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PRACTICAL ASPECTS OF ATTACK PREPARATION IN THE GAME OF TENNIS

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Abstract: *In the last decades, the game of tennis has evolved considerably due to several factors, among which we enumerate: the improvement of the learning methodology and the improvement of technical procedures, the improvement of tactical thinking, the appearance of fast playing surfaces, the increase of the effort capacity of the players, the participation in competitions throughout the year. The relationships of interdependence between technique and the previously listed factors are obvious, they determine the increase in the quality of the tennis game. Due to the same causes, the vision of the specialists regarding the order of importance of the shots has fundamentally changed. Training has an increasingly perfected methodology in all aspects, being a specialized activity that represents the basic means of the entire training system of the tennis player and includes: practical training lesson and basic factors: physical, technical, tactical, mental (recovery, health, medication, motivation). Thus a professional player plays 32 tournaments a year. The tactical register, in top matches, registers remarkable progress on all levels, with special emphasis on game strategies and choosing a tactic according to the type of own and opposing player. Players prove solid theoretical knowledge.*

Key Words: *Tennis; Methods; Technique; Training.*

INTRODUCTION

Achieving sports performance is a process that, in sports training, competition and recovery, is subject to precise functional and methodological laws and rules.

At its core, sports training, the main process of performance-achieving activity, contains physical exercises with an increased degree of complexity as performance evolves. (Rizescu C., 2012)

The complexity of physical exercises is differentiated by their scope and addressability, namely: effort capacity, sports technique, sports tactics, psychological, theoretical, artistic, biological sphere. (Teusdea, C., 2002) Each of these areas forms a complex system with a differential weight of components depending on the characteristics of the sport practiced and the specifics of the training period. As the athlete evolves in performance, these domains (components) diversify and hyper-specialize while requiring adequate training periods. (Simion, G., Stănescu, G., Mihăilă, I., 2011)

The guiding principle in establishing the relationship between training and competitive activity of tennis players is that of increasing the volume of competitive activity in direct proportion to the increase in sports classification. (Ene-Voiculescu, V., Gidu, D. V., 2017)

At the age of 12-14 years, the basic elements of the game must be mastered and the concept of the game towards which the athlete is oriented must be outlined. The volume of competitive activities in this age category amounts to 30-40 actions per year. The weight must fall on local, national and international competitions. (Bompa, O. T., 2002)

The objectives of the proposed research are:

In order to achieve the proposed goal, I have stability the following objectives:

- Promoting physical exercise and offensive play
- Training and preparation of athletes for participation in competitions organized by FRT
- The promotion of human values through tennis, ensuring the development of knowledge and skills that allow athletes to develop physical abilities, increase tolerance to effort, as well as develop team spirit, the spirit of fair play and competitiveness.

- The study regarding the theoretical concepts and the practical experience of the specialists in the field that addresses the practical aspects of the preparation of attack shots in the game of tennis.
- The development of action systems applied in the preparation of the attack in the game of tennis.
- The theoretical argumentation of the methods and means of modeling the technique of attacking strikes.

Research subjects

The case study of the research will be made up of the athletes of the performance group of the tennis section of the High School with Sports Program "N. Rotaru" from Constanta, age category 12-14 years. The subjects will be girls and boys and will be 16 in number, practicing tennis for at least 5 years.

Some motor skills are formed in the practice of life, others are acquired in the specially organized process, i.e. in the sports training lesson. (Teodorescu, S., 2009). The activation and co-interest of athletes is also achieved through working in groups, a form that forces them to collaborate with common goals, to obtain positive didactic-pedagogical, educational effects. The teacher, in turn, can influence the process of training the psychomotricity of tennis players through stimulating methods, of convincing the athletes in their own possibilities, by giving them help in avoiding mistakes, their ability to self-appreciate and self-control or overcome themselves. (Verza, E., Verza, F.E., (2000)

METHODS

The main methods to fulfill the tasks proposed for the research are:

- Studying specialized literature
- Diagnostic method – SWOT analysis
- Survey by questionnaire
- Pedagogical observation
- The method of tests and samples

- Tennis Federation Tests: General and Specific Physical Fitness
- General fitness tests (long jump, sit-ups, fan test)
- Tests specific to the game of tennis (fan, eight, fixed-point ball, long-line-cross)

Anthropometric data provide quantitative information for each body segment, being useful for some studies in order to predict the physical capacities of athletes. (Segărceanu A., 2004) The evolution of the tennis game requires that the players be endowed with a properly built body. The quality of the players' movements is largely affected by the somatotype and the proportionality of each body segment. In defining the model of the modern tennis player, it is necessary to identify the specific anthropometric characteristics, which have a role in improving sports performance under real competition conditions. (Dragnea, A., Bota, A., Stănescu, M., Șerbănoiu, S., Teodorescu, S., Virgil, T., 2006)

For the selection of athletes, a series of criteria must be taken into account that lead to the improvement of game performance: height, weight, arm span. The latter have an influence on specific motor skills such as: hitting the ball by maximizing its speed. Anthropometric characteristics provide useful information related to body height, body mass, limb and bone circumference. They are affected by heredity in various ways. (Dragnea A., Mate-Teodorescu S., 2002)

RESULTS

The use of high-fidelity technical equipment in the assessment of some dynamic parameters will be able to offer the possibility of intervention in order to make training more efficient.

The design of technical training programs will determine an improvement in attacking shots in the game of tennis at 12-14 years old.

The development of the training plan and its application during a macrocycle will determine improvements in the subjects' results in the technical tests.

The guiding principle in establishing the ratio between training and competitive activity of tennis players is that of increasing the volume of competitive activities in direct proportion to the increase in sports classification. (Ene-Voiculescu C., 2020)

At the age of 12-14, the basic elements of the game must be mastered and the concept of the game towards which the athlete is oriented must be outlined. The volume of competitive activities in this age category amounts to 30-40 actions per year. The weight must fall on local, national and international competitions.(Doboş, S., Baci, A., 2004)

Planning training in stages for juniors:

Training work is characterized by the continuity and interdependence between the forms of organization of the training process (lessons, stages, etc.). This requires the realization of a logical succession of training after a year and even over several years. (Moise, D., Antonescu, D., 2002)

CONCLUSION

Training the players in the direction of strengthening the attacking shots, will lead to an increased efficiency of the technical-tactical expression and will favor the increased performances of the game, in this sense it is necessary to learn the early execution technique and adopt the offensive procedures in the game.

Through the selection, storage and interpretation of the necessary information following the theoretical documentation, we have accumulated a decent informational baggage, which favors the creation of a methodological strategy for practicing tennis players and for the efficiency of technical training in strengthening attack shots in the game of tennis at the age of 12- 14. Years.

The application of the training model in the training process will determine the effectiveness of the technical training modeling in strengthening the attack shots in the tennis game at 12-14 years old.

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