

METHODOLOGICAL GUIDELINES FOR INITIAL TRAINING IN TECHNIQUES AND TACTICS OF TENNIS

(Professional paper)

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Abstract

Organization of educational and sports activities has an important role for successful implementation of program goals and objectives. Mastery of technique and tennis tactics are closely related. This process is inextricably linked to general, special and specialized physical training. Educational and sports activities are conducted in compliance with training and sports plans in accordance with pre-established educational methodical sports programs. They are always subjects to revision and updating in line with current and specific conditions. Specific methods for studying the technical and tactical techniques are dissected and the overall method. In the overall method techniques are taught entirely if studied technique is simple and it is impossible to be decomposed.

Keywords: *educational and sports plans, educational methodical sports programs, physical fitness, physical abilities, analytical method, for training, synthetic method for training, motor habits*

In the initial period tennis players need to realize the importance of proper management of technology as an important condition for implementation of tactical thinking, and to achieve the realization of high performance sport. Mastery of technique and tactics are implemented in close relationship. This process is inextricably linked to general, special and specialized physical training.

Harmonization of physical fitness required physical properties educates, speed, agility, flexibility, strength and endurance determining the proper techniques to determine the appropriate timing, direction, amplitude and adequacy. Improvement of individual technical and tactical skills are in logical sequence. More familiar with technical and tactical skill

- Learning of praise in simple terms
- Consolidation of the method in conditions close

to the game

-Improvement in the bilateral game in racing conditions

Specific methods for studying the technical and tactical techniques are dissected and the overall method.

In the overall method techniques are taught entirely if studied technique is simple and it is impossible to be decomposed. Positivnost of this method is that it does not violate the overall structure of the technique

allows full use of the individual qualities of players.

In dissected method to learn the movements of parts. This allows for simplification of the movements, making them more accessible, understandable, but depriving them of their technical links. Resorting to severing only the study of very complex exercise. Different parts of the strokes must be methodical sequence of simple to complex, from known to unknown, from the main to the secondary.

Major leadership role in the management of strokes in simplified terms is the direct guidance of the teacher. Support is expressed not only in display and clarification, guidance and demonstration for taking the correct position but also in direct contact daktilen motion of the hand or the player's body. Be facilitated by the creation of an adequate motility for the movement. Formirano the correct technical and tactical stereotype under certain conditions, allows for transition to the improvement in near-real gaming accident scenarios. Stereotype of the tennis players must become a lasting habit of driving.

Phases of the elaboration of technical and tactical skills are formed permanently in racing games and conditions. This mastery of technical and tactical stereotype is not always enough to achieve efficiency, high performance and durable sports. It is absolutely

*Allocation of classes in makrotsikala-year
initial training for tennis*

I – Level /Macro cycle/	1 Mezzo cycle	2 Mezzo cycle	Total
Theoretica Educational sports classes	22	23	45
TFE	4	4	8
SPE	4	4	8
Technique and tactics	20	21	41
Involvement in competitions	-	2	2
Rules - Practicum	2	-	2
control regulations	2	2	4
GENERAL:	54	56	110

imperative in the direction parallel psychophysical and psychological preparation for the formation of volitional qualities. Individual approach and selection of adequate means and methods is required to develop tennis players and achieve self-discipline, perseverance, ability to overcome difficulties, confidence in the individual forces and opportunities, the courage to take action, determination and risk, willingness to win and others.

One of the main methods for achieving these qualities is motivated by verbal and nonverbal suggestion, visualization and provide immediate psychological and psychophysical support.

Techniques and methods in initial training

Movements in tennis are characterized by higher variability of spatial, temporal and strength characteristics. In match racing to develop complex and extreme situations where motor actions are a huge variety of options for their appropriate resolution. Effectiveness of technical training is crucial and is dependent on movement formed habits and skills that are an integral connection with motor skills.

The structure of sports equipment and uniform is a set of movement of two aspects: information and engine.

There are two substructures - kinematic and dynamic. Kinematic substructures is the equivalent of biomechanical nature of tennis and reflects the laws of interaction between the movements in space and time, the same biomechanical principles and is subject to dynamic substructures, which concerns interaction between different parts of the body.

Information architecture reflects the consistency of a series of signals carrying information about movements and conditions of operation. Subject to the laws of psychology and psychophysics. Directly affects mental processes under.

Anticipating. And in connection with the intellect enables performance of the game.

Tennis is sport specific technique with a complex structure which is subject to update - set the processes of integration and differentiation.

The overall effect of technical integration phase of impact is the integration process.

Deferentsiyatsiyata is a process that characterized the election specialization of space, temporary, rhythmic, verbal and nonverbal characteristics. Factor for development of sports equipment is also the contradiction between stability and variability of movement. Stability is based on relatively small deviations from the structure of learned movement.

Variability of strokes and extreme playing situations is influenced by adequate ability to adapt to the player changes in the external and internal environment.

Standardization and individualization of the elements of the movements and phases of the strike itself is playing with structure of a controversial feature in the development of sports equipment.

Technical training is the main task of forming a rational and effective technique for individual tennis player, leading to discovery of its capabilities, effectiveness of its actions and positive performance.

Technical improvement the player is a continuous set of tools, methods and skills as ascending process.

Technical training the player is divided into general and specific.

General technical training

General technical training in tennis is fundamental to the next stages of initial training and is associated with sound study and improvement of all primary tasks of initial training. This concerns the automation of motor skills and habits to a degree which allows solving the special technical training.

Special technical training.

This specific process is subject to and in accordance with the peculiarities of specific motor

activities - tennis, which concerns the initial training and technical improvement.

Mastery and refinement of strokes and their effective integration in complex combinations, with a high degree of efficiency is the main task of the special technical training.

In the initial training, tennis player has to learn the fundamentals of tennis technique and to improve and strengthen in racing conditions. To make the inseparable link between the tactical and technical training, tennis players need to achieve a high degree of efficiency in carrying out attacks in competitive conditions and logical relationship of the hand.

Intellectual preparation

Tennis players must show a high degree of autonomy in training and racing through the intellect to realize their creative tactical tasks assigned. Anticipating to develop and form themselves into physical and volitional qualities specific to tennis.

Psychological and psychophysical preparation

Stable mental stability during the training operation - initial training and playing conditions is a result of mental training in its three forms.

– common psychological preparation in which to work during the entire sports process,

– special mental preparation, which is associated with participation in the race,

– mental preparation before the race, regarding direct involvement in racing games,

Psychophysical training is Investigates and applied in subsequent stages of training - the strengthening and improvement of the CSP

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