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Original article

STUDY ON LEARNING FOREHAND FROM TENNIS TO STUDENTS FEFS

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Abstract*

Aim. Our research aims to assess learning coup right from tennis to student's specialization Physical Education and Sports (EFS) from the Faculty of Physical Education and Sport, Spiru Haret University.

This study aims to achieve a database, making it possible to analyze various issues relating to the potential motor and to observe trends in these categories of students, to intervene with appropriate means to improve their findings.

Methods. To do the work we used the following research methods: bibliographical study, teaching observation; practice test, statistical and mathematical analysis, plotting.

Results. There were mixed results on samples from students as evidenced by statistical indicators applied mathematics.

Conclusions. The results obtained from practical tests should be considered by all teachers working with groups of students from specialization EFS to intervene with appropriate means for improving motor skills in order to improve the overall specific sports.

Keywords: technical, tactical, forehand, tennis.

Introduction

Tennis

Game that takes place between 2-4 players or players who send the ball over the net with rockets, namely arranged on land, split into two by a net.

Technical

After Manno, R. quoted by Baciu (1996) page 5 „, Sports Technique is a method or combination of methods, learned through the year in order to resolve as economically, rationally and with maximum efficacy with a task-based movement (in other words, a motor problem)”.

After Teodorescu, quoted by Moise, Moise, Doboși (1995) page 17 "Technique playing tennis is a set of motor skills specific form and content, consisting of hitting the ball with the racket on the spot and displacement achieved in order to practice in the most efficient game of tennis, in accordance with rules game official ".

The tennis technique means all specific procedures used in order to practice the game with maximum efficiency.

Forehand

Consists in sending shot after ground contact ball over the net.

The kick is taken by right-handed right side of the body, and the left-handed left side of the body.

After Brown, (2004) page 1 "Forehand is the most

frequently hit shot, the first on taught, and the easiest to learn".

After Crespo, Miley, page 68 (1998) "The right kick is one of the most important kicks in tennis. In the modern game, today during shifts from bottom line right shot is currently performing advanced players.

A good right hit can be developed into a powerful weapon by all types of players. This blow is often used to put opponents under pressure and to dominate the point".

After Matsuzaki, (2004) page 23 "The forehand is one of the first skills beginners are introduced to. It also is the most frequently hit shot for most beginning and intermediate tennis players."

After Bollettieri, page 113 "A killer forehand is a lethal weapon in a player`s strategic arsenal. All others forehands in a specific rally must be aggressive, controlling the center of the court until the killer forehand either ends the point or forces a weak return for you attack and volley".

After Moise, Moise, Doboși, (1995) page 25 „Kick right is a basic element in the game of tennis technique”.

Technical forehand includes (figure 1):

- fundamental position;
- grip;
- preparation (fig. 1.1, 1.2, 1.3.);

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- impact (fig. 1.4, 1.5, 1.6.);
- end fig. (1.7, 1.8).

After Brown, (2004) page 1 "Every stroke in tennis consists of sequence of separate movements - preparation, swing, and follow -trough. The trick is to

make all these movements came together in one smooth motion".



Figure 1. Forehand Novak Djokovic

<https://www.youtube.com/watch?v=yNRzqAdVQ14> Novak Djokovic

After Moise, Moise, (1999) page 25, page 26 "The techniques are composed of four basic points, ensuring their development:

- preparation mechanism;
- training mechanism for kicking the ball away;
- the mechanism of hitting the ball;

-completion mechanism of actions of hitting the ball.

After Matsuzaki, (2004) page 23 "Many types of spin can be put on a forehand -flat, topspin, underspin, or sidespin".

Forehand procedures are: spin (figure 2), cut (figure 3), flat (figure 4).



Fig.2 Spin forehand

http://www.cursuritenis.info/blog/forehand_federer.jpg



Fig.3 Cut forehand

http://www.cursuritenis.info/blog/forehand_slice.jpg



Fig.4 Flat forehand

<http://www.tennis.info.ro/secretele-tenisului/825.html>

Tactics

After Baci, (1996) page 26. „The notion of tactics understands: all player actions rationally organized and coordinated, within the provisions of regulation play and the spirit of sportsmanship, for the capitalization own qualities and shortcomings in the preparation of opponent”.

After Brown, (2004) page 1"Use the forehand to build points. Use it to take charge. Use it to move your opponent around the court and to confuse your opponent. Use it to extend points. And use the forehand to put winners away into an open area".

After Moise, Moise, (1999) page 27 „The away game simply reads:

- fix moments rally and components;
- alternative moments rally and components;
- decisive moments and components;
- crossing moments and components”.

Forehand is included in the alternative moments rally.

Tactical content of the forehand is determined by: direction hits, the length of hits, trajectory of the ball, speed ball, the effect printed ball, precision hits, player placement and placement hits.

Forehand can be used as tactical following actions:

- alternating the direction of strokes;
- sending strokes to strike weak opponent;
- combination of long shots with short strokes sent along with the diagonal line;
- tactical change of pace is swift kick after a succession of 3-5 blows moderate pace;
- alternating long shots with short and fast and slow;
- attracting opponent to one corner of the field by sending successive blows in that direction and his surprise with a quick shot to the opposite side or contre-pied.

Methods

The study was conducted on 50 subjects (12 women, 38 boys) who participated to the tennis course practice.

Tennis course duration 14 weeks, with 2 practical lessons per week for each group.

Working hypothesis:

- if it works with specific means it can learn the right technique and tactics coup.

Specific means and methods used to strike the right learning:

- long line, cross court ball offered, thrown of partner;
- long line, cross court ball launched by the teacher;
- exchange blows in the long line, cross court with a partner at first over the net, after over the service boxes;
- singles game school and verification.

They were applied two control samples in week 7 and week 14.

Sample 1 (figure 5) :

Forehand long line areas (4.11x5,48m).

10 launches is given 5 of each.

Sample 2 (figure 6):.

Forehand cross court areas (4.11x5,48m).

10 launches is given 5 of each.

Procedure used just forehand, follow the rules of the game.

Note just blows falling in the yellow area of both players.

Evaluation System:

Note	10 9 8 7 6 5
Performance	10 9 8 7 6 5
Subjects 1	10 9 8 7 6 5
Subjects 2	10 9 8 7 6 5

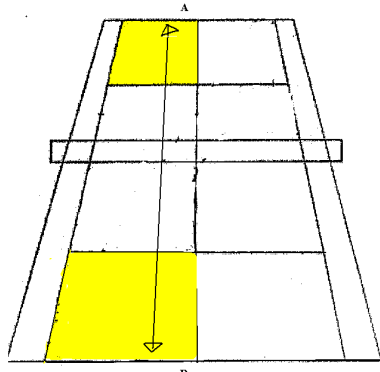


Fig.5 Sample 1
Own source

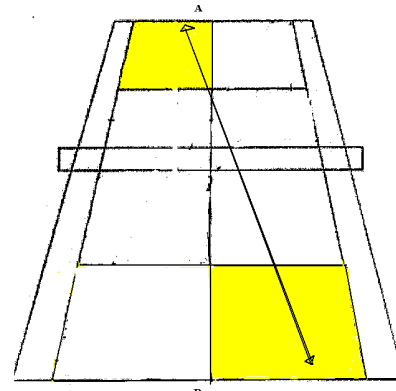


Fig.6 Sample 2
Own source

In table nr. 1 are presented the personal data and the results from sample 1 and sample 2 in the subject.

Table nr.1

Nr.crt.	Personal Data			Sample 1		Sample 2	
	Name and surname	Age	Sex	Li Ti	Li Tf	Cr Ti	Cr Tf
1	V.A	20	M	10	10	10	10
2	P. A	19	M	3	5	4	6
3	C.N	20	M	4	5	3	5
4	D.R	26	M	4	6	5	7
5	A. S	19	M	3	5	5	5
6	K. A	20	M	3	5	4	6
7	G. F	18	M	1	6	3	5
8	C.E	19	M	3	5	6	7
9	C.R	19	M	3	5	5	6
10	D. C	19	M	4	5	2	7
11	D. Cr.	19	M	4	5	7	7
12	D. A	19	F	2	6	2	5
13	D.I.	19	F	2	3	4	2
14	D.M	19	F	2	5	2	3
15	E. M	20	F	3	5	6	4
16	E.P	19	F	10	10	10	10
17	F. L	19	F	1	4	1	5
18	F.M	18	F	8	9	10	10
19	G. E	31	M	4	4	1	4
20	G.R	19	M	3	4	1	5
21	G.M	28	M	4	5	5	7
22	G.S	18	M	8	8	5	7
23	H. L	19	M	1	4	1	8
24	H. G	19	M	2	3	2	9
25	I. M	19	M	2	4	1	1
26	Î. A	19	M	3	4	4	5
27	L. A	20	M	4	5	5	7
28	M. I	40	F	6	7	5	5
29	M. C	19	F	3	5	3	5
30	M. E	19	F	3	4	2	1
31	M. A	19	F	3	3	4	8
32	M. M	20	F	6	7	4	3



33	M. Ion	39	M	10	10	10	10
34	M. C	21	M	3	7	2	7
35	O. R	19	M	4	5	3	5
36	C.A	22	M	3	6	4	1
37	I.A	21	M	2	3	3	2
38	D.A	24	M	2	5	5	7
39	R.A	20	M	2	4	5	5
40	D.V	24	M	3	3	1	3
41	C.C	22	M	4	5	2	5
42	C.S	27	M	2	4	4	6
43	O.A	25	M	5	5	3	5
44	R.P	28	M	4	5	3	5
45	C.L	19	M	5	5	2	4
46	G.I	42	M	2	5	6	6
47	B.O	22	M	3	5	1	5
48	P.M	45	M	5	5	1	4
49	R.P	19	M	4	4	2	7
50	A.A	22	M	2	5	3	6

Results

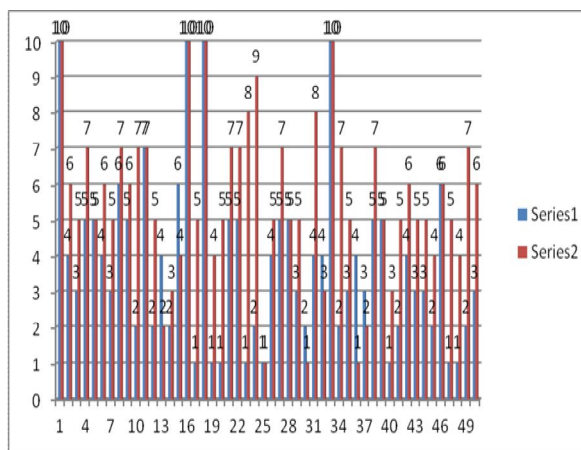
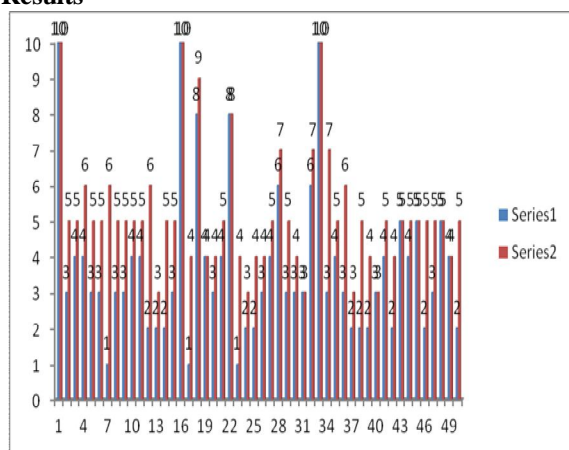


Figure 7. Results Sample 1

Figure 8. Results Sample 2

Table nr.2. Sample 1

Forehand	TI		TF		Difference	
	Performance	Note	Performance	Note	Performance	Note
X	3,74	3,74	5,24	5,24	1,5	1,5
CV	3,04				Cv	

Table nr.3 Sample 2

Forehand	TI		TF		Difference	
	Performance	Note	Performance	Note	Performance	Note
(X)	3,84	3,84	5,56	5,56	1,72	1,72
CV	3,12				CV	

Discussion

Tennis game that takes place between 2-4 players or players who send the ball over the net with rockets, namely arranged on land, split into two by a net .

After Teodorescu, quoted by Moise, Moise, Doboși, (1995) page 17 "Technique playing tennis is a set of motor skills specific form and content, consisting of hitting the ball with the racket on the spot and displacement achieved in order to practice in



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Forehand is included in the alternative moments rally.

Tactical content of the forehand is determined by: direction hits, the length of hits, trajectory of the ball, speed ball, the effect printed ball, precision hits, placement player and hits.

Test 1 arithmetic mean performance and grades is higher at final testing compare to initial testing, which confirms the working hypothesis.

Test 2 arithmetic mean performance and grades is higher at final testing compare to initial testing, which confirms the working hypothesis.

Arithmetic average sample 2 is higher than in sample 1, which confirms the forehand diagonal are easier to perform compared to the forehand long line.

The small value of the coefficient of variation of both samples shows a small distribution of values,

performance grouping of the notes and high homogeneity of the group.

Conclusions

1.Forehand is a basic element in the game of tennis technique.

2.Movement to the forehand is performed in three sequences linked unit and various processes.

3.Forehand is included in the alternative moments rally and is conditioned by tactical content.

4.The study confirms the development engine of the sample set.

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