# ISSUES ON LEARNING METHODOLOGY IN TENNIS RIGHT COUP IN CHILDREN

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**Abstract:** Kick right has evolved over time due to increases in velocity of the ball striking the upward trend, before the ball is hit on the downward trend, driving the opponent of placement median outside the sidelines of the field by opening angles and sending balls diagonally long before it is sent median, sending the ball diagonally short and the long line of positions of increasingly advanced followed the attack at the net before the ball being played at the bottom of the field, switching from using outlets fixed the changeable switch from using blows with the flat effect, changing the biomechanics of strokes.
**Keywords:** tennis, methodical kick right, kids, technique.

## Introduction

In today's modern game, kick right is used by most players to put your opponent under pressure and win the point.
Initiation into tennis begins with learning the kick right.

## Material and method

*Tennis*
Game that takes place between 2-4 players or players who send the ball over the net with rockets.
*Technical*
Sports Technique is a method or combination of methods, learned through the year in order to resolve as economically, rationally and with maximum efficacy with a task-based movement (in other words, a motor problem).[1]
Technique playing tennis is a set of motor skills specific form and content, consisting of hitting the ball with the racket on the spot and displacement achieved in order to practice in the most efficient game of tennis, in accordance with rules game official .[2]

*Forehand*
The kick is taken by right-handed right side of the body, and the left-handed left side of the body.
Consists in sending shot after ground contact ball over the net.
Kick right is a basic element in the game of tennis technique.[2]
Technical forehand 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. [3]
Kick right procedures are:
-stepping off place;-shift to ball;-spin (figure 1) [4];-cut (figure 2) [5];-flat (figure 3) [6].

**Fig.1 Spin right Kick** [4]

**Fig.2 Cut right kick** [5]

**Fig.3 Flat right kick** [6]

*Children*

In our days an increasing number of children are becoming more involved in recreational and competitive tennis.

From the age of 4-5 years old children can practice mini tennis, mini participate in training and competitions as required 10 Tennis imposed 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*

Theory of effective practice or active theory with practical finality. [7]

Methodology used in learning and perfecting technique and tactics of the game of tennis coach must solve the following tasks:

- creating an accurate representation of the item and the process taught;
- ensuring a proper execution of movements;
- formation of specific motor skills improvement;
- training - improvement of technical and tactical skills, accurate and effective.

Methodical orientation in teaching the game of tennis is based on a series of principles and methods that correspond to the principles and methods of instruction in physical education and sports training.

In tennis lesson may apply didactic principles (general and specific) and training methods.

General principles and teaching methods are:

- The principle of active and conscious participation.
- The principle of intuition.
- The principle of accessibility.
- Systematization and continuity principle.
- Modeling principle.
- The principle of sustainability.

Training methods:

- Method-verbal explanation.
- Intuitive method.
- The demonstration, observation.
- Method of practice - practice (analytical, global).

Specific sports training principles are:

- The principle of active and conscious participation.
- The principle of intuition.
- The principle of accessibility.
- Systematization principle.
- The principle of sustainability.
- Going concern.
- The principle that.
- The principle of specification.
- The principle of multilateralism. [8]

*Learning forehand*

Learning is a lasting change in behavior that occurs during interaction between organism and environment.[9]

Motor learning is specific to physical education and sport.

In motor learning elements exteroceptive, proprioceptive or are involved with different weights rational by nature of activity and actions that compose them. [9 ]

Synthesis bibliographic information specialist can draw the following types of motor learning presented below.

After driving skills approach:

- global learning (recommended by most experts for simple skills);
- partial or analytical learning (recommended for complex skills). [7]

The current trend, called "modern" in motor learning is to start with global learning and then move, if possible and appropriate, partial learning (for "polishing" technique).

By type of learning driving skills:

- intensive learning. when addressing one theme of driving skills in the same business;
- extensive learning, when addressing two or more themes driving skills in the same activity. [7].

Motor learning stages and their main objectives are:

- initiation stage primary properties;
- consolidation phase driving habit;
- improving the skill driving stage.

Learning forehand depends on the following factors:

Order learning: first 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 right kick is done in three steps:
1. Execution blow to a ball without rocket.
2. Imitating the right socket and rocket blow
3. Execution kick racquet and ball.

Right coup learning exercises propose the following structure for the three steps listed above:

*1. Execution blow to a ball without rocket.*

The objective of the exercise:
- learning hits the ball with the heel of the hand dexterous arm (figure 4,5);
- release arm ball adroitly learning (figure 6).

Figure 4.
Whipping the ball on the ground

Figure 5.
Churning up the ball

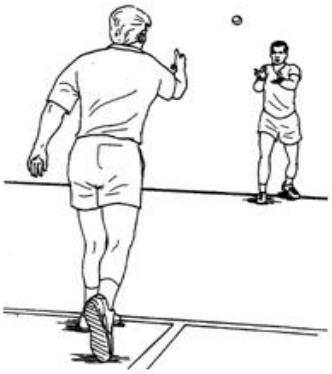

Figure 6.
Launch ball

*2. Imitating the right socket and rocket blow*

The objective of the exercise:
- learning to blow right socket (figure 7);
- learning the right technique coup place (figure 8)of running away (figure 9).

Figure7. Fixing right takeoff [10]

Figure 8. Imitating the right analytical coup [11]

Figure 9. Kick right of running [12]

*3. Execution kick racquet and ball.*
The objective of the exercise:
- learning to blow right socket (figure 10,11);
- learning the right technique coup instead of running, analytical and globally (figure 12,13, 14, 15,16).

Figure 10. Striking the ball

Figure 11. Keeping the ball on racket [13]

Figure 12. Kick ball provided [11] Figure 13. Kick ball thrown [14] Figure 14. Kick ball launch [15]

Figure 15. Passes with the right kick [16 ]

Figure 16. Right-kick contest [17]

**Results and discussions**
The literature on learning in tennis right coup in children is extensive.
Technical forehand include:-fundamental position, outlet, preparation, impact and end the coup.
Methodology is a "theory of effective practice" or "active theory with practical finality."

Learning is a lasting change in behavior that occurs during interaction between organism and environment.
Motor learning is specific to physical education and sport.
Learning forehand depends on the following factors: order learning, place execution, structure movement, teacher actions, condition

of practice, structure motor, number of subjects, effect ball, direction coup.

Learning the right kick is done in three steps: execution blow to a ball without rocket, imitating the right socket and rocket blow, execution kick racquet and ball.

**Conclusion**

The kick is made by right handed right side of the body, and the left-handed left side of the body.

Hit the right is done in three sequences linked unit.

In tennis lesson may apply didactic principles (general and specific) and training methods.

Learning the right kick to be achieved in stages through age-specific methods and means and it is conditional on a series of factors.

From the age of 4-5 years old children can practice mini tennis, mini participate in training and competitions as required 10 Tennis imposed by the International Tennis Federation (ITF) from 2012.

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