

Pop Tennis and More

This group is about exploring various rackets sports and having fun. We play POP Tennis and SPEC Tennis and more! Our primary sport is POP and SPEC Tennis.



POP Tennis plays on a larger court (tennis court) and uses a full tennis swing with a paddle-style racket that is similar to—but larger than—a pickleball paddle. It uses a 75% compression tennis ball (green dot).

SPEC Tennis is more similar to pickleball and is played within a much smaller portion of the tennis court—just the service boxes. It is a quicker-paced game and uses a 50% compression tennis ball (orange dot).

Our main mission is to offer a fresh alternative to traditional pickleball and tennis—something easier on the shoulders and knees, yet still active and fun. Both SPEC and POP Tennis use underhand serves, have no kitchen zone (so no leaning over the net), and the ball is quiet during play. They also encourage strong, natural body mechanics.

The “and More” in our name means we engage in socials, and interesting outings like visiting outdoor venues for exploring our wonderful surroundings.

We are super laid back and there is no orientation. If you want to give it a try just email POPTennisTV@gmail.com. We have 8 rackets and supply the balls.

Give it a try—we provide paddle rackets and balls for newcomers!

No fees*. No orientation. Just show up and play!*

****Since we use the Tennis courts and occasionally the gym, participants must be a Tellico Village Recreation member to play***

 For play times and more information, email POPTennisTV@gmail.com.

What is Pop Tennis?

POP Tennis Explainer Video

POP Tennis is a scaled-down version of regular tennis, played on shorter tennis courts (base line is moved up), with shorter, solid racquets, and lower compression tennis balls. POP Tennis has the same scoring and rules as tennis, with the exception of serving. POP Tennis players use a underhand serve. When you hit the ball just right it makes a marvelous “pop” sound!

The feel of Pop Tennis is somewhere between tennis and pickleball:

- Like pickleball, it's **easy to start, easy to learn, and immediately fun to play**
- But unlike pickleball, the ball bounces and travels more like traditional tennis
- The swing is similar to a full tennis-style swing, making crossover from tennis feel natural

What is SPEC Tennis?

How to Play SPEC Tennis Explainer Video

SPEC Tennis is played on a much smaller portion of the tennis court—only within the service boxes—making it significantly more compact than traditional tennis or POP Tennis. It uses a 50% compression tennis ball and lightweight paddle-style racquets that are smaller than POP racquets. The serve is underhand, and the game is typically played as doubles. There is no kitchen zone, and any team strategy is allowed. Scoring is straightforward—one point per rally win.

- Like pickleball, the court is small, the points are fast, and it is easy to pick up
- But unlike pickleball, the ball is softer and has more bounce, giving rallies a tennis-like rhythm
- The paddle is slightly heavier than a pickleball paddle, and the overall tempo allows for longer rallies

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