

METHODOLOGY OF TRAINING FOR DEVELOPING YOUNG TENNIS PLAYERS (AGED 10 – 12 YEARS OLD)

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Abstract

Objective: This research is made to determine the implementation of the ITF (International Tennis Federation) Program for 12& under tennis players. This program focuses on the training and competitive needs of players at 12& under level group. The aim of the ITF is to support our National Associations' program, in fact our research objective: to give the players the best coaching in order to help them to achieve a good standard of competitive play. In the same time we have apply a questionnaire for discover how the tennis players view their psychological characteristics.

Method: In the research we have establish the methodology of training – annual and monthly program. A typical period program is usually broken up into four phases (preparatory, pre-competition, competition, transition or active rest). After to apply our methodology of training we have establish the psychological profile for players. In this respect we have purpose a questionnaire for discover how the tennis players view their psychological characteristics. Data's have been collected. The findings have been analyzed statically by using frequency method.

Discussions and Conclusion: After the research which has been made to determine the methodology of training affecting the psychological profile for tennis players, it can be concluding that the session planner and the structure of the training session determined the sportsmen motivation.

Key words: Methodology training, Tennis players, Psychological profile

INTRODUCTION

Competitions are probably the most important element in the program for 12 & under players. The most important thing at these ages is to give the players the opportunity of playing lots of matches by using system such as: round robins, feed –in consolation tournaments and shortened matches that give all young players the chance to experience the challenge of self-improvement through competition (D. Miley, 1998, C. Otis, 1999). Other ideas for providing a positive competitive philosophy and psychology at the 12 & under level could include the following (K. Davis, 1999, J. Brabenec, 1999, ITF, 1999): combine with other sports; provide other activities during the tournaments; make players play a minimum two singles matches a day, even if it is two pro sets. The ITF Competition Formats manual gives many examples of competition formats recommended for the 12 & under players. 12 & under age groups is shown like the following targets (G. Granitto, 1999): main goal (building up a philosophy and psychology of performance); format (team, single and double competition); competition system (round robin, feed-in consolation); scoring (two regular sets or shortened sets followed – if 1 set all by a tie-break –can adapt to different options depending on the competition system); remarks (furthermore, each team participates in other sports' tournaments against the other player.

There should be a minimum of individual competition with a knock-out system).

Material and Method

The aim of this study is to determine the factors affecting the success and failure of the tennis players (10-12 years old) participating to National Championship in Romania and compete the team of the "Idu Club Tennis", Mamaia, Constanta.

Data's have been collected to achieve the goal of the research in two ways. Firstly, the literature related to the subject has been scanned and then a survey has been made to determine the factors affecting the success and failure sportsmen for the aim of the research. Data's have been collected with sportsmen participating to the competition after we made the implementation of the coaching program. The weekly plans last for up to 7 days a give detailed information on the intensity, quantify and order of the training sessions. They are the basis for periodisation. These weekly plans (table 1) are also called micro cycles. Micro cycles allow concentration on one particular objective in individual sessions and reduce the monotony of training despite a high frequency of sessions. There are different types of micro cycles depending on the training phase. Our programmes for these subjects' players consist of up approximately 3 training sessions and 1 competition session per week. However, this may be adapted to the characteristics of the players, the period of the season, and the goals the coach and players want to achieve

FINDINGS

Table 1: Weekly programme for players of this age group

	Technical	Tactical	Physical	Mental
Monday	Topspin in ground strokes	Consistency from the baseline	Aerobic Endurance flexibility	100% effort
Wednesday	Serve and return fundamentals	Match situations/singles play	Multi-sport activity and coordination	Fun
Friday	The basic of winning volleys	Match situations/doubles play	Power /speed games flexibility	Self-confidence
Sunday	Club team competition under 10 or 12 years old. Singles, doubles and mixed doubles matches			

DISCUSSION

After the implementation of the program in this study coach should be aware of the need for adequate rest days between competitions. In this age group, team competitions are emphasized. During this type of competition coaches should ensure that their players play not only singles but also doubles and mixed doubles matches.

In the study we determined the weekly program for players of this age group for each training components. Because of the tennis players results in the National tournaments for this age category we can confirm and apply the next contents of our program: technical (footwork in groundstroke's; effects in the serve flexibility, half and drive volleys, volley and smash, return of serve); tactical (attacking from the baseline, serve and volley, mid court game, attacking in the net, match play situations – singles and doubles); physical (concentration, control of emotions, motivation, control of thoughts, visualization). In the same time, with tournament players, we may have to develop a variety of different daily training structures. However, this situation may change with 12& under players since they usually go to school and are therefore only available to practice and complete at specific times in the afternoons and/or mornings.

CONCLUSIONS

The results of our group training – basic prerequisites for ensuring effectiveness – we must ensure that: the team is comprised of players of homogeneous skill levels; the length of the session is between 1 or 2 hours; 1-2 courts are often for the training, depending on the number (max. 10 players on 2 courts); players

practice the 5 basic game situation every day; all player fully participate (hitting, moving, resting, picking up balls, etc.) during all phases of the session and all drills performed. It is a team effort and players should work for each other; there are one or two main goals in each training session; optimal challenge, the group is rotated efficiently; a positive learning/training environment is created (credit of criticism, go for attitude, performance versus outcome, positive feedback, co-operation style, etc.); there are one or two main goals in each training session; optimal challenge, the group is rotated efficiently; a positive learning/training environment is created (credit to criticism, go for attitude, performance versus outcome, positive feedback, co-operative style).

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