TECHNICAL AND TACTICAL ASPECTS OF   TWO- HANDED BACKHAND BLOCKED RETURN IN THE SINGLES MEN

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Abstract

Problem statement. In the past, the two- handed backhand blocked return was considered a blow to putting the ball into play.

With the upgrading of serve one, the increase in execution speed at this blow also aroused the problem of the high difficulty of the two- handed backhand blocked return.

If on a quick surface, serve one can decide the fate of a match, so the two- handed backhand blocked return, if well executed, can change the fate of the match, becoming an important weapon for victory.

As most players serve the opponent's lapel as the weaker hit, it is necessary to know some technical and tactical aspects of the execution of this technical element.

The aim of the research. In actual tennis by using the two- handed backhand blocked return can earn points in the game if executed efficiently in technically and tactically.

Knowing the technical and tactical aspects of the two- handed backhand serve return is important in the process of learning and development especially in the children.

The two- handed backhand blocked return is a blow base and play an essential role in learning the game of tennis.

Conclusions. The two- handed backhand blocked return is executed on hard first serve with two hands in three successive sequences and various processes.

The serve and the return are part of the first phase when disputing the point in a single game.

The tactical and success of the return is determined by certain factors, by content of the serve and the subsequent actions of the servant.

The men's single is a game between two players or two teams of players who send the ball over a net with the help of the rackets, takes place after a certain game structure and a simple field with specific dimensions.

 *KEY WORDS***:** technical, tactical, two- handed backhand blocked return, tennis single men.

Introduction

Technical

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

After Manno, R. (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).

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, G., Moise,D., Doboşi, Ş (1995) page 51 " Service return is a tactical action that implies, in addition to a great focus on service and a correct and efficient technical execution.".

After Matsuzaki, C. (2004) page 95 "The return of serve is a very important part of the game because it is a shot that can determine whether you are offensive or defensive in the point".

After Bolletteri, N. (2001) page 149 "In a world where sonic serves rule the turf, you do not stand a chance without returns that are right-back-attach ".

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

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Return service procedures are: blocked and hit.

Return blocked executed on services powerful opponent.

After Antoun, R. (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. This short swing gives her a better chance of timing the ball correctly and therefore hitting to a more accurate target on court.

Also, the slower pace of the blocked return gives her more time to recover to a central court position ".

After Matsuzaki, C. (2004) page 98 "It is very important to keep your feet moving when returning serve.

This helps time the split step and subsequently, movement to the ball. Your body weight should be forward as you make contact to the ball. When the serve is coming at you fast, there is no time to take your racket back all the way as in a regular ground stroke. You must abbreviate your backswing, then transfer your weight forward and follow through. If your backswing is too big, you may get caught with your weight back and your contact point will be behind your body".

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. Because there is usually less time for the swing on a service return, the length of the backswing should be shortened from that use on normal ground strokes".

After Schulz, R. (1993) page 118 "To run a blocked return efficient movement must become a reflex with the following sequences:

At first the weight is distributed in the face, and when the opponent throws the ball up service make a step forward.

Watching the service carefully before you hit the ball, push you up slightly, making a small jump forward and softly landing on both feet to a perfect balance.

Already before landing, seeing the direction of the ball, short withdraw the racket by following the ball with a big step in the direction of the ball. If the ball is in the immediate vicinity, the racket retracts briefly and practically blocking the ball is running the return "

Technical two- handed backhand blocked return include:

- preparation (grip, fundamental position);
- impact;
- end.

The two- handed blocked return procedures are: the place (figure 1), bounce (figure 2), flat (figure 3), spin (figure 4).

Fig. 1 The place return
https://youtu.be/6cESOeJxvkY Andy Murray

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Fig. 2 Bounce return
https://youtu.be/6cESOeJxvkY Andy Murray

Fig.3 Spin   Return
https://goo.gl/images/U23sNH

Fig. 4 Flat Return
https://goo.gl/images/HEX7bK

After Moise, D., Moise, G. (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, M. (2008) 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 Moise, D., Moise,G. (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.

For successful return, the receiver must have:

- a good placement (figure 5);

- 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. 5 Returner placement
https://goo.gl/images/51d8xe

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 Schulz, R. (1993) page 119 " The opponent being advanced towards the net, it is recommended that blocked return to be sent to the following:

-short at the opponent's legs preferred diagonally;

- long line;

-the lob to the left side of the opponent.

The long diagonal return is contra-indicated, because in this case it interferes with the direction the opponent is attacking".

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.

Same author page 100" Take it to the court:

Returning against a hard server: first, stand farther back, second -shorten your backswing.

Returning against a soft server: go for a higher percentage shot, crosscourt and deep.

Returning against a serve and volleyer: first, passing shot right by the net player, second low return at the incoming server`s feet, third lob off the return.

Returning against a bassliner: play high percentage tennis by hitting the return deep and crosscourt".

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. If the server is hitting a high percentage of serves to the backhand, it may be wise for the receiver to adjust by starting out with the backhand grip".

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;
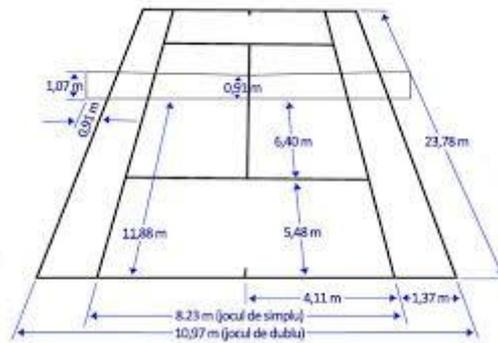
- length 23.77 m;

- height 0.916 m (figure 6).

Fig. 6 Single Court Dimensions
https://goo.gl/images/x3TQRN

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 1point win game ends.

- advantage received plus 1point win game ends.

Referee chair announces:

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

- 0 -15, 0 -30, 0 -40, return advantage of plus 1point 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.

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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Return service procedures are blocked and hit.

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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.

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