40 and the last point is the winning point.

Player A	Player B
15	love
30	love
40	love

It is important to note that winning player must be 2 points ahead of the loser.

Player A	Player B
15	Love
15	15
30	30
40	30

Game	Player B
Player A	Love
15	15
15	30
30	30
30	40 Deuce
40	40

If A is serving and wins Add in

If B wins it is add out

Add out

### Self Test

- i. List the 1st, 2nd, the 3rd, and the last points in tennis.
- ii. Explain *add in* and *add out* in tennis.

### **3.3. Rules and Terms in Tennis**

The following are some of the rules guiding tennis player:

- 1 A server in the process of serving should not step on the base line.
- 2 All servers must always start the service from the right service court and serve the ball across the net to the right service area diagonally opposite the right service area where the service is taken.
- 3 It is a service fault if the server's racquet misses the ball in an attempt to hit the ball during service.
- 4 A server must not serve until the receiver is ready.
- 5 The server wins a point whenever the receiver fails to return a good service.
- 6 The receiver wins a point if the server serves two consecutive faults. That is the server has two attempts to serve.
- 7 The receiver of a ball loses a point once the ball touches the body of the receiver or any object held or the clothes except the racquet.
- 8 A player is declared a winner of a set when such player wins six games with at least two games ahead of the opponent.
- 9 A match is made up of 5 sets except when the competition involves women when it ends at 3 sets.

#### **Terms used in Tennis**

1. Ace – A service that could not be returned by the receiver
2. Deuce – When the two opposing players are at three points and 40all
3. Lob – This is an ace that is placed high.
4. Set – A set is made up of 6 games.
5. Match – A match is made up of 3 or 5 sets

### **4.0. SELF ASSESSMENT EXERCISE**

- i. Enumerate the process of playing tennis.
- ii. Outline five rules in tennis

## **5.0. CONCLUSION**

In this unit, you have been able to learn counting during tennis game as well as terms used

## **6.0. SUMMARY**

In this unit, you have learnt the process of playing the game of tennis, counting while playing, as well as rules guiding this game and terms used in tennis.

## **7.0. REFERENCES/FURTHER READING**

Babalola, J.F. (2010). *Handbook of practical physical education*. Ibadan: OBK International Press.

Omughene, C.O (1988). *P.E for Junior Secondary School*. Benin City: Ambik