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Original article

COMPARATIVE STUDY ON PHYSICAL, TECHNICAL AND TACTICAL TRAINING IN NATIONAL AND INTERNATIONAL WOMEN'S FOOTBALL-TENNIS

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Abstract

Football-Tennis is not a sport as recognized nationally and globally as other sports, so in most cases there is no emphasis on the physical, technical and tactical training where to take into account the regularization of training in depending on the competitive period in which they are at that time.

The comparative study carried out in collaboration with Denmark, France and Cyprus aims to present a questionnaire showing the name of physical, technical and tactical training, taking into account the periodization of training, control tests performed to observe the level of training before a important competition, the results obtained at European / global level since practicing this sport at a high performance level and last but not least the support that these countries receive from the specialist authorities.

Keywords: football-tennis, performance, physical training, technical and tactical training.

Extenso

Football-tennis is a sport that appeared in 1922, and in 1940 the first official regulation appeared. It is a sport that can be practiced both individually and in a team, here you will find the singles, doubles, triples, plus the mixed doubles and triples and it is practiced in both men's and women's.

Football-Tennis is not a sport as recognized nationally and globally as other sports, so in most cases there is no emphasis on the physical, technical

and tactical training where to take into account the regularization of training in depending on the competitive period in which they are at that time.

National and international literature does not abound in scientific publications in football-tennis. It should be mentioned that Romania, at a competitive level (world championships, European, world cups) has remarkable results in all categories in which it participates.



Fig.1 Romania's National Football-Tennis Team

The comparative study carried out in collaboration with Denmark, France and Cyprus aims to present a

questionnaire showing the name of physical, technical and tactical training, taking into account the

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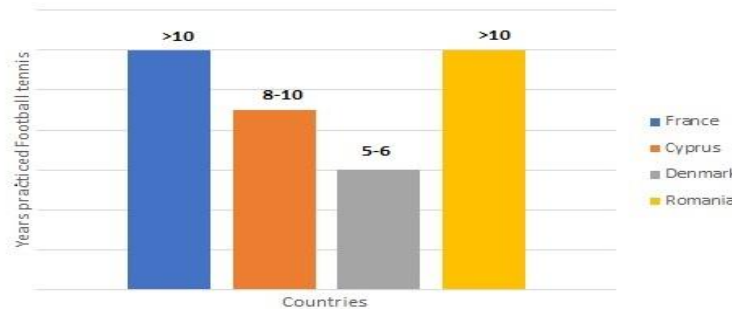
periodization of training, control tests performed to observe the level of training before a important competition, the results obtained at European / global level since practicing this sport at a high performance level and last but not least the support that these countries receive from the specialist authorities.

Below we will present the results obtained from the questionnaire applied on the above mentioned countries, the questions taking into account what we followed, more precisely, finding the number of physical and technical-tactical

trainings per week, we can analyze why there is or no progress in terms of results at European or global level.

1. For how many years has Football-Tennis been practiced in your country at a high performance level?
 - a. 2 - 4 years
 - b. 5 - 6 years
 - c. 8 - 10 years
 - d. More than 10 years

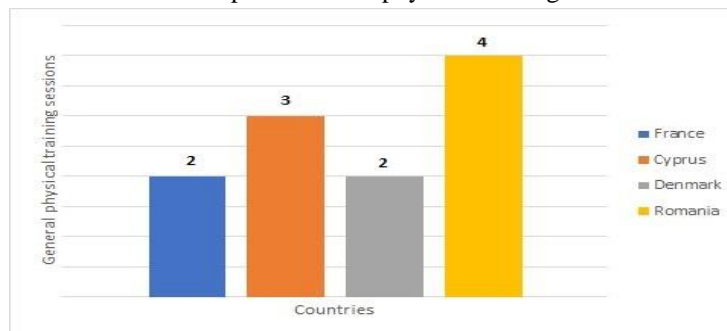
Graph 1. Years of practicing high-level football-tennis



2. How many general physical training workouts are done in a week at batch level during the basic training period?
 - a.2

- b. 3
- c. 4
- d.5
- e. more than 5

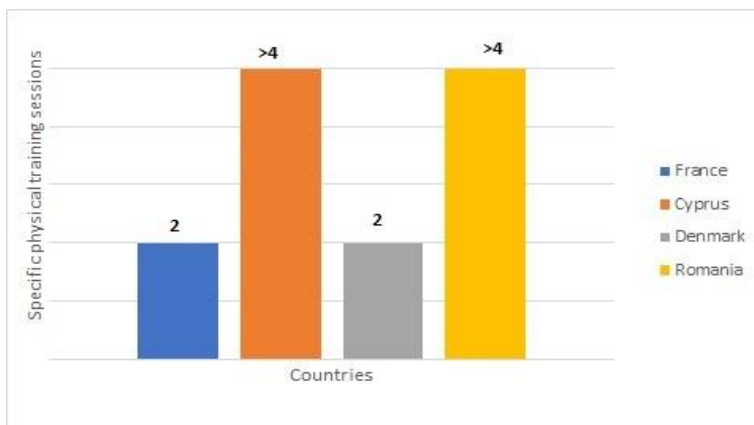
Graph 2. General physical training



3. How many specific physical training workouts are done in a week at batch level during the basic training period?
 - a. 1

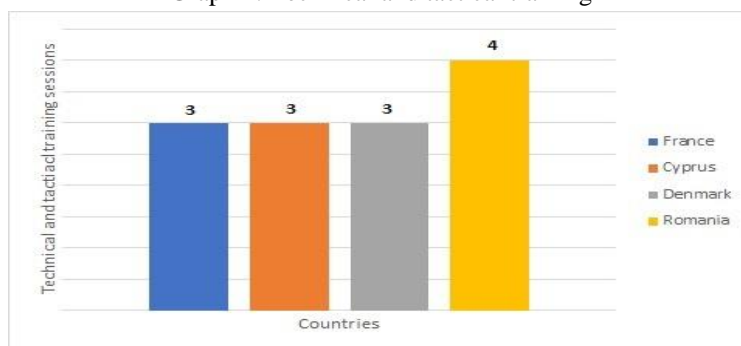
- d. 4
- e. more than 4
- c. 3

Graph 3. Specific physical training



4. How many technical and tactical trainings are done in a week at batch level in the pre-competition period?
- a. 1 c. 3
 b. 2 e. more than 4
 c. 3

Graph 4. Technical and tactical training



5. What tests or evaluation method do you use to observe the level of training of athletes before an important competition?

- Denmark: Bip-Test, 5 meters running speed
- Cyprus does not conduct evaluation tests stating that most of their athletes practice another sport in parallel, coming here only to play, being a hobby.
- France does not carry out evaluation tests but draws up an evaluation table of the success criteria, so that at the end of each training time is allocated for working with positive mental images.
- Romania:
 - ✓ TEST 6 x 20 + 20 meters to evaluate the capacity of anaerobic lactic acids;
 - ✓ Sprint on 5 and 10 meters, Running - Shuttle (4 x 10m), to evaluate the speed of travel over short distances;
 - ✓ Speed over a distance of 30 meters;
 - ✓ Squatjump for evaluating the explosive force at the feet;

- ✓ Plyometric Jumps for assessing strength in the legs;
- ✓ Trunk flexion on the thighs to assess abdominal strength;
- ✓ One-Leg Stability Test to assess stability on one leg;
- ✓ Evantai Test for evaluating the speed of movement specific to the game, coordination but also the ability to accelerate and brake over short distances, in different directions and positions;
- ✓ Hexagon test to assess speed, agility and balance over short distances.

6. What are the results obtained worldwide and by European athletes representing the country?

- Romania: at senior level, since 2010 and until now at all World and European Championships Romania has won first place in all events in which it participated, namely in singles, doubles, triples and mixed doubles and triples events
- Denmark: singles - 3rd place in 2015 and 2nd place in 2017 and 2018, mixed doubles - 2nd

place in 2017 and doubles - 2nd place in 2018, triple and mixed triple - 3rd place in 2015, 2016 and 2017 both at World and European Championships for the last 5 years.

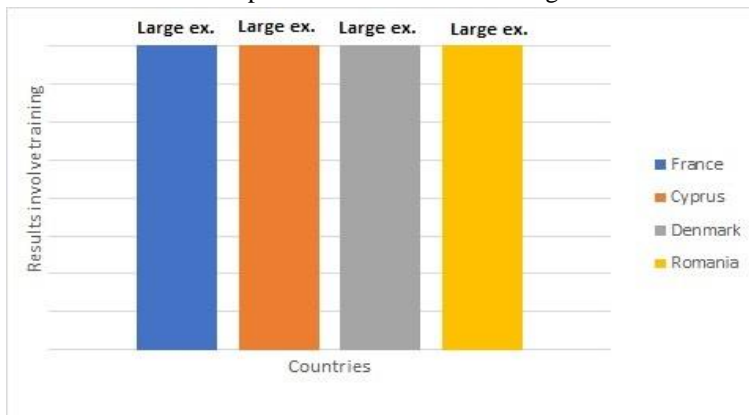
- Cyprus: 2nd place at the 2014 and 2016 World Championships in singles and doubles and 2nd place at the 2015 and 2017 European Championships in doubles and triples.

- France: 3rd place singles at the 2019 European Championships.

7. To what extent do you think that, as a result of the results obtained worldwide and in Europe, athletes should be more involved in training?

- To a small extent
- To a large extent
- Not

Graph 5. Involvement in training

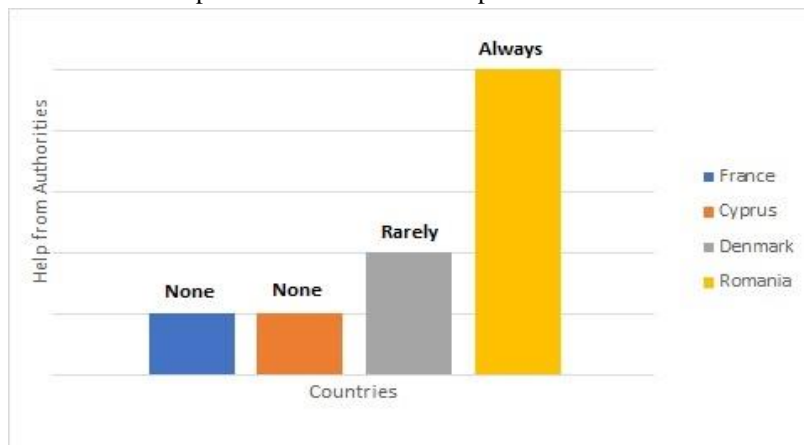


8. To what extent does the Ministry of Sports or the Authority responsible for sports in your country help you materially in developing this sport and achieving sports performance?

- Not

- Very rarely
- Sometimes
- Often
- Always

Graph 6. Involvement of Competent Authorities



Conclusions

✓ Following the national / international online comparative study, it was noted that international teams do not focus on assessment tests in order to observe the level of training of athletes: Denmark allocates a small part of this detail, France uses working with positive

mental images, while, Cyprus due to athletes who are engaged in other sports does not allocate time to this detail.

✓ From the point of view of the number of years practiced at a high performance level in tennis football, it

can be seen that Romania and France are pioneers of this sport while countries like Denmark and Cyprus are newer in the world circuit.

✓ From the point of view of the general physical training, the Romanian teams pay more attention to this detail, a very important aspect; Good physical training can lead to the achievement of performance goals in elite tennis football.

✓ While the players from France, Denmark and Cyprus allocate the same number of technical-tactical trainings, the ones from Romania allocate a much higher number to this part because, besides the physical training, (this being the predominant part of this sport) they master the requirements. Tactics having a rich arsenal of technical shots, and the results will be commensurate.

✓ From the point of view of the performance results on a world and European level, Romania definitely dominates, which is obtained by the fact that the athletes are 100% involved and achieve the entire training at maximum capacity, with dedication and seriousness.

✓ Romanian teams have financial support for all that means competitions, training camps and prizes after achieving remarkable results, while teams in France and Cyprus, although they have a logistical basis and training conditions, the authorities are less often involved in supporting them.

✓ In Denmark things are completely different, the help of the authorities is non-existent, which is why the motivation of athletes is low for this sport due to the fact that players are obliged to fully bear their costs in all competitions in which they participate.

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