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METHODS AND MEANS OF LEARNING THE BASIC SHOTS OF THE GAME OF TENNIS AT THE 8-10 YEARS AGE CATEGORY

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Abstract: *I chose this theme, due to the interest that I developed during my university training, for educating, training and learning the basic strokes of the game of tennis for beginner children. Through the present work we aim to make a useful contribution and relevant to existing practice regarding the benefits of learning the correct ball striking technique for the forehand, forehand and service stroke.*

The sample investigated in the research will be represented by subjects between the ages of 7-10 years from the High School with Sports Program "N. Rotaru" from Constanța. The current game of tennis is characterized by great dynamism, the player being put in the position to think and act quickly for the effective application of the technical-tactical arsenal, in the diversity of adversity situations. Thus, beginner players at the age of 8-10 need to learn the most correct technique in order to be able to carry out any tactical plan in order to win matches in competitions. The general objective of the research is to observe to what extent the new methods and means proposed for improving the basic shots help to make the learning process more efficient for children in training and to improve the tennis game at the mentioned age.

Key Words: *Forehand; Backhand; Serve; Technique; Learning Process.*

INTRODUCTION

Tennis, as a modern game, appeared more than a century ago, being considered a relatively young game, but its origins date back to the 14th century, when a rudimentary form of the game we know today was created by European monks to be played for entertainment purposes. At first, the ball was hit by hand, later a leather glove was used. It was later fitted with an adaptive handle to increase the efficiency of the ball service.

So the tennis racket was born. Along with the evolution of the racket, the tennis balls have also undergone various changes. The first tennis ball was made of wood, it was replaced by the leather ball filled with cellulose material.

Modern tennis has two interesting origins. Between 1859 and 1865, Harry Gem and Augurio Perera developed a game that combined elements of rackets (the primitive form of squash) and the Spanish game pelota. In 1874, together with two doctors from Warneford Hospital, they founded the first tennis club in the world. One of the first tennis tournaments in the world took place on July 23, 1884 and was called "The Courier".

In December 1873, Walter Clopton Wingfield invented a similar game for the amusement of his guests at a garden party on his estate in Llanelidan, Wales. According to modern tennis historians, the terminology of modern tennis derives from this period. In Romania, tennis was initially practiced by Romanian students returning to the country from their studies abroad. The beginnings date back to 1885, the year in which the first clubs were organized in Bucharest, Cluj, Braşov, Ploiesti.

This game is distinguished from other sports firstly by the dynamics of movements and the timing of actions, all executed precisely during maximum effort, and secondly by the behavior of the spectators, which is as elegant as that of the players.

RESEARCH METHODS

The choice of the topic is primarily due to my professional concerns, to understand and effectively solve the problems encountered in field tennis observed throughout my career as a performance athlete and teacher. Secondly, it is due to the interest that I developed during my university training, for educating, training and learning the basic strokes of the game of tennis for beginner children. Through the present work we aim to make a useful contribution and relevant to existing practice regarding the benefits of learning the correct ball striking technique for the forehand, forehand and service stroke. In the modern game of tennis, basic shots, forehand, backhand and serve have a very important role, that is why they are the technical procedures with which most coaches begin the training process of future tennis players. Over the past 30 years, the biggest

changes in the game of tennis have probably come about because of the changes and improvements made to tennis rackets. The racquets are made of much better performing materials such as graphite which remains the most common choice for rigid racquets today, being larger and offering a much wider surface to hit the ball. This has had a significant impact on the game of tennis and especially on the strokes from the bottom line of the court.

Is to find and improve the means of learning and mastering the strokes in the game of tennis, to plant a stable root in the children of today, the future champions of tomorrow. The purpose of this paper is to identify new scientific research approaches that refer to the methodology of learning the technique of hitting the ball for the basic shots in the game of tennis, as well as finding new means and methods to make children acquire and consolidate these shots.

We believe that the development and application in the training lesson of specific operational systems will contribute to the efficiency of the learning process of the basic strokes in the game of tennis 10.

The tennis match is a fight, the player is a fighter who must be as well armed as possible. His main weapons are the basic shots: serve, forehand, backhand. These shots need to be practiced until the athlete learns them, is confident with them, and executes them reflexively. Practice must also continue after the formation of motor skills. This is necessary because during the match, the conditions are different from those during training, especially from a mental point of view, and the spotter must be able to execute the shots effectively in both cases. "In today's way of teaching, tennis is seen as an open sport skill, where each shot is executed distinctly. The player will not play the same shot twice! Each shot requires the player to go through the following process: Perception→ Decision→ Action→ Feedback.

In tennis forehand is one of the most important shots. In today's game, at the time of baseline exchanges, the right kick is frequently used by players. A good forehand can be used as a powerful weapon by all types of players. This shot is often used to put pressure on the opponent and dominate the point. From the fundamental position, a step forward is performed so that the axis of the pelvis and shoulders is oriented perpendicular to the

net. The torso is kept upright and the weight is distributed on the leg on the side of the racket arm. The elbow joint is flexed and located close to the trunk, being at a distance of 10-15 cm from it, so that the tip of the racket can be directed back below the level of the shoulder.

Backhand, there are two types of grips for this shot: semi-closed for the one-handed shot, or continental for the two-handed shot. For this type of shot, the main effects that can influence the trajectory of the ball are: lifted, flat, cut.

From the basic position, the right shoulder should be facing the net, this is done by transferring the weight of the body from the left leg to the right leg. An important condition in the execution of the shot and implicitly in maintaining the force during the hitting of the ball, is the maintenance of the bilateral support of the feet on the ground. The axis of the pelvis and shoulders is perpendicularly oriented to the fillet. The racket is held with both hands (at the level of the handle, the right hand secures the grip), so that its tip is oriented backwards; and the hand that does not perform the grip of the racket supports the body of the racket, so as to determine parallelism with the ground at the level of the scapulohumeral belt.

The torso is vertical and the weight is transferred to the leg on the side of the racket arm. Near the torso is the flexed elbow joint, and at the level of the coxofemoral joint, is the fist joint, so the tip of the racket should be oriented back below the level of the shoulder. In starting the actions of adversity, the service shot is a basic technical procedure, which is executed with a high degree of technicality. This procedure requires the coordination of two distinct actions, two synchronized moments: the trajectory of the racket and the meeting of the ball at the optimal point of impact. The launch of the ball for the service shot in order to achieve the point is done by one of the opposing players, thus the service shot being unique in the game of tennis.

The serve has several effects: the lift effect serve, the flat serve, the cut serve, the combined effect serve. The desired effect on the ball depends on the grip of the service. The weight of the body is placed on the left leg, from the final position of the preparatory part (for right-handed people). The trunk is slightly bent in the front plane, so that the line of the shoulders is oriented perpendicular to the fillet. The racket performs a looping route through the side, backwards, until it reaches a perpendicular position, with the

frame placed on the right side of the back region, through an accentuated flexion of the elbow joint. Throwing the ball over the head is done with the left hand, with the departure of the arm with the racket in the execution of the big loop. The flight of the ball is directed in front of the torso and tracked by the arm that performed the forward-up throw and the ball is tracked with the gaze. At this point, the arm with the racket describes an upward, oblique-forward and upward movement, and the arm with which I threw the ball descends obliquely-forward and downward towards the trunk. The transfer of body weight is carried out from the back leg to the front leg with the moment of impact between the racket and the ball, so that the impact requires a slight flexion of the hand joint accompanied by a tightening of the racket handle; the whole body locks up so that the stored energy can give power and precision to the shot. During the shot, the ball is driven approximately 20-25 cm and during the shot, the shoulders are oriented parallel to the net. In the anterior plane and upwards there is a displacement of the right shoulder, and the left shoulder descends slightly and becomes a fixed point around which the trunk pivots. Immediately after the shot, we return to the fundamental position - waiting, because it is very important to be ready to react to the return of the serve.

For players aged 8-10, the International Tennis Federation recommends certain racket sizes depending on the level of play. For the red level a 48-58 cm racket is recommended, for the orange level a 58-63 cm racket is recommended and for the green level a 63-66 cm racket is recommended. Today there are many companies that produce rackets for children. Many of these companies publish different tables, which show the dependence between the length of the racket and the height of the child. The rackets can be painted in the colors corresponding to the level of play. The height or age that the child must have to be able to play with that racket can be written on the racket.

CONCLUSIONS

The long-term development of an athlete and the optimization of the methods of learning the basic shots, has become the central idea of an athlete's training.

Biological age or maturity levels are used to plan ball striking techniques.

The need to identify and use the critical periods of rapid training adaptation during childhood is increasingly recognized as very important in tennis circuits.

Developing basic strokes at an early training age is essential for future performance athletes.

The bibliographic study allowed the development of the structure and content of the training process, in the game of tennis at the age of 8-10

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