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OBJECTIVES OF THE TECHNIQUE OF HITTING THE BALL ON THE RIGHT HIT (FOREHAND) IN THE GAME OF TENNIS

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Abstract: *I chose this theme, out of the desire to evolve professionally, to understand and effectively solve the problems encountered in field tennis observed throughout the career of a performance athlete, as well as that of a teacher. Also, I want to bring news regarding the technique of hitting the ball for the right shot in the game of tennis. The sample investigated in the research will be represented by subjects between the ages of 10-12 years from the High School with Sports Program "N. Rotaru" from Constanța. The main research methods are studying specialized literature, diagnostic method – SWOT analysis, tests of the tennis federation (general and specific physical training), statistical method (arithmetic mean), graphic representation method. At the end of my doctoral studies, I will propose a model in tennis training of players aged 10-12, by designing technical training programs that positively influence the game both at training as well as in competitions, also determining a significant improvement of the right shot. The preparation plan will contain exercises in the form of competitions, tests, control rules, verification and official games that will significantly improve the results of the subjects in the tests and the results of the proposed tests will be analyzed within the preliminary research.*

Key Words: Forehand, Methods, Technique, Competitions, Tests.

INTRODUCTION

The objectives of the proposed research are:

1. The study of specialized literature in accordance with the modeling of sports training in the technique of hitting the ball for the right shot in the game of tennis.

2. Realization of the preliminary research design at the level of the selected samples: experimental sample and control sample.

3. The selection of research methods specific to the modeling of sports training in the technique of hitting the ball for the right shot in the game of tennis in accordance with the samples subjected to the experimental study.

4. Application of experimental research tests (preliminary research study and experimental research) from sports training modeling in the technique of hitting the ball for the forehand shot in the game of tennis.

5. Experimental argumentation based on the statistical-mathematical treatment of the results of the subjects in the sampled groups (initial, intermediate, final).

6. Conclusive aspects for each of the test results and their correlative analysis.

Research subjects

The sample investigated in the research will be represented by subjects between the ages of 10-12 years from the High School with Sports Program "N. Rotaru" from Constanța.

METHODS

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

- Studying specialized literature
- Observation of the execution of other subjects of the technical-tactical procedures in the game of tennis must to always be directed by the coach or teacher based on a precise theme stability. This can be achieved both in training and in competitions, by drawing up pedagogical observation sheets, where positive aspects will be noted and negative from the execution of technical-tactical procedures, thus stimulating active participation and aware of the players.
- Questionnaire investigation - as a research method completes the documentation regarding the action undertaken, succeeding through the questions addressed to the teachers, coaches to reproduce the opinions and

personal opinions. The purpose of the questionnaire is to clarify a number of issues related to the topic of the paper (Todea S., 2001).

 Diagnostic method – SWOT analysis

 The method of tests and samples

The test method used in our research will include:

- Tests of the tennis federation: general and specific physical training
- Anthropometric tests (measurement of height, weight, wingspan).
- Tests of general physical fitness (long jump, abs, fan test)
- Tests specific to the game of tennis:

Evidence on court:

- fans (evaluation of the speed of specific movement on the ground), added step (evaluation movement speed by added step), hexagon test (agility assessment)

Evidence off court:

- Free jump (explosive strength assessment), plyometric jumps (strength assessment in regime leg endurance), T-reaction (reaction speed evaluation).
- Tests specific to the right shot:
- The tests will be conducted without/against the timer (Zărnescu N., 2010).

 Statistical method (arithmetic mean; coefficient of variability; dispersion; "t" test Student; Pearson correlation; ANOVA)

 Graphic representation method

 The graphic method of presenting and ordering data Effective, Individualized and Adaptive E-Learning for distance learning (e-LIADA), Babeș-Bolyai University Cluj-Napoca, http://video.elearning.ubbcluj.ro/wp-content/uploads/2016/08/Tenis- de-camp-teorie-si-practica.pdf (accessed on 12.05.2023).

Organization and conduct of research

For the realization of an exercise program for shaping the technical training of the shots the right of the tennis game will be watched:

1. General physical training:

- harmonious physical development;
- strengthening and maintaining health;
- adaptation of the body's major functions to the efforts required by the technical training a right kicks;
- the formation of a wide system of basic motor skills and utilitarian-applicative skills;
- development of basic motor skills with emphasis on skill, speed and endurance (Pradet M., 2000).

2. Specific physical training:

- development of skill and joint mobility;
- development of the specific speed and strength of handling the racket and moving in the field;
- the development of the specific resistance, required in the regime of shots and movement in the field.
- the formation of skills for the correct use of body forces used when hitting the ball (Pascu N., 2018).

3. Technical preparation:

- getting used to the ball, racket, ball and racket;
- getting used to the forms of movement in the field;
- mastering the technique of making basic and special procedures;
- mastering the mechanism of hitting the ball in front of the body;
- mastering right kicks (Manno R., 2003).

4. Tactical training:

- acquiring, learning and observing the basic tactical principles;
- learning and improving the tactical content of right kicks;

- learning and perfecting the phases of the point dispute in the singles game (Ciocan A., 2011).

5. Psychological preparation:

- awareness of the objectives related to the training process;
- training specific thinking skills and maintaining the ability to concentrate in training and in competitions;
- the formation of the athletes' personality in training and competitions;
- forming a responsible attitude towards the specific demands of training and competitions;
- formation and development of the capacity for self-knowledge and self-appreciation (Epuran M., 2001).

6. Theoretical-methodical training:

- Teaching general specialized knowledge related to the game of tennis;
- Notions about equipment and specific materials;
- Rules of the tennis game;
- Notions related to the technique: the grip of the racket, the forms of movement in the field, the technique of shots the base;
- Notions related to tactics: basic tactical principles, tactical content of shots and tactics the singles game;
- Notions of personal hygiene, nutrition and recovery after exertion (Cojocariu A., 2020).

MAIN RESULTS

At the end of my doctoral studies, I will propose a model in tennis training training of players aged 10-12, by designing technical training programs that positively influence the game both at training as well as in competitions, also determining a significant improvement of the right shot.

The preparation plan will contain exercises in the form of competitions, tests, control rules, verification and official games that will significantly improve the results of the subjects in the tests (Teodorescu S., 2006).

The results of the proposed tests (biometric, functional, general and specific physical training tests, technical training tests) will be analyzed within the preliminary research (Cutton D.M. & Landin D., 2007).

Depending on the results obtained, modern equipment will be used (ball throwing cannon, simulator for biomechanical analysis of movement in view of the corrective actions of the hitting arm) for the development and modeling of the training during a macrocycle of preparation for the forehand shot.

Regarding the experiment, the results of the research would make contributions with characteristics related to originality and novelty that can lead to the development of knowledge in field.

GENERAL CONCLUSION

First, technique is essential, both through the movement's low energy consumption and its effectiveness. It is largely conditioned by the other components of sports training, especially physical training (Epuran M. & Stănescu M., 2010).

For the training of beginners there is a basic rule, namely, to ensure the physical availability necessary to master the technique, which implies a large number of repetitions. If this rule is not followed, the effort capacity will not be able to be developed to its maximum level and this will lead to faulty technique.

Bompa T.O. & Michael C. (2006) presents the following equation that highlights the sporting reality, namely: "good technique = high efficiency".

Given that the present paper aims to model the sports training in the hitting technique for the right kick in children between the ages of 10 and 12, they fall under stage 2 – the stage from learning to training (Chalacov M., 2020).

This represents the major stage of motor skills, and one of the most important periods of motor development for children is between the ages of 9 and 12. During this period, children are developmentally ready to acquire the motor skills that are the basis

of sports development. Fundamental motor skills must be practiced and perfected before introducing sport-specific skills into training.

Starting from the complex nature of shots, from the need to learn their correct and efficient execution, the learning and improvement process is carried out in several stages, namely, learning the hitting mechanism, perfecting the isolated shot, perfecting the shot in game actions and the game with theme and verification (Pascu N., 2013).

In conclusion, in the modern game of tennis, the success of this shot has a great significance in winning a match, and for this reason, I want to present useful information related to the improvement of training methods, as well as the procedures for executing the forehand shot.

Also, through the present work, I aim to make a useful and relevant contribution to the existing practice regarding the benefits of the ball striking technique for high precision forehand kicking during matches and to realize and verify some objectification methodologies of the forehand ball hitting technique in the game of tennis, as well as the analysis of the biomechanical chain of this technique.

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