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Original article

TECHNICAL AND TACTICAL ASPECTS OF BLOCKED FOREHAND RETURN IN THE SINGLES MEN

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Abstract*

Problem statement. In the past, the return of service was considered "shot that sent the ball into the ground. Return importance has increased considerably in recent years simultaneously with the service due to rapid appearance playing surfaces, increasing execution speed of service.

In actual tennis by using return can earn points in the game if executed efficiently in technically and tactically.

Aim. Knowing the technical and tactical aspects of return are important in this process of learning and development especially in the children. Initiation into tennis can begin return service learning. The return service is a blow base and play an essential role in learning the game of tennis.

Conclusions. Tennis game that takes place between 2-4 players or players who send the ball over the net with rockets. The return blocked right - kick return the ball served by the opponent with one hand, with a short swing motion racket body toward the ball comes. Technical return three times blocked include training, impact and end the coup carried out uniformly. The return part of the start of the game. Tactically processes of return depending on the quality of service and subsequent actions of the server. Men's singles takes place after a certain structure of the game and the simple field with specific dimensions.

Keywords: technical, tactical, blocked forehand return, tennis single men.

Introduction

Technical

After Dragnea, (1996) page 14 "Engineering a branch of sport: includes all actions executed driving ideal in terms of their effectiveness".

After Manno, (1992) page 28 "Technique sport is a process or set of processes, learned through the exercise, in order to solve more economic, more rational and with maximum effectiveness a task-based movement (in other words a problem motive)".

After Manno, (1992) page 28 "Technique playing tennis is a set of motor skills specific form and content, characterizing how the handling of the racket hitting the ball and movements specific field, all being carried by the laws of higher nervous activity and the biomechanics in order to realize maximum efficiency in game".

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

Return service

Return service technical element sending the ball served by the opponent to the ground after contact with forehand and backhand.

After Moise, Moise, Doboși (1995) page 15" Return service hit response to receiving the service executed by opponent".

After Matsuzaki, (2004) page 95 "The return of serve is a regular ground stroke, but it can be difficult to execute against an effective server".

After USTA (2004) page 94 "Although every point requires a return of serve, this is probably the least practiced shot in tennis".

Return service procedures are:

- return blocked;
- hit return.

Return blocked executed on services powerful opponent.

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

After Applewhaite, Moss (1987) "The defensive return is executed in three phases with specific elements:

Get ready and balance back:

The player must use the continental grip if he does not have time to react to the ball that comes.

If the player is fast enough, or the service is not so difficult, it is better to use the appropriate grip for each side. Rebounding should be similar to the one used in the volleyball or the linear base stroke, although it may be shorter depending on the speed of the ball.

Balances ahead and contact:

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The forward balance for the defensive return usually resembles the volley (from top to bottom) or the straight (front to back) strike. The impact area is usually more forward than the exact choices for angle or closed body services than normal volleyball. The player should attempt to contact the ball after a short balance and a firm outlet to change the pace of the ball.

End of the coup:

Ending the blow in the defensive return is similar to the one used in a precise or blocked (selective) shortcut, depending on the power of the service.

In this situation the player will usually try to keep the ball in the game and try to recover the field as quickly as possible to tackle the next blow”.

After Antoun Rob (2007) page 52 “Using the blocked return is another common way of defending against the strong first serve.

This shot requires the returner to absorb the pace of the serve by using a short swing and by

contacting the ball in front of her body with a firm wrist, similar to a volley technique”.

After Matsuzaki, (2004) page 98 “It is very important to keep your feet moving . This helps time the split step and subsequently, movement to the ball.

You must abbreviate your backswing, then transfer your weight forward and follow through”.

After USTA (2004) page 94 “Watch the ball as the server tosses it, split step just before he contacts the serve, and begin the return with quick shoulder turn”.

Technical forehand blocked return include (figure1):

- preparation (fig.1.1., fig.1.2., fig.1.3.):
- fundamental position;
- grip;
- impact (fig. 1.4.);
- end (fig. 1.5.).

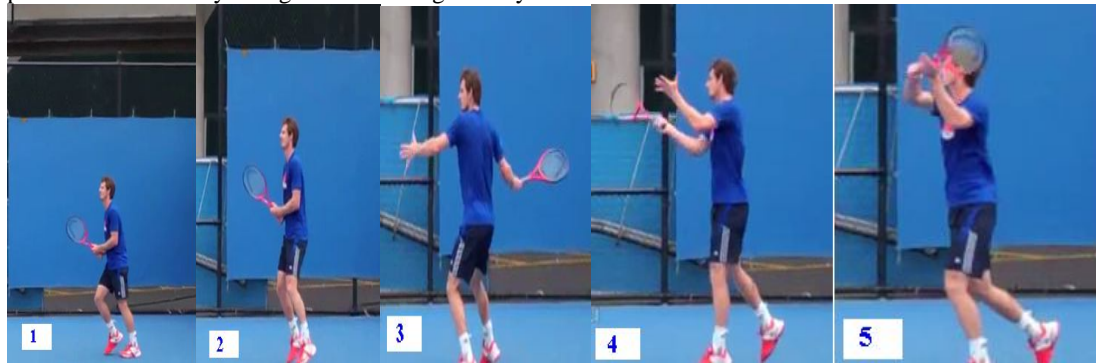


Fig. 1 Forehand Blocked Return

<https://youtu.be/i-wPMLwDc8I> Andy Murray

The return blocked procedures are: forehand, backhand, spin (figure 2), cut (figure 3), flat (figure 4).



Fig. 2 Spin Forehand Return

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



Fig.3 Cut Forehand Return

<http://www.cursuritenis.info/blog/forehand slice.jpg>



Fig. 4 Flat Forehand Return

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

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".

Tactical

After Baciu (2008) page 26 "The notion of tactics understand: 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 Moise, Moise (1999) page 27 "The away game simply reads:- fix moments rally and components;- alternative moments rally and components;- rally decisive moments components;- rally crossing and components moments".

The return is part of the first phase with the service of disputing the point.

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

The return is performed by: strength, accuracy, direction and effect of the ball to the service, the server further action.

After Moise, Moise (1999) page 377 "The blocked return is executed in long lines (figure 4) and diagonal lines (figure 5)".

For successful return, the receiver must have:

- a good placement (figure 6);
- to anticipate:
- the direction of the ball served by the opponent, the effect of the observation site where it is used and how to throw the place of impact of the ball;
- to send the ball within the opponent's court;
- do not offer opportunities to attack the server or completion.

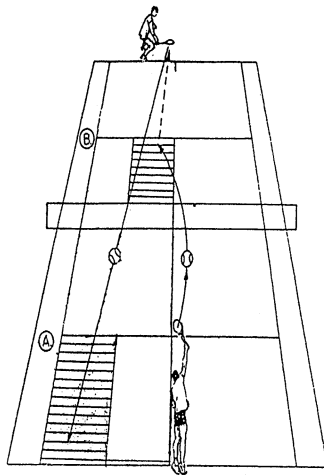


Fig. 4 Long line Return
 (Moise, Moise 1999)

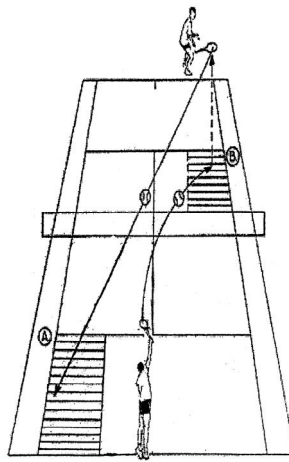


Fig. 5 Diagonal Return
 (Moise, Moise 1999)

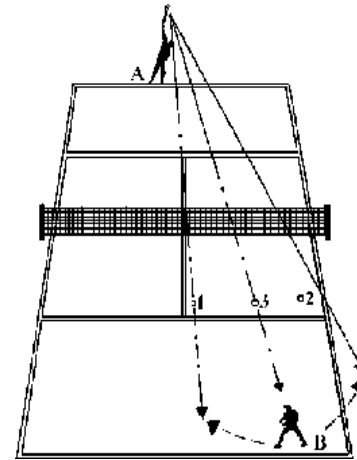


Fig. 6 Returner placement
 Own source

For strong services is recommended return blocked.

If the server attacking the net, is recommended to send the return razing along the line, the short diagonal and median.

After Applewhaite, C.&Moss, B.(1987) „The main goal of the defensive return is to put the ball into play.

It is usually used against the very first very powerful service or against the second angled service.

When he hits a defensive return, often the advanced player blocks the ball, changing his rhythm.

The defensive return can be a long and high kick if the opponent is in the back or a long and tall lobe if the opponent serves and comes in front”.

After Antoun Rob (2007) page 52, pag 53 „The blocked return can be used effectively in three main tactical scenarios :

- 1.Against an opponent who dislikes the slower pace and bounce of a blocked return.
- 2.When the returner needs a high percentage of returns in court.
- 3.When the serve puts the returner under extreme pressure.”

After Matsuzaki Carol (2004) page 98 “The key to returning consistently are waiting in the correct place (bisect the angle). A deep return is most important in establishing yourself within a point”.

After USTA (2004) page 94 “The receivers positions should bisect the angle of possible serves to the opponent. Most returns should be hit crosscourt or deep down the middle to increase the margin of safety”.

The return efficiency is influenced by the playing surface.

On fast surface increases service efficiency and decreases return efficiency, on slow land the ratio between technical elements is inversely proportional.

Tennis single man

Is a sport played between two players who send the ball over the net with rockets, namely arranged on court, split into two by a net .

The game takes place on single court .

The playing field for simple has the following dimensions:

- width 8.23 m;
- length 23.77 m;
- height 0.916 m (figure7).

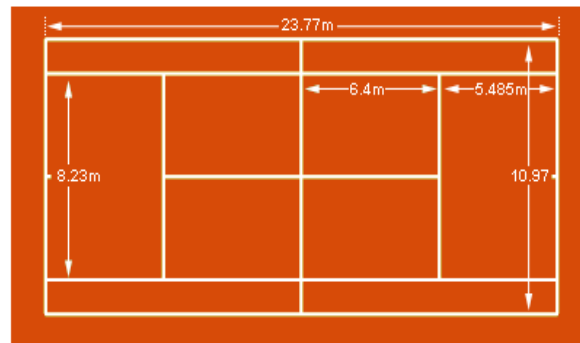


Fig. 7 Single Court Dimensions

www.tenisdecamp.ro

Rules and Structure:

During heating before the match is 5 minutes.

Choice part of the land and the right to be served or receiver in the first game to be decided by drawing lots.

The player who wins the toss may choose or require his opponent to choose:

a. the right to be served or receiver, in which case the other player must choose the ground;

b. the field, in which case the other player shall choose the right to be served or receiver.

A tennis match is played by system: 2 out of 3 sets, or 3 out of 5 sets.

- 2 out of 3 sets match is won by the person who takes the first two sets, 1-1 sets deciding set is played;

- 3 out of 5 sets match is won by the person who takes the first three sets, 2-2 sets deciding set is played.

The set consists of 6 games, winning the set the first arriving difference of 2 to 6 games.

Game is composed of 4 points:

- 15, 30, 40, the ends game of the four-winning point;

- 40 equal to 40, still be played to completion 2 points.

- advantage service plus 1-point win game ends.

- advantage received plus 1point win game ends.

Referee chair announces:

- 15-0, 30-0, 40-0, service advantage plus 1-point win game if the server wins the point.

- 0 to 15, 0 30 to 0, 0 40, return advantage of plus 1-point win game if the receiver wins the ball points.

Tiebreak- game runs when the score reached "six games draw" any set except decisively out of the situation that was otherwise decided and announced at the beginning of the match.

Methods

With the work we used the method of ascertaining study, bibliographic study method and the method of video movie about the coup learning techniques and methods right, taken from the "You Tube" processed by Freemake Video Downloader Defragmenter.

Discussion

The literature about return is extensive.

After Manno (1992) page 28 "Technique playing tennis is a set of motor skills specific form and content, characterizing how the handling of the racket hitting the ball and movements specific field, all being carried by the laws of higher nervous activity and the biomechanics in order to realize maximum efficiency in game".

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Tennis single man is a sport played between two players who send the ball over the net with rockets, namely arranged on court, split into two by a net with rules and specific structure.

Conclusions

1. The return blocked right - kick return a hard first serve with one hand.
2. The return blocked is performed in three sequences linked unit and various processes.
3. As tactic involves placement return blocked correctly, anticipating services direction and advancing to the baseline.
4. Tennis singles men take places on single court after rules and specific structure.

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