

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Acceleration	Acceleration	A sudden increase of speed, or a change in rapidity
Accompagnement	Follow-through	An arm movement carried out once the racket has hit the ball and the arm follows the direction of the ball
Ace	Ace	A winning serve that lands out of reach of the receiver; A serve that the receiver cannot return.
Acquis	Know-how	A specialized skill that a person has mastered.
Acquisition	Acquisition	A technical, tactical, physical or psychological element that a pupil has mastered.
Adresse	Skill	The physical or intellectual ability to undertake and perform different tasks.
Ajustement	Adjusting ; getting ready	Small, precise and rapid steps taken before hitting the ball, which enable the player to have better balance and to be more precise in placing the ball.
Allègement	Split-step (or ready hop)	The small jump made by a player as soon as he has understood the type/direction of the shot played by his opponent.
Ambition	Ambition	A deep desire to reach the highest possible level.
Amorti	Drop shot	A very short stroke that bounces close to the net (can be played from the front or back of the court). A ball hit so lightly that it lands just over the other side of the net forcing the opponent to rush forward.
Angles (théorie des)	Theory of Angles	Geometrical analysis of curves in order to foresee the most effective direction of shots to be played and the places of repositioning.
Anticipation	Anticipation	Foreseeing, or imagining future events. Being able to read the intentions of one's opponent
Apprentissage	Apprenticeship	Training ; discovery and progressive mastering of a skill or a subject.
Appui (double)	Stance (double)	The two feet are touching the ground.
Appui (simple)	Stance (single)	One foot is touching the ground.
Appuis croisés (ou fermés)	Closed stance (or square stance)	The two feet are positioned so as to help the player turn his back to the net.
Appuis en ligne	Sideways-on stance	The two feet are placed in the direction (path) that the ball has been sent.
Appuis ouverts	Open stance	The two feet are positioned so as the player faces the net.
Appui (prendre appui sur)	To lean on, to take off from	
Atelier	Work-shop, work-centre	A place where special training is set up (mini-tennis, games, psycho motorisation, Junior club, teaching, games supervised by monitors, sports)
Attaque	Attack	Offensive action.
Attitude d'attention:	Paying attention, awareness	General attitude which helps a player before starting.
Audace	Bravery, courage, audacity	Readiness to take a risk at a suitable moment.
Automatisation	Automation	A phase of learning during which a stroke is repeated so often that it is played automatically.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Autonomie	Autonomy	Independence or freedom of one's own actions and the possibility of deciding for oneself, whatever the circumstances.
Balle dure	Hard ball	The traditional ball used in tennis.
Balle en mousse	Foam-rubber ball	A very light ball, larger than the traditional one, suitable for beginners, (children or adults).
Balle intermédiaire	Intermediary ball	A ball with less pressure than the traditional one, which helps a pupil learn more quickly.
Balle souple	Soft ball (or mini-tennis)	Ball with a low bounce, suitable for beginners.
Bascule (du poignet)	Bending (wrist)	See « Poignet »
Bascule (épaules)	Bennding (shoulders)	When serving, just before hitting the ball, the left shoulder goes down while the right shoulder goes up (for a right-handed person)
Bases tactiques	Basic tactics	First tactics that must be acquired.
Bases techniques	Basic technique	First technical elements that must be acquired.
Bilan	Assessment ; evaluation ; review	Result and analysis of observation.
Bois	"Wood"(lit.) Miles out !	An expression usually used to describe a badly played stroke.
Boucle de liaison	Swing (linking loop)	The movement of the racket which links the end of the preparation to the beginning of the stroke.
Break	Break	Winning your opponent's service ; where the serving player loses the game.
Cadence	Rate ; pace	The regular speed of successive movements, actions or rallies which often seem repetitive ; the regular rate, more or less rapid, of a rally.
Capacités	Ability	The ability to do, or understand something ; the total amount of a person's acquired knowledge that can be seen and judged by an observer.
Centre d'entraînement de club	Club training centre	A teaching department set up in a Junior Club, or at a Tennis School which can be used by the young players who play in tournaments.
Certification	Certified statement	A document which validates a title or a professional qualification and recognizes, with a diploma, a person's capability and competence, in relation to a required standard.
Chanfrein	Chanfrein (bevelled edge)	The sidelong part of the racket handle which is between the two wider flat surfaces.
Changement de cadence	Changing speed-rate	Acceleration or slowing down in the course of a rally.;
Changement de rythme	Change of rhythm	A stroke which alters the pace of a rally.
Club junior	Junior Club	A tennis training centre for young people with workshops (instruction, games, sports with monitors)
Coeur de la raquette	Racket throat and shaft	Part of the racket between the grip and the head.
Cognitif	Awareness	Which allows one to acquire knowledge ; perception.
Combativité	Combativeness	Pugnacity ; the ability to fight no matter whatever the difficulties.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Compétence	Competence, capability	Possession of a required skill which gives its owner the right to judge. Process by which a person or group regularly perform well which lets him/her/them be employed to the best of his/her/their abilities.
Concentration	Concentration	To pay attention to someone or something. To think only of one thing. The ability to remain attentive with only one aim in view.
Confiance en soi	Self-confidence	Assurance that one is able to make best use of one's own mental, physical and technical qualities.
Consigne	Order	A strict instruction given to someone who has the duty to carry it out.
Contre-attaque	Counter-attack	An aggressive reply to an attack by an opponent.
Contre-pied	Wrong-footing shot	A shot played in the opposite direction to the one where the opponent has started to move towards.
Contrôle de soi	Self-control	Being able to master one's emotions and behaviour.
Coordination	Co-ordination	The ability to do more than one thing at the same time ; harmonious interaction.
Correctif	Correction	A restrictive exercise as a result of which a wrong movement or faulty
Coup croisé	Crosscourt shot	A shot played diagonally across the court (crosswise) .
Coup de débordement	Outflanking shot	Rapid shot with the aim of overpowering the opponent by its speed.
Coup décroisé	Substitute crossed shot (stand-in crosscourt shot)	A shot that a player would not naturally make (backhand instead of forehand and vice-versa) played crosswise.
Coup droit de décalage	Inside out (or off) forehand	A forehand played instead of a backhand
Coup long de ligne	Line-shot	A ground stroke played parallel to the lines (the tramlines).
Coup recouvert	Disguised shot	A stroke where a slight lift is given to the ball.
Coupé ou chopé	Slice	A rotating effect on the ball from top to bottom around a horizontal axis. A shot played with a slicing movement under the ball making it spin backwards in the air and bounce low.
Couper une trajectoire	To stop the ball in its track	To use the shortest means to hit the ball early.
Cycle	Cycle	Lapse of time comprising three phases : preparation, competition and recuperation.
Défaut	Defect, fault, failing.	Lack of what is desirable.
Défense	Defence	Unfavourable situation against a domineering opponent.
Dégagement	Getting out of the way	Coordinated movement of the top and lower part of the body with the purpose of avoiding a ball which is coming straight towards the player and is likely to hit him/her.
Démarche pédagogique	Educational process	Various steps or methods which are necessary to pass on knowledge or a skill.
Demi-volée	Half-volley	A shot hit immediately after the ball has bounced.
Démonstration	Demonstration	Acting or showing how a movement, a series of movement or an exercise ought to be done.
Déplacement	Movement of the lower part	Player's leg movements during the phase between his opponent's shot and his own ready-position.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Détection	Discovery	Finding out what is hidden. Action which leads to finding out the a player's technical, tactical and physical qualities.
Déterminamtion	Determination	Firm resolution to reach a goal in the immediate, near or distant future.
Didactique	Didactic (adj.); Educational method (n.)	With the aim of instructing ; Theory and method of teaching a specialized subject.
Dimension : carré service	Dimensions, measure-	Length of service box : 6.4080 metres or 7 yards or 21 feet.
Dimension (du court)	Measurement of the tennis court	Space between baseline and side-lines length 23.7744 m x 10. 9728 m. width for doubles; id. 23.7744 m x 8. 2296m. width for singles (78 feet x 36 feet for doubles, 27 feet for singles)
Dimension hauteur des poteaux)	Measurement (height of posts)	1. 0668 metres or 1.17 yards (or 3.5 feet)
Dimension (du filet)	Height (of net)	0.9144 metres or 1 yard (or 3 feet), at centre service line
Dimension (largeur terrain double)	Width measurement (for doubles)	10.9728 m. or 12 yards (36 feet)
Dimension (court de simple)	Width measurement (for singles)	8.2296 m. or 9 yards (27 ft)
Dimension (longueur du court)	Measurement (length of court)	23.7744 metres or 26 yards (78 ft)
Dimension (ligne de service / fond)	Service line to baseline measurement	5.4864 metres or 6 yards (18 feet)
Disponibilité	Availability, readiness;	Physical or psychological state which allows a person to be free to act.
Echange	Exchange, rally	Hitting the ball back and forth to an opponent or opponents, by oneself or with a partner.
Echauffement	Warming-up	Physical and mental exercises to prepare a player before practice or a match.
Educatif	Educational	An exercise that instructs or teaches someone. The way of making a pupil understand. An exercise which helps the pupil to acquire a movement or to analyse a situation more easily.
Effet	Spin	Rotation of the ball caused by the rubbing the strings of the racket against it when contact is made.
Embase	Butt	Part of the racket which is at the end of the grip ( of the racket handle).
Eminence hypothénar	Hypothenar protuberance	The fleshy prominence on the palm of the hand at the base of the little finger (formed by three short muscles responsible for the movement of the little finger).
Enchaînement	Sequence	Successive strokes or movements.
Endurance (aérobie)	Endurance	The ability to make an effort of feeble intensity last a long time.
Endurance psychologique	Psychological endurance	Aptitude or natural ability to resist physical and moral strain or suffering.
Entraînement	Training	The action of training. A step in teaching designed to improve the level of a pupil's performance in competition (coaching)
Equilibre	Balance, equilibrium	Stable position of the body as a result of which the best possible upper body movements can be performed.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

<b>FRANCAIS</b>	<b>ANGLAIS</b>	<b>EXPLICATION</b>
Estime de soi	Self-esteem	The opinion that an athlete has of his/her own personality or performance.
Etirement	Stretching	Exercise with the aim of improving the limbering up (loosing up) of muscles, ligaments, sinews (tendons) and joints. Helps the toning up of muscles, etc...
Evaluation	Evaluation, appraisal, assesment	Judgement, measuring an action or a performance.
Exercice	Exercise	Teaching method permitting the pupil to acquire, strengthen or improve one, or several, of his/her qualities.
Extension	Full stretch	Word applied to a shot where the body is fully stretched (stretched to its maximum)
Fair-play	Fair-play	Good sportsmanship. Behaviour respecting the rules, the spirit of the game and the opponent
Fermer une prise	Closing one's grip ( hold)	A player changes the way he holds his racket by turning the side of the head
Fin de geste	End of gesture (movement)	Natural arm movement at the end of the follow-through.
Flexion (fléchir)	Bending, (to bend)	Action of bringing together two consecutive segments of a limb.
Fondamentaux	Fundamentals, basics	Technical, tactical, physical or psychological elements necessary for the efficacy of a stroke.
Force	Strength	Muscular capacity enabling a person to carry a heavy load.
Forme (joueur)	Form, fitness, shape	Physical or psychological state.
Forme (gestuelle)	Form, shape, figure	The outer aspect of a movement.
Frappe	Strike, hit	Arm movement which results in the racket making contact with the ball.
Gainage	Pelvic strength	Muscular strength which enables a good positioning of the pelvis and the back during a movement.
Gamme	Scale, range	Systematic repetition of one or several strokes within a rally.
Grand jeu de jambes	Footwork with large strides	Footwork enabling a player to move quickly towards a ball that is far away.
Grip	Grip tape, grip band, over-grip	Leather or synthetic band or tape fixed on the grip (racket handle) to make it easier to hold.
Groupe « Avenir Club »	"Future Club" Group	Group of one to three children aged 8 ( / for girls) to 10, benefiting in club training units from one-to-one teaching to prepare them for competition.
Groupe avenir régional	Regional Future Group	Children's group aged 10-12 (girls), 11 to 13 (boys), comprising the best players in their league.
Groupe « Espoir »	"Young hopefuls " group	Group which is trained at the national level and depend of their league.
Guidage	Guiding, guidance	An educational means used by a teacher which consists in physically helping a pupil to carry out an action.
Habilité	Skill	Ability, know-how.
Impact	Contact point	Place and moment when the ball and the racket meet.
Individualisation	Personalization	The action of adapting the method used by the instructor to one of the pupils in the group (tailoring to suit an individual's requirements).

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Initiation	Initiation	The action of revealing or learning something hitherto unknown. Step in teaching , aiming at bringing a pupil up to a level where he can play for points with intermediary balls.
Intention	Intention	Choice a player makes of the shot he will play after taking the situation into account.
Intervention	Intervention	The action of intervening in a situation or interrupting a debate. During an exercise an instructor's words or actions which give a pupil a better understanding of what is expected of him.
Jauge (du cordage)	Gauge (of the strings)	A measurement of the thickness of a racket string.
Jeu à thème	Theme-game	Game with one or several orders (or rules) laid down in advance.
Jeu de jambes	Foot-work	Leg movements which let a player hit each ball under the best possible conditions, whatever its speed or path may be. Footwork ensures a good sequence of shots and is made up of covering the court, positioning and re-positioning.
Jeu décisif	Tie break	The last game of a set to decide which player will win, usually played when the score is 6 - 6.
Jeu dirigé	Supervised (overseen) game	A sequence of points (or a practice match) during which the instructor intervenes from time to time to change one (or several), player's behaviour.
Jeu libre	Unrestricted (free) game	A sequence of points (or practice match) without any interference from the teacher.
Jeux sportifs	Sports (games)	Various physical and sports activities, outside of tennis, which help a person to have fun while learning the skills of tennis.
Jouer dans la foulée	Playing within a stride	Hitting the ball in the interval between the time the back foot and the front one touch the ground.
Jouer de face	Playing from the ready position	Hitting the ball when your stance (and shoulders) are more or less parallel to the net.
Lift (coup droit et revers)	Topspin (forehand and backhand)	The racket is brought up and over the ball causing it to spin forwards in flight and to bounce higher than usual.
Lucidité	Clear-headedness, clear-mindedness	The ability to analyse objectively and correctly.
Main libre	Free hand	The hand that does not hold the racket when hitting the ball.
Manche de la raquette	Grip (handle)	The part of the racket which the grip-band is on (and which the player holds).
Mental (adj.)	Mental (adj.)	Relating to intellectual functions, (to the mind).
Mental (nom)	Mentality , mind	A person's mental, psychic aptitudes, moods, predispositions or tendencies.
Méplat (ou côté)	Plane (side)	Part of the grip (handle) of the racket, which is above, below, on the right or on the left.
Mini-break	Mini-break	Two points difference in a tie-break.
Mini-tennis	Mini-tennis	Means of introducing children 5 or 6 years old to tennis and helping them to co-ordinate their movements
Mise à distance	Distance calculation	Ability to position oneself at a good distance from the ball so as to be able to make the best possible gesture.
Moment de prise de balle	Moment of impact	Instant when the racket hits the ball, (sooner or later after the bounce).

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Montée à contretemps	Attack approach	An approach decided on, just before, during or after the opponent has hit the ball.
Montée à contrepied	Off-balance approach	Approaching the net by hitting a shot into an area opposite the one towards which the opponent is going.
Montée dans la foulée	Open approach (stride approach)	A shot played while advancing, the ball being hit in the interval between the time the back foot and the front one touch the ground.
Montée de débordement	Outflanking approach	Approaching the net by playing a very fast shot with the aim of overcoming the opponent by speed.
Montée de fixation	Fixing approach	Approaching the net by playing a shot into a long area preventing the opponent from using an angle.
Montée en appuis	Stance approach	Approaching the net by playing a shot with the two feet on the ground; The back foot than takes off to go towards the net.
Montée en pas de tango	Approach with a "tango step"	Approaching the net by using a sliced backhand, the back foot going behind before hitting the ball.
Montée sautée	Split-step approach	Strong approach shot before coming up to the net, accompanied by a small jump.
Motivation	Motivation	Conscious or unconscious factor which causes an individual to act in a certain way.
Motricité	Motivity	The sum of biological functions which ensure movement ; the power of producing movement.
Neutralisation	Neutralization	Tactical action to prevent the opponent from taking the initiative
Objectif	Target ; purpose	The goal which one wishes to reach. A firm intention or an aim which a person wishes to achieve or attain.
Ouvrir une prise	Opening the grip *	Changing the grip by turning the side of the head which hits the ball upwards.
Pas chassés	Jumping side-steps	Sideways movement with a small jump, one foot "chasing" the other.
Pas courus	Running steps	Rapid running movement towards the place to be reached.
Pas croisés	Crossed side-steps	Sideways movement, one foot passing in front of, or behind, the other.
Pas de recul	Backward step	Backward movement, made facing the net, used generally for a smash or to return slow and long balls.
Passing shot	Passing shot	Shot played against an opponent who is at the net with the aim of outflanking him/her.
Pédagogie	Education ; teaching skills	Teaching method and the transmission of knowledge.
Pédagogie de la découverte	Practical teaching method	Teaching method which results in a pupil acquiring skills through practise
Pédagogie de la situation	Adapted teaching method	Teaching method which results in the pupil acquiring new skills by adapting to situations in order to achieve the desired aims.
Pédagogie directive	Directional teaching method	Teaching method which consists of making a pupil do an exercise following strict instructions.
Pédagogie par objectif	Targeting teaching method	See "Adapted teaching method ".
Perfectionnement	Proficiency	A step in a pupil's instruction which, when reached, will enable him/her to play a match.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Période	Period	Lapse of time characterized by certain events. Lapse of time of two to six months during which time one theme prevails and comprising several phases or cycles.
Personnalisation	Personalization	Adaptation to one person's specific needs and particular characteristics.
Petit jeu de jambes	Quick and precise footwork	Footwork which enables a player to move out of the way of a ball, or to get into the best possible position to receive it.
Placement (1)	Position (1)	Body position at the moment when the ball is hit.
Placement (2)	Position (2)	Specific footwork enabling a player to get himself into the best possible place on the court from which to hit the ball.
Plan de frappe	Hitting area	Imaginary vertical area, parallel to the net and comprising the impact point.
Planification	Planning	Time programming.
Poignet : cassé, bascule de poignet	Wrist movement	Flexing of the wrist enabling an acceleration of the racket head for a smash or serve.
Poignet fermé	Closed wrist	Keeping the wrist firmly in position while hitting the ball.
Pôle Espoir	Area development Group	Ministry of Sports' official title given to regional or interregional training groups of boys or girls aged 11 onwards.
Pôle France	France Development Group	Ministry of Sports' official title given to a national training group of boys or girls from 13 to 16 years old.
Position armée (service/smash)	Pre-throw (or trophy) position	Position between the end of the preparation and the beginning of the swing.
Position de départ	Starting position	The place where the player is standing before serving.
Potentiel	Potential	That which is possible but does not in fact exist ; latent ; The total undeveloped resources that a person possesses.
Préparation (prise d'élan)	Preparation	Arm and shoulder movement which brings the racket backwards so as the swing will have more momentum.
Préparation concave	Concave preparation	Preparation lower-down.
Préparation convexe	Convex preparation	Preparation higher-up.
Préparation rectiligne	Rectilinear preparation	Horizontal preparation
Pré-requis	Pre-required	Necessary preliminary acquisitions.
Prises continentale (ou neutre)	Chopper or continental grip	Usually used for service). A "V" made by thumb and finger should sit on the right edge of the racket handle. The fingers should be spread so that
Prise de raquette	Grip, hold (handling the racket, grasping the racket)	Position of the hand (or hands) on the grip which will result in the orientation of the racket head.
Prise d'information	Information gathering	Observation of details necessary to make a decision.
Prise en main	Taking over	The moment when one meets the pupils and shows them what the session will consist of.
Prise extrême	Extreme hold (grip)	Very closed hold or very open hold which might limit the efficacy of a shot.
Prise fermée	Closed hold	Hold in which the part of the racket head which hits the ball is facing downwards (without a movement of the wrist).



LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Prise fermée de coup droit	Forehand closed hold	The hypothenusal protuberance (thumb and index finger "V") covers the right edge of the racket handle (for a right-handed person). Also called "Western grip".
Prise fermée de revers	Backhand closed hold	The hypothenusal protuberance ("V") covers the top left chanfrein (bevelled edge)
Prise marteau	the chopper grip	The hypothenusal protuberance ("V") covers the top edge of the racket handle.
Prise ouverte	Open hold (grip)	Holding upwards the side of the racket head which will hit the ball (without help from the wrist) when striking the ball from the area behind oneself.
Prise semi-fermée de coup droit	Forehand half-closed hold	The hypothenusal protuberance ("V") covers the top right chanfrein (bevelled edge). Also called "Eastern grip". (The "V" of the thumb and index should be on the right edge of the handle and a good deal of thumb is visible. The palm of the hand is behind the handle and the index finger up the handle).
Prise semi-fermée de revers	Backhand half-closed hold	The hypothenusal protuberance (the "V" covers the upper half of the top left chanfrein (bevelled edge) (for a right handed-person)
Programmation	Programming, planning	Comprising all the different steps required to reach the set target.
Pronation	Pronation	Rotation of the fore-arm from the outside towards the inside. Hand position as a result of this movement.
Puissance	Power	Union of the qualities of strength and speed.
Récupération active	Active recuperation	Means of recovery of one's physical capabilities, based on regular effort of feeble intensity.
Récupération passive	Passive recuperation	Complete rest.
Regroupement	Regrouping, reassembling	The moment at which the teacher assembles the pupils to show them the exercises to be carried out.
Régularité	Regularity, consistency, steadiness	The ability to repeat the same action in the same way over and over again
Répétition	Repetition	To carry out an action several times.
Remplacement jeu de	Re-positioning (footwork)	Footwork which is comprised in the time between one's own shot and the opponent's return shot.
Reprise d'appuis	Stance re-positioning	Touching the ground, after a little jump.
Résistance	Resistance	Ability to make a great effort last, to endure.
Respect	Respect	Behaviour which values polite treatment of others.
Retour bloqué	Blocked return	Return on the first serve, with little preparation and following through, and a short, flat drive, without loosening the wrist.
Rétro	Retro	Sliced effect which makes the ball bounce backwards.
Rigueur	Discipline, strictness	A person's ability to be severe (hard) on oneself or on others.
Rotation	Rotation	Movement of an object, a body or part of a body around an axis.
Rythme de l'échange	Rally rhythm	See "cadence" (successive sending and returning of the ball).
Rythme du geste	Gestual rhythm	Successive speed in carrying out the different movements of a shot.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Schéma du jeu	Game scheme (outline)	Tactics suitable for use against an opponent , taking into account one's own possibilities (means, power).
Sens du jeu	Game sense (the feel of the game)	Quality of a player who chooses the best stroke in relation to the situation (to have the feel of the game = to play precisely the stroke at the right time).
Séquence du jeu	Game sequence (progression)	Linked series of several different strokes.
Série	Series	Systematic repetition of one or several strokes.
Service ciseaux	"Scissors" serve	A serve where there is a jump when hitting the ball, coming down on the right leg (for a right-handed person).
Service gagnant	Winning serve	A serve that the receiver may touch but cannot return.
Service lifté	Serve with topspin	Serve making the ball rotate around a sidelong axis in the most horizontal line possible, from left to right and from bottom to top (for a right-handed person).
Service plat	Flat serve	Normal serve (without spin) to give the ball a maximum amount of speed.
Service sauté	Serve with a jump	When hitting the ball, the server jumps, coming down on the take-off foot (left foot for a right-handed person).
Service slicé	Sliced serve	Service making the ball rotate around a vertical axis, from left to right (for a right-handed person) making it spin backwards in air to bounce low.
Situation	Situation	Exercise comprising the organisation of a court and of pupils with the obligation of reaching a target.
Situation aménagée	Adapted situation	Exercise carried out but with adaptations to the game or material used.
Situation de jeu	Game situation	Category of exercises which are very similar to the real game (adapted situation, series of games, theme games...).
Situation mixte	Mixed situation	Category of exercises in which the coach sends the first ball and the pupils continue the rally (or the point).
Smash ciseaux	"Scissor smash"	A smash while taking off from the right foot and coming down on the left one (for a right handed person)
Smash de revers	Backhand smash	Backhand volley hit very strongly above the head.
Smash sauté	Jump and smash	Smash with a vertical jump, taking off on two feet.
Sociabilité	Sociability	Ability to co-operate, to get on with other people.
Souplesse	Suppleness	Capacity of muscles to be elastic and joints to be relaxed.
Stratégie	Strategy	Setting-up a plan of action for a match in order to beat one's opponent.
Style de jeu	Game style	The total of all the tactics preferred by a player.
Supination	Supination	Circular movement of the forearm from the inside to the outside. Hand position resulting from this movement. (The placing or holding of the palm of the hand upwards or forward).
Système de jeu	Game system	The total of all tactical situations chosen by a player.
Tactique	Tactics	General principles for carrying out a rally, or playing a point (ex. playing long drives).
Tamis	Head	Part of the racket where the strings are to be found.

LEXIQUE FRANÇAIS / ANGLAIS DES MOTS ET EXPRESSIONS PEDAGOGIQUES LES PLUS COURANTEES

FRANCAIS	ANGLAIS	EXPLICATION
Technique	Technique	The whole range of means and movements which a player employs.
Temps de réaction	Reaction time	Lapse of time between stimulus and decision making.
Tennis évolutif	Progressive (evolutional) tennis	Educational means with the aim of facilitating learning and progress by adapting the court, the racket, the ball, the net or the rules to suit the age and level of the pupils.
Tenue de raquette	Racket hold (grip)	The position, higher up or lower down, of one or two hands on the handle of the racket. The way of holding the racket. Angle of forearm and racket. Position, more or less apart, of the fingers.
Terrain de mini-tennis	Mini-tennis court.	A court where an area of 12.00m x 6.00m is used to play, the net being 0.60m
Terrain intermédiaire	Intermediate court	A court where an area of 18m x 8.23 m is used to play and the net is 0.80m.
Terrain ou court	Tennis court	1. The surface where the game takes place (including the playing area and its surroundings) 2. Playing surface with boundary lines (23.77m x 10.97m)
Tests	Tests	Exercises to find out and measure the progression in learning.
Tête de raquette	Upper part of the racket head	Top part of the head of the racket.
Thème	Theme	Definition of work done during initiation, improvement or training sessions.
Trajectoire	Ball path	The path that the ball follows.
Transfert	Transfer	1. The passage of body weight from the back to the front when the ball is being hit (attacking the ball). 2. The passing on of a skill that has been acquired in one activity or exercise to another activity or exercise.
Traverser la balle.	Ball depth	Following through in the direction given to the ball.
Type de jeu	Type of game	See "Game style" (the way a player makes use of all the tactics at his command)
Vitesse (anaérobie alactique)	Speed	The ability to make an effort, that is very short but of maximum intensity.
Vitesse de réaction	Reaction speed	The time taken by physical resources to respond to a stimulus.
Vitesse d'exécution	Performance speed	The rapidity at which a gesture or a movement is carried out.
Volée basse	Low volley	Stroke played below the level of the net before the ball has bounced.
Volée de finition	Winning volley	Volley by a player who has the occasion and the intention of winning the point.
Volée de préparation	Preliminary volley	Volley by a player who is unable to win the point immediately but who intends to put his/ her opponent in a difficult position.
Volée haut	High volley	Stroke played above shoulder level before the bounce.
Volée moyenne	Medium volley	Stroke played between the waist and the shoulders before the bounce.
Volonté	Will	Energy, determination shown by a player to reach his/ her target.