

## Introduction to Tennis

Tennis is a fun and exciting sport that can be played individually or in teams of two. When you're 11 years old, tennis can be a great way to make friends, stay active, and learn new skills. Let's break down how to play tennis, the rules, and how scoring works!

## How to Play Tennis

### Basic Equipment

- **Tennis Racket:** A lightweight racket to hit the ball.
- **Tennis Balls:** Soft, yellow balls specifically made for the game.
- **Court:** A rectangular area divided by a net where you play.
- **Shoes:** Wear appropriate athletic shoes for good grip.

### The Court

A standard tennis court has a net in the middle and is divided into two halves. Each half has service boxes and baseline areas for playing.

### How to Hit the Ball

Stand behind the baseline. When the ball comes, use the racket to hit the ball over the net into the opponent's side. The goal is to hit the ball where your opponent can't return it!

## Basic Rules of Tennis

### Starting the Game

The game starts with a serve. One player serves the ball into the opponent's service box. You get two tries to make a good serve!

### Scoring

The scoring in tennis is a bit different from other sports:

- **Points:** You get points by winning rallies. The point system goes from 0 (pronounced as "love") to 15, 30, 40, and then to winning the game.
- **Games:** You need to win 6 games to win a set, but you have to be ahead by at least 2 games (for example, 6-4 or 7-5).
- **Sets:** A match is usually played as the best of 3 or 5 sets. The first player to win that many sets wins the match!

### Common Rules

- You cannot hit the ball twice.
- The ball must land within the designated lines in the court.
- Players switch sides of the court after each odd-numbered game in a set.

## Conclusion

Tennis is both a physical and strategic game. Remember to practice hitting the ball, serving, and following the rules to enjoy the game. All it takes is some practice and you'll get better! So grab a racket and start playing!