

ISSUES ON LAPEL LEARNING METHODOLOGY WITH TWO HANDS IN TENNIS TO CHILDREN

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Abstract: In the early executed tennis backhand with one hand.

With the increasing speed of the game, was looking for a solution to meet the blows coming fast on the backhand; thus the two-handed backhand.

This process evolves constantly perfected techniques, tactics, methods and materials for the game.

Keywords: tennis, methodical, backhand with two hands, kids, technique.

Introduction

The current tennis backhand with two hands is used by players and especially the players, because it has greater certainty and precision kicking the ball away.

At the children this technique complements the lack of force in the arm, wrist and difficulties encountered in changing socket racket.

Material and method

Tennis

Game that takes place between 2-4 players or players who send the ball over the net with rackets, namely arranged on land, split into two by a net .

Technical

Engineering a branch of sport: includes all actions executed driving ideal in terms of their effectiveness. [1]

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). [2]

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. [2]

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

Backhand

Two-handed backhand technique that consists in sending the ball over the net after contact with the ground on the opposite side of the hand that holds the racket.

The right-handed backhand with two hands running down the left side of the body and the left-handed running on the left side of the body.

Two-handed backhand is the second blow to learn in the game of tennis, right after the coup.[3]

Technical backhand include:

- fundamental position;
- outlet;
- preparation, impact and end the coup.

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. [4]

Grip the backhand racket with two hands can hold as follows:

- grip backhand (semi-open) with basic arm placed first hand on the handle of the racquet and a second grip right (semi-closed) the opposite arm with his hand resting on the handle of the second racket;
- grip backhand (continental hand-arm basic hand resting on the handle racket first and a second grip right (semi-closed) the opposite arm with his hand resting on the handle of the second racket.

Hands are placed side by side on the handle of the racket without overlapping .

Holding hands at different players handed to left-handed players (figure 1, figure 2).



Figure 1. Grip for the right-handed [5]



Figure 2. Grip for the left-handed [6]

Two-handed backhand can run through the following techniques:

- stepping off place (figure 3);
- shift to ball (figure 4);
- spin (figure 5);
- flat (figure 6).



Figure 3. Two-handed backhand in place [7]

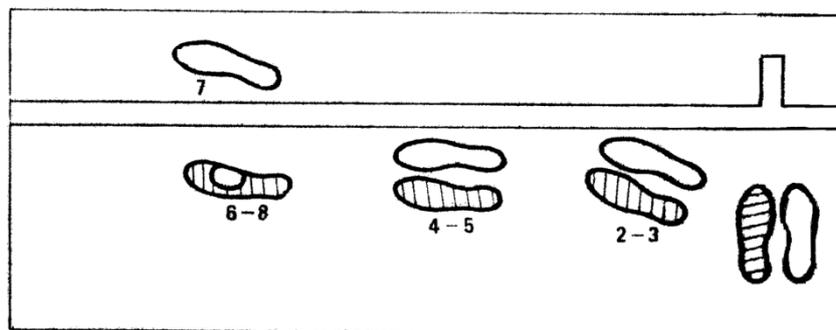


Figure 4. Moving to backhand with two hands



Figure 5. Two-handed backhand spin [8]



Figure 6. Two-handed backhand flat [9]

Children

Tennis is sport accessible for children, regularly practiced it provides many health benefits associated with physical and mental development.

Children up to 10 years, as required practiced tennis Play and Stay T10 concept developed and applied by the International Tennis Federation (ITF) from 2012.

Method

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.

Learning Methodology

The methodology is the science method, which enables the teacher to better meet the educational objectives set for a particular lesson.

The method involves presenting things in an orderly manner, it is a set of rules that should be followed to achieve specified learning objectives. [10]

The main objectives of teaching are:

- accelerating the learning process;
- learning a greater number of students;
- teaching in order of progressive difficulty;
- teaching use of all the possibilities, facilities and systems.

Teaching is what makes coach, is what makes student learning.

If the coach wants to facilitate the teaching of pupil learning it is important to concentrate on the following issues:

- teaching objectives and content ;
- the teaching methods and teaching styles used;
- teaching tools available.

I know two basic types of teaching and learning:

Own teaching (learning by substitution):

- scholar and teacher are the same person;
- can be productive if the curriculum is organized a good observer;
- if not, it may cause errors in production and kick following a delay in the learning. [10]

Formal teaching :

- two sides: the teacher and scholar;
- it is most useful when schoolboy wants to learn a sound technique in a short period of time, under appropriate progression. [10]

Tennis players learn skills through a process of first learning the technique, and its development situations in conditions of increasing difficulty. [10]

The final stage involves using technology effectively in situations match game, combining reception and technical execution decision. [10]

Learning stages of a technical process are:

- step training plan or step verbal / cognitive.
- step practice / repetition or associative:
- step autonomous / differentiated. [10]

In Tennis applied the following learning styles:

STYLES OF CONTROL used in the pre-impact:

- command;
- exercise / assignment;
- reciprocity / learning friendly;
- own verification;
- involvement. [10]

STYLES OF EXPLORATION used in stage impacts:

- guided discovery;
- problem solving (divergent);
- individual program;
- student initiatives;

- own training. [10]

In tennis there are three main methods of teaching:

Global Approach: When the coach demonstrates and teaches a free kick to break up into its constituent parts.

Analytical Method: When coach shot separates into its component parts to facilitate learning.

Mixed method uses both methods above.

When choosing a method of teaching, the coach should take consider the following:

- the level of the players;
- complexity ability;
- the manner of manifestation of ability;
- combinations.[10]

Learning backhand

Learning methodology backhand two hands in children pursues the following tasks:

- knowledge of rocket grips;
- analytical and global learning coup;
- learning processes;
- directing the blows;
- exchanging blows.

Learning backhand depends on the following factors:

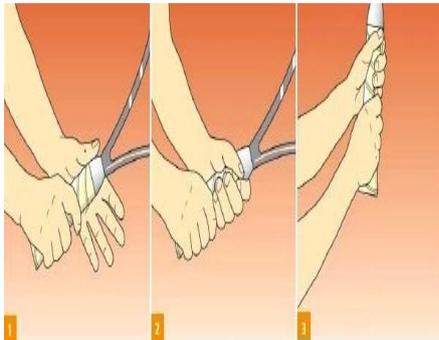


Figure 6. Backhand grip [11]



Figure 7. Striking the ball



Figure 8. Keeping the ball

2 .Step imitation exercises:

- exercises imitation of the coup.

The objective of the exercise:

- learning to grip backhand;
- learning the backhand technique coup ((figure 9).



Figure 9. Imitating the backhand with two hands global [12]

Order learning: second blow.

Place execution: by age on the field red, orange and green.

Structure movement: analytical; overall.

Teacher actions: given the ball thrown and released.

Condition of practice: relieved, with coach; with a partner.

Structure motor : the place; walking, running.

Number of subjects: in groups, with partner, individually.

Effect ball: spin, flat, cut.

Direction coup: median; long line; long diagonal and short diagonal.

Learning the backhand with two hands is done in stages with specific means:

1. Step preparatory exercises with the ball and racket:

- preparatory exercises with the ball and racket.

The objective of the exercise:

- learning backhand grip ;
- accommodating backhand grip (figure 6, 7,8).

3. Step exercises of hitting the ball:

- the ball provided (figure 10);
- the ball thrown (figure 11) ;
- launched the ball (figure 12);
- passes with two-handed backhand (figure 13).
- contest with two-handed backhand (figure 14).

The objective of the exercise:

- learning to grip backhand;
- learning the backhand technique coup.



Figure 10. Kick ball provided [13]



Figure 11. Kick ball thrown[14]



Figure 13. Passes with two-handed backhand [15] Figure 14. Contests with two-handed backhand [16]



Results and discussions

The literature on learning backhand with two hands in tennis to children is extensive.

Technical backhand include:-fundamental position, outlet, preparation, impact and end the coup.

The methodology is the science method, which enables the teacher to better meet the educational objectives set for a particular lesson. The method involves presenting things in an orderly manner, it is a set of rules that should be followed to achieve specified learning objectives. I know two basic types of teaching and learning.

Learning a technical process is done in stages. In Tennis applied two learning styles and three main methods of teaching.

Conclusion

The right-handed backhand with two hands running down the left side of the body and the

left-handed running on the left side of the body.

Backhand is done in three sequences linked unit whit various actions of body segments.

Learning backhand two-handed strokes is preceded by learning the right, thus driving skills will be transferred from blow right at the two-handed backhand.

Is achieved in stages by age-specific methods and means and it is conditional on a series of factors.

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