

## MEANS FOR TENNIS TRAINING OPTIMIZATION THROUGH A SPECIAL CONCERN FOR THE COACH-TRAINEE RELATIONSHIP

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**ABSTRACT:** The educational effects and the valuable results hang upon the teaching experience and the trainers' skills. It is a real piece of art to see the way how the individuals deriving from different backgrounds, having natural skills for sport and various intellectual abilities, may be transformed into human personalities. The present paper tries to identify the trainers' and the trainees' perception over the communication aspects in their relationship and to offer new opportunities for a stronger relationship. Most of the trainers place the sportsman's personality in the center of his/her concerns, considering, thus, the multilateral development as the key to their activity success.

**Keywords:** *personality, relationship, coach, sportsmen.*

### Introduction

The high performance sport relies on victory, as its main objective, both upon own limits and those of the competition partner, as well, it features a harsh and constant competition and a continuous training [1].

Sports training is a process concerned with the educational science which operates in a descriptive, explicative and prospective manner and with the practical educational aspects which are involved in the behavior control of the educational process [2]. From an educational point of view [3], the sports training knowledge includes information, practice and strategies, and the skills refer to virtual abilities and conducts which become achievable through training. Coaches have the responsibility to inspire to their sportsmen an inner discipline emerged from persuasion. This becomes possible only if the trainers know how to express clearly their demands and how to mobilize the sportsmen for their achievement.

A detailed explanation of the targets, as well as, making the trainees aware of the need for target achievement represent real keys to the success of the educational work.

The construction of the coach-trainee relationship demands the following essential changes and variation:

- independent performance of training drills;
- giving up to all training forms according to which sportsmen's performance is excessively led by the coach, to pattern tactical strategies, to managing and guiding the game from the side of the tennis court and to the detailed directing of tactical combinations etc.;
- promotion of forms of activity demanding the sportsmen's initiative, the responsibility spirit, self-reliance, teamwork etc.; independent training,

creation of tactical strategies by the sportsmen, frequent practice of tactical and technical methods;

- promotion of forms of self-organization and self-control which may highly increase sportsmen's responsibility, initiative and involvement in finding solution to different tactical aspects.

The present study is meant to contribute to the increase of sports performances in tennis through conferring a special concern on the coach-trainee relationship, starting from the premise that this relationship is seen as a resource of the sports optimization.

### Methods

This research meant to put in practice the working hypothesis has considered the fact that the coach should be a professional in developing interpersonal relationships, his work relying on a great extent of adjustments and self-adjustments of physical, verbal and mental aspects, being able to balance, together with his/her trainee, the interests (which are conflictual sometimes).

For this purpose, we have undertaken two types of questionnaires:

1. Questionnaire for coaches, including 6 questions, to which 10 coaches of different levels of training have answered.
2. Questionnaire for sportsmen, including 13 questions, to which 18 sportsmen have answered.

### Results

An analysis of the questionnaires intended for the 10 tennis coaches, whose training activity varies between 5 and 20 years, reveals the following aspects:

- most of the coaches support the addictive character of this relationship, bringing argument according to which the sportsman should be controlled from the beginning to the end of his/her competition carrier; only three of them agree on

the fact that a close control is necessary till the sportsman reaches a certain training level which allows him/her to gain some sports experience. The coach's personality plays an important role in determining the sportsman's attitude towards the training process. Concerning the working relationship during the initiation period aiming at the aspects mentioned above, the interviewed persons agree on a relationship based on respect and discipline. Although this majority approves a firm attitude during the initiation training adjusting thus the young sportsmen's behavior to the demanding sports training, they choose for a teamwork relationship during the improvement training period.

The superficiality of these statements contradicts to a certain degree the reality of sports competitions.

Taking into account the questionnaires intended for the sportsmen, we can reach the following results:

- 12 of the interviewed sportsmen register the 1st and 2nd ranking category.
- 8 of the interviewed sportsmen consider that the coach is the "moral" support during the difficult moments of the matches, and only three of them can make own decisions regardless the difficulty level and the "stake" of the match.
- as an answer to question no 11, most of the sportsmen agree on relationships based on a teamwork. But the question on what this teamwork includes, still remains (they may have their own opinions and the coach has the final word). Their attitude when they can not make a decision and they wait for indications from the side, their optimism about how these relationships should be, represent a determining role in the sports training process.

Coaches should understand that as the tennis player's value increases, his/her personality should be allowed to manifest itself, which provides positive effects in achieving valuable performances. We should also mention the fact that there are competitions in tennis to which the players take part without their personal trainer. In this case, the sportsman is forced to consider the indications of a different coach or in other extreme situations he/she does not benefit from a technical assistance. Therefore, the sportsmen who are not trained to think and to act independently have a clear disadvantage in front of those who have an independent thinking.

## Results

Table 1 Questionnaire for coaches – managing style applied during the training

Alternatives	No of coaches	%
Authority	2	20
Collaboration	8	80
Complete freedom for the sportsman	0	0

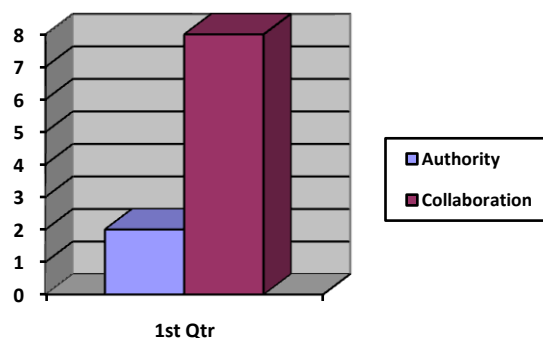


Table 2 Questionnaire for sportsmen The involvement degree in determining the tactical trajectory during competitions. The reliance degree during the matches.

Alternatives	No of sportsmen	%
Reliant on coach's decision during different moments of the match	12	67
Free to make own decisions	6	33

**Discussions**

The players who follow strictly the patterns required by their trainers present a high risk of standardization, their opponents being, thus, able to prevent their actions during the competitions; these players will always rely on their coach's indications without which being unable to compete. A large number of trainers (unfortunately 66% of the interviewed persons) express their will to impose themselves in front of their trainees during the training as well as during the competitions, their attitude has thus a negative impact on the sports training which becomes obvious during the sports competitions. During the sports training, it is crucial that the sportsmen develop their own method to detect their mistakes and to correct them, being thus able to evaluate themselves. This study reminds us how important is for a sportsman to think and to act independently.

**Conclusions**

Building up an autonomy in the sportsman's performance gives him/her an ease to play

during the competitions, the trainer's involvement in certain situations should appear as a teamwork. The coach should avoid any form of severe educational subordination between him/her and the sportsman, giving thus the sportsman freedom to lead the training process and the sportsman becomes, thus, an independent and active person involved in its own sports training. The trainer will act as an observer paying attention to the situations in which, for certain reasons (technical, tactical, structural reasons etc.) his/her intervention is required to help or to guide the sportsman. Even in these situations, the trainer should clearly explain to the sportsman the reason for his/her intervention.

**References**

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