# MONOGRAPH ASPECTS OF THE SINGLE GAME IN TENNIS

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**Abstract**

In tennis the 5 samples, single game is the most popular and accessible for all ages. In the past, the single game was characterized by a small number of technical procedures, volume, intensity, complexity, small or medium effort, high velocity of the ball, rapid execution only in certain phases of point dispute and playing time. Single game play has evolved considerably in recent years due to the complete change in materials, equipment, gaming surfaces, technical skills, tactics, learning methodology, and the improvement of specific techniques.

***Keywords**: single game, technique, tactics, methodology, children.*

## Introduction

Single modern game is characterized by increased number of techniques, volume, intensity, complexity, high effort, high speed movement of the ball, quick execution in all phases of disputing the point and the entire duration of the game. All these features require a modelling of the tennis training process from beginner to grand performance.

## Material and method

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]. 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]. The singles technique includes racket grips, forms of movements, basic hits. Racket grips are: closed (semi-closed), continental, open (semi-open), with one hand, two hands. Footwork is very important in executing any stroke in tennis [4]. Footwork consists of movements, stops, jumping. The basic hits of the simple game are: serve, return, forehand, backhand, attack, volley, smash, passing shot, lob.

*Forehand* technical process consisting of sending the ball over the net, after it has reached the playing field, on the side of the hand holding the racket figure 1. [5].

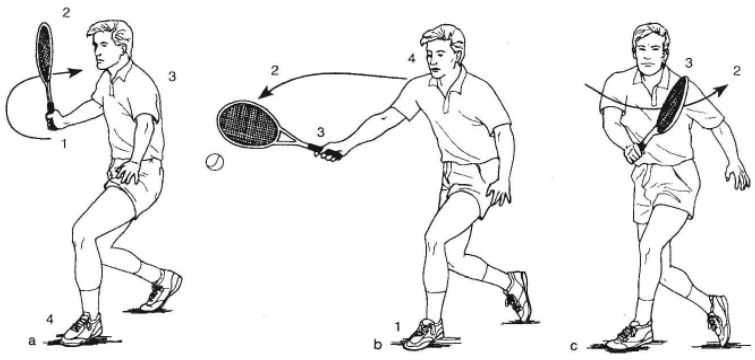


**Figure 1. Forehand** [5]
(Brown, J. 1997)

*Two-handed backhand* technical process consisting in sending the ball over the net after it has reached the playing field on the opposite side of the hand holding the racket figure 2. [6].

**Figure 2.** Two-handed backhand [6]
https://youtu.be/nIKKiq14XKU

*Serve* - technical process of putting the ball into play, consisting in throwing it upwards, striking the missile and sending it over the net, following the direction of the adverse service figure 3. [7].

**Figure 3. Serve** [7]
www.sportskeeda.com

*Return serve* technical process of sending the ball served by the opponent to the ground after contact with forehand and backhand figure 4.

**Figure 4. Return**

*Attack* shot followed by the player advancing to the net with forehand and backhand figure 5.

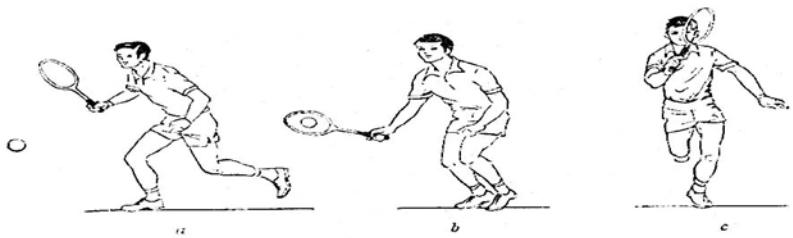

**Figure 5. Attack**

*Volley* shot taken the flight of the ball before making contact with the ground with forehand and backhand figure 6. [5].

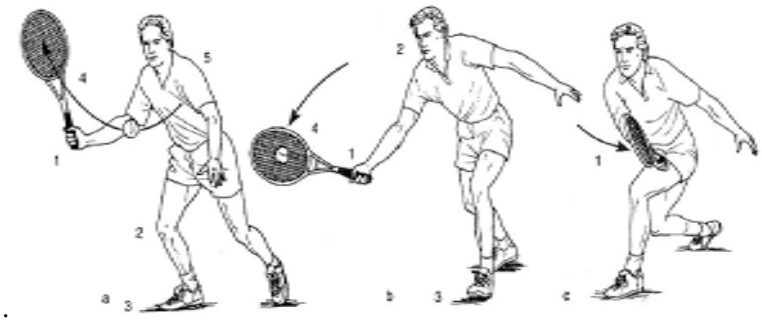

**Figure 6. Volley Forehand** [5]
(Brown, J. 1997)

*Smash* shot taken the flight of the ball before making contact with the ground figure 7. [5].

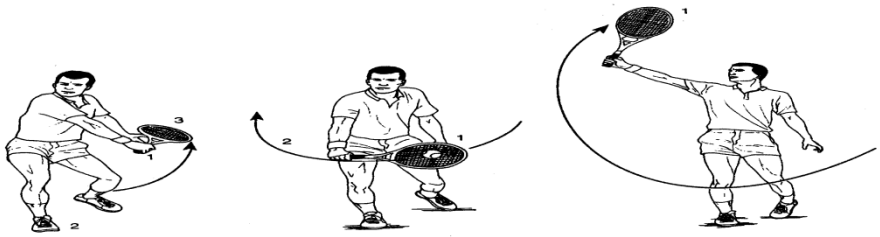

**Figure 7. Lob** [5]
(Brown, J. 1997)

*Passing-shot* executed after contact ball hit the ground on the run with forehand and backhand figure 8.

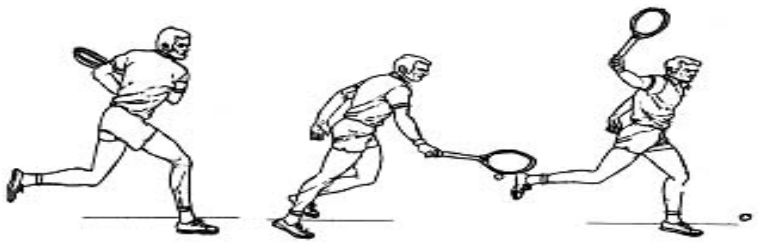

**Figure 8. Passing-shot**

*Lob* shot hit after the ball contact with the ground and sent with high trajectory with forehand and backhand figure 9. [5].

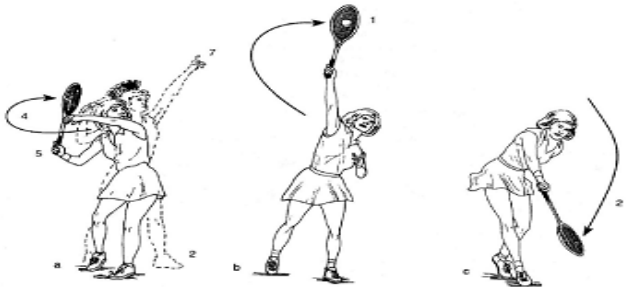

**Figure 9. Smash** [5]

(Brown, J. 1997)

By tactics, we mean all player's actions are rationally organised and coordinated, within the bounds of the regulations and sports spirit, in order to take advantage of his/her own qualities and of the opponent's weak points" [1].

"The tactics of a single game has the following content:

- fix moments rally and components;
- alternative moments rally and components;
- decisive moments and components;
- crossing moments and components" [3].

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.

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.

Methodology is a "theory of effective practice" or "active theory with practical finality" [8].

By the method used in order to teach and improve the technique of the tennis game, the trainer has to complete the following tasks:

- forming a correct representation of the element and of the technical procedure he/she teaches;
- correct execution of the movements;
- forming and fixing specific movements;
- improving technique by introducing economic executions, increased speed and relaxation;
- improving technique by greater precision and coordination of movements and activities.

In tennis lesson can be applied didactic principles (general and specific) and training methods.

General principles are: active and conscious participation, intuition, accessibility, systematization and continuity, modelling, sustainability.

Specific sports training principles are: active and conscious participation, intuition, accessibility, systematization, sustainability, continuity, individualization, specification, multilateralism [9].

Training methods are verbal explanation, intuitive, demonstration, observation and practice.

Learning is a lasting change in behaviour that occurs during interaction between organism and environment [10]. Motor learning is specific to physical education and sport. In motor learning elements exteroceptive or proprioceptive are involved with different weights rational by nature of activity and actions that compose them [10].

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 is recommended for complex skills [8].

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" the 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 [8].

Motor learning stages and their main objectives are: initiation stage primary properties, consolidation phase driving habit, improving the skill driving stage.

Teaching strikes is conditioned by the order of learning, place of execution, structure of the movement, training conditions, motor structure, subject number, effect printed on the ball and the direction.

The stages of learning the tennis technique are as follows:

Stage I stage of initiation / familiarization or acquisition of basic mechanism.

Stage II is the stage in learning the technique itself, learning something new about Stage I.

Stage III is the stage where the improvement of the blowing technique is achieved.

Learning striking mechanism shall have the task of learning the correct power hitting.

In order to accomplish the tasks of this stage it is recommended to use the following groups of exercises: preparatory ball and racket exercises, imitation exercises, ball exercises provided, exercises on the ball thrown [1].

Single game is a sport played between two players who send the ball over the net with rackets, namely arranged on court, split into two by a net. The game takes place on single court. The playing field for single has the following dimensions: width 8.23 m, length 23.77 m, height 0.916 m figure 10. [11].

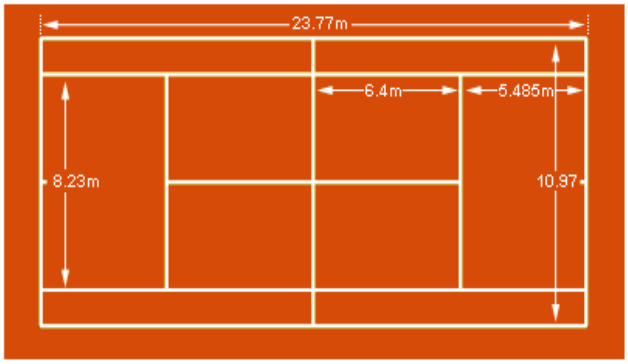


**Figure 10 . Single Court Dimensions** [11]
www.tenisdecamp.ro

Heating period before the match is 5 minutes. Choice part of the land and the right to be served or receiver in the first game to be decided by drawing lots. The player who wins the toss may choose or require his opponent to choose: a. the right to be served or receiver, in which case the other player must choose the ground; b. the field, in which case the other player shall choose the right to be served or receiver. 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, 1-1 sets deciding set is played. 3 out of 5 sets match is won by the person who takes the first three sets, 2-2 sets deciding set is played. The set consists of 6 games, winning the set the first arriving difference of 2 to 6 games. Game is composed of 4 points: 15, 30, 40, the ends game of the four-winning point;40 equal to 40, still be played to completion 2 points. advantage service plus 1-point win game ends, advantage received plus 1-point win game ends. Tiebreak- game runs when the score reached "six games draw" any set except decisively out of the situation that was otherwise decided and announced at the beginning of the match. Referee chair announces: 15-0, 30-0, 40-0, service advantage plus 1-point win game if the server wins the point, 0 - 15, 0 -30, 0-40, return advantage of plus 1-point win game if the receiver wins the ball points.

**Results and discussions**

The literature on learning techniques and methods specific strikes simple game is vast. 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]. The tactics of a single game has the following content: fix moments rally and components, alternative moments rally and components, decisive moments and components, crossing moments and components" [3].

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**Conclusion**

The singles technique includes racket grips, forms of movements, basic hits. Simple game has five phases with specific tactical technical content. In our days an increasing number of children are becoming more involved in recreational and competitive tennis. Learning the technique of tennis is conditioned by certain factors, it is achieved in stages by specific methods and means. The single games take places on the single court with specific dimensions, structure and rules.

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