

ASPECTS OF DECISIVE SHOT TECHNICAL AND TACTICAL PLAYING TENNIS SINGLES

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Abstract: Current exchange in tennis long shots during the game, proved ineffective and playing, it requires a very high energy consumption. Players and the players must guide action towards winning as quickly as point of exchange blows before your opponent by using a decisive blow to enable them to attack triggering mistake or completion point. Decisive shot, brings together technical elements specific preparatory exchange blows in the attack. It's a shot in return Preparatory commonly used in male and female singles matches. It is accessible to 10 years, learning coup on both sides of the body, contributing to the harmonious development of body, mental development and motor qualities.

Keywords: tennis, decisive shot, technique, tactics, game simple.

Introduction

Tennis game that takes place between 2-4 players or players who send the ball over the net with rockets.

Decisive shot (drive):

Shot taken strong (spin or flat), on both sides of the body by both left-handed and right-handed by.

TECHNIQUE

After Gheorghe Daniel „The technique means all movements that evidence, assembled in a rational motor structure allow us to successfully conduct special stage”.[1]

After Leon Teodorescu „Playing tennis Technology is a set of specific motor skills that form and content, consisting of hitting the ball with the racket on the spot and jersey realized with maximum efficiency in order to practice the game of tennis, according to the official rules of the game” cited by Gh. Moise, D.Moise, Ș.Doboși.[2]

The following processes are decisive shot :

- right shot (spin or flat);
- backhand with one hand or two hands (spin or flat).

Technology decisive shots include:

- fundamental position;
- racket outlet;
- training, impact and end strike.

After Dan George Moise, Gheorghe Moise

„The techniques are composed of four basic points, ensuring their development:

- preparation mechanism;
- training mechanism for hitting the ball away;
- mechanism of hitting the ball;
- completion mechanism of hitting the ball actions”. [3]

Right shot decided the following methods of execution: - Spin or flat (fig.1,2).



Fig.1 Spin decisive shot right [4]

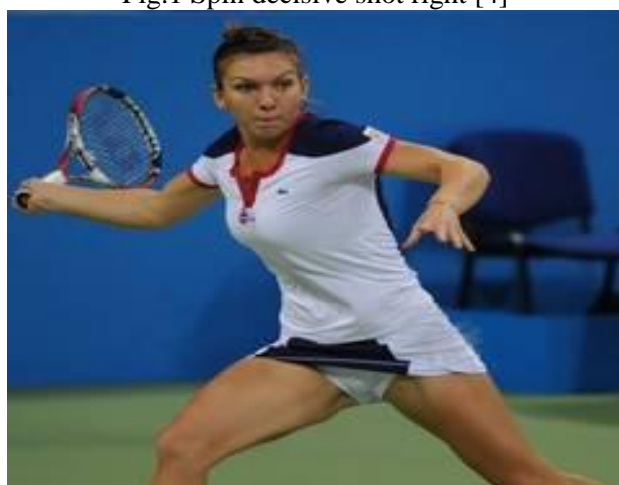


Fig.2 Flat decisive shot right [5]

Backhand decided the following methods of execution: - with one hand or two hands spin or flat (fig.3,4).



Fig. 3 Decisive backhand with two hands spin [6]



Fig.4 Decisive backhand with two hands flat [7]

TACTICS

After Baciú Marius „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”. [8]

After Dan George Moise, Gheorghe Moise „The away game simply reads:

- FIX moments rally and components;
- ALTERNATIVE moments rally and components;
- rally DECISIVE moments components;
- rally CROSSING and components moments”. [3]

Given the above definition, the decisive blow may be included in the decisive rally.

Decisive shot is used in both singles (individual) and in the team (double).

Frequency use decisive blow in the game is more simple compared with double game.

Kick decisive run when the opponent takes the ball B1 from opposite field. (fig. 5).

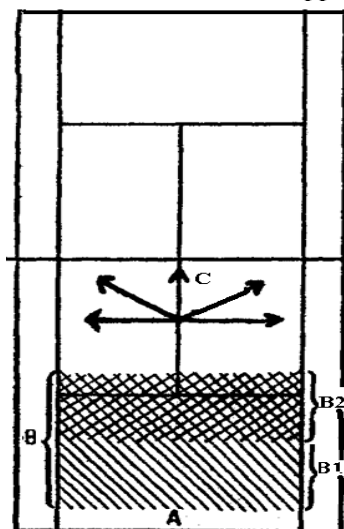


Fig.5 Areas of implementation of simple land decisive shot [9]

The kick to be followed by decisive attack to score when the ball came from the opponent lands in area B2.

The striker must:

- Coordinate the movement toward net with shot;
- Pass quickly over "forbidden zone" Player Area A;
- Reach completion in the C before the ball is hit by enemy;
- Do not play the ball to the area B 2 of adverse terrain where short length of coup gives the opponent the opportunity to pass;

- Intercept diagonally out of where the opponent hits the ball.

SIMPLE GAME:

The game takes place on land simply simple.

The playing field for simple has the following dimensions:

- Width 8.23 m;
- Length 23.77 m;
- Height 0.916 m (fig.6).

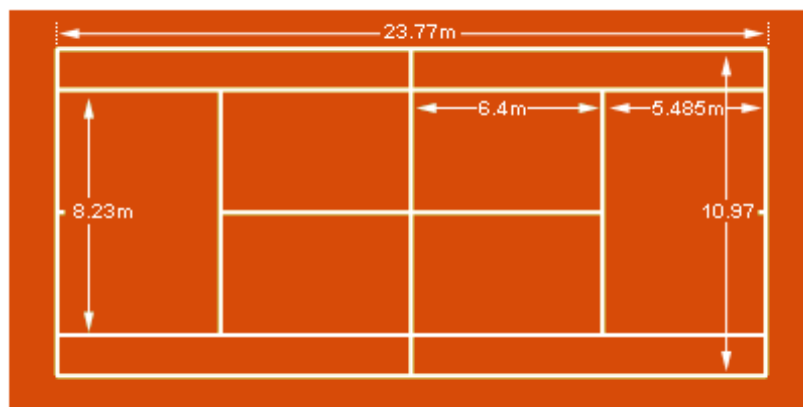


Fig. 6 Single Court[10]

Structure:

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;
- 3 out of 5 sets match is won by the person who takes the first three sets.

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

Huddle is composed of 4 points:

- 15, 30, 40, won the 4th point skein ends;
- 40 equals 40, has taken over another 2 points to finish Gemalli
- Plus service advantage gained 1 point skein ends;
- Won first advantage plus 1punct ending skein;

The game takes place when the score reached tiebreak 'six games equals "in a set.

Discussions

The literature on the decisive blow in tennis is relatively modest.

Decisive blow right balance is made of a continuous rocket through analysis can be divided into three parts:

- The balance of the body that determines the speed behind the coup;
- The balance of the body that determines the direction before the coup simultaneously with weight shift from one foot to another;

- From beyond the body comparable to the golfer that determine printed ball.

Backhand decisive closely following the right principles decisive blow, excluding transfer weight from the legs. [11]

The technique means all movements that evidence, assembled in a rational motor structure allow us to successfully conduct stage. [1]

Playing tennis Technology is a set of specific motor skills that form and content, consisting of hitting the ball with the racket on the spot and jersey realized with maximum efficiency in order to practice the game of tennis, according to the official rules of the game. [2]

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 the opponent. [8]

The singles are conducted on land with specific dimensions simple.

Conclusion

Tennis game that takes place between 2-4 players or players who send the ball over the net with rockets.

Decisive blow (drive) - a hard blow (elevator or flat), on both sides of the body by both left-handed and right-handed by.

Technology decisive blows three times include training, impact and end the coup carried out uniformly.

Kick decisive part in the final phase of the game.

From tactically decisive blows procedures differ depending on the place of execution.

The singles are conducted on land simple size and specific structure.

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