

DIFFERENT PERCEPTION ON TENNIS LEARNING METHODOLOGY

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Abstract: *Tennis has become a sport increasingly known and loved by children but less effective to continue their sports activities. There are numerous reasons why practitioners leave tennis at an early age. In classical tennis, the learning process is spread over several years, being a long-term activity(6-8years). Tennis 10 is a program that was created and implemented by the International Tennis Federation (ITF) in the early 2000s as part of a campaign carrying the title "Tennis Play and Stay". Tennis Play and Stay campaign aims to promote tennis as a game easy to practice, purpose and fun to maintain health and to ensure that all novice players can still serve and hit the ball at the first lesson. With this work I wanted to compare the two learning methodologies.*

Keywords: *tennis 10, means methods, techniques, tactics,*

1. Introduction

In both cases (tennis classic and Tennis 10), the first contact with children there is concern to select items that meet the requirements claimed by playing tennis, using themselves to this end, samples and control rules, then should become a continuous process, criteria for assessing how their learning and how widening interest in certain shots. By way hits are spread, how they teach and how to emphasize the interest for certain shots, targeting children to ensure a certain conception of the game. 10 Tennis option

but the focus is on the use of lighter materials, lower land and different learning methods (based on actual game, facilitated by the small size of materials and land). Over time, the experience gained through numerous studies concluded that playing tennis requires a specific set of qualities and skills pegged well factors sports training and methodology training should be based on the extremely deep general issues of the sport on, especially between ages before 10 years.

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2. Hypothesis Research

Hypothesis we started from the fact that in Romania the concept Tennis10 (based on the game with lighter materials and land low) is not approved or used in many clubs, although the initiation coaches using means and material.

3. Tennis Equipment and Materials 10:

The idea of perceiving differences related to learning tennis methodology we used survey method. In the survey we used as a tool, questionnaire entitled "Perceptions of differentiated learning methodology tennis", which contained questions that explored coaches familiarity with classical and modern training methods. The questionnaire was so designed that enables the collection of data on how to implement the means for learning tennis. It was applied online, the idea of getting answers to some questions about the method Tennis 10 and to see the opinions of experts of from industry. The quest took place between August 10 and November 30, 2018 on a sample of 40 coaches in 15 localities in the country, known for tradition and results in the children tennis learning. Their experience level ranges from 5-25 years, with an average of 8.55 years of experience. No more goals were imposed (topics) to draw overcharging questionnaire and difficulty of application and interpretation of it. Questionnaire design could not be achieved by first intention and to reach the final has undergone several changes. Composition questionnaire required a good indication of the research objectives and then translating them into well formulated indicators. The questions were aimed at collecting information on various

factors of sports training (Preparation of the physical, technical, tactical, theoretical and psychological), as well as issues aimed at learning-specific, and start in the competition, children under 10 years. Making proper investigation was conducted through the questionnaire, the action was preceded by a short presentation (introduction) that were exposed to the research objectives, manner of response required. For example I ranked and interpreted the answers to five questions representative study. Two on learning methodical technique, one on methods of learning tactics, one for improving physical training and one on the competitive environment. When asked "Do you think that, by applying an Tennis 10, the technique of the game acquires faster than by traditional means?", Answers were: 32 specialists (80%) responded in the affirmative, namely that the means Tennis 10 are more efficient, in terms of practical and methodical 5 persons (12.50%) have not, namely, agreeing with the use of classical specialists in this direction and 3 (7.50%) felt that by means of the technique 10 may Tennis partially quickly gain (figure 1). The responses received show that most experts are convinced of the advantages of the method Tennis 10 for acquiring art game itself, although no tennis classic method is not sidelined.

Answers to the question "Which *means employed (Tennis 10 classics) promote positive factor physical training in children under 10 years?*" Were in favor of that means Tennis 10 promotes positive factor physical training in children of this age, 33 professionals have opted (82.50%), 4 specialists (10.00%), found that the traditional means for influencing factor are better physical preparation, and three

experts (7.50%) found that the use of both categories means are equally good idea to foster physical training (Figure 2). Physical training in Tennis 10 is made using motion

games that bring more emulation, and tennis classic, using public known (classical).

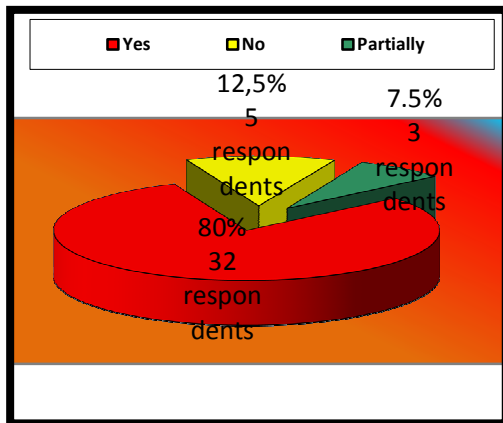


Fig. 1. Assessment of the proportion of various methods for the acquisition of the art

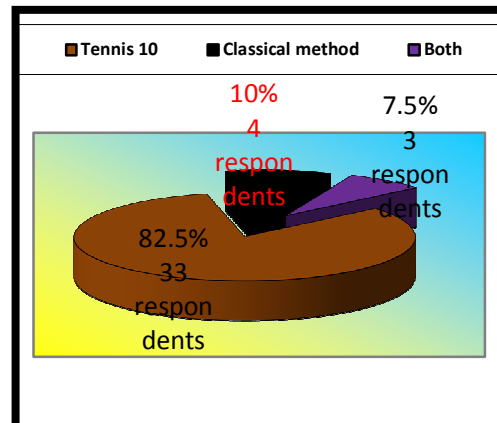


Fig. 2. Assessment of shares of different methods for development of the children

To the question “How do you think learning easier kick volleyball, by means of Tennis 10 or by traditional means?” Was answered as follows: 28 professionals (70.00%) believe that learning easier to kick volleyball can be carried out by means of the use of tennis 10, 7 specialists (17.50%) found that conventional means are indicated for the kick volleyball learning and 5 persons (12.50%) agreed with the idea that both categories are as good means for acquiring the palm kick in an easier way (figure 3). The conclusion is that the implementation's palm during the reaction in tennis 10 is higher (because the balls used fly slower due to the larger size of the usual balls).

When asked “In which of the two categories of means (10 and Tennis Tennis Classic) learn faster game points (tactical character of the game)?” Was answered as follows: 32 professionals (80.00%) were Tennis believe means 10 may have a crucial role in learning the game faster points, six specialists (15.00%) opted for the idea that the game points are learned more easily by using conventional means and 2 (5 00%) felt that both categories of resources may have the same influence on learning the game on points (tactical character of the game)? ” (figure 4). It shows that many experts believe that the game points are acquired in a shorter time due to simplified regulation.

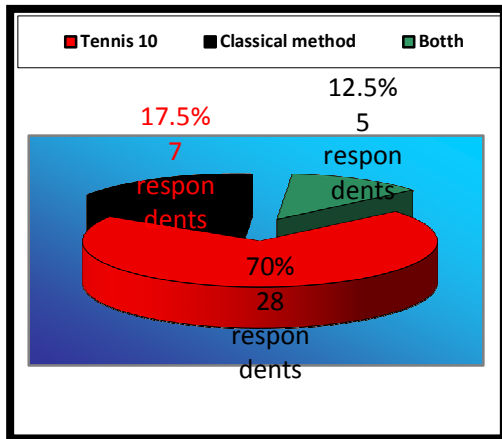


Fig. 3. Options specialists on the use of various methods for learning effectiveness of technical elements

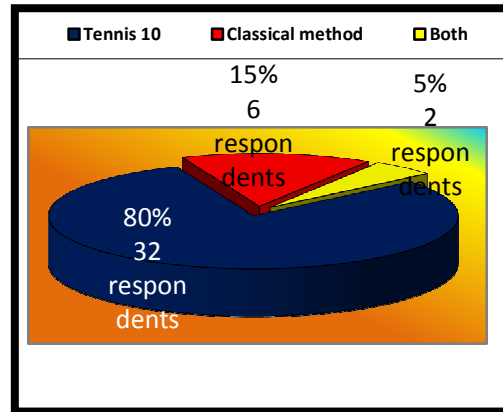


Fig. 4. Expert opinion about learning the game on points (tactical character)

The question “simplified Regulation (short matches) methodology Tennis 10 can be considered as an advantage in accommodating children competitive system?” Generated following categories of answers: 32 professionals (80.00%) answered affirmatively, namely the Regulation more streamlined of tennis 10 is likely to lead to accommodate children with general aspects of competition itself, seven specialists (17.50%) responded negatively, namely that this Regulation does not positively influence accommodate children with disputes competitive, and one specialist (2.50%) said that 10 Tennis regulation is not necessarily an advantage in this respect (figure 5). Because the matches are shorter (simplified rules) matches played significantly increasing frequency.

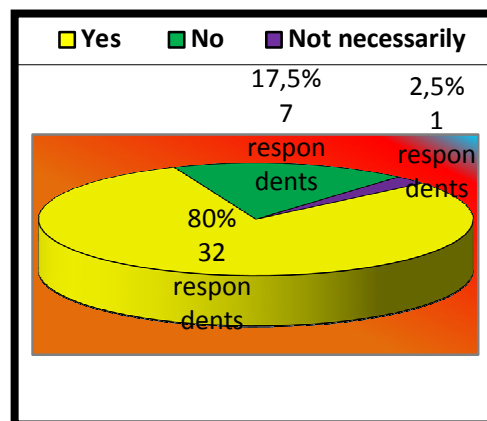


Fig. 5. Expert opinion on the advantage of simplified rules to accommodate 10 children tennis competition system

4. Conclusions

Preparing modern tennis current approach requires new methods by which to raise the quality level of efficiency means used. Also to consider faster learning time. Recent years have used the concept Tennis 10, a modern program that can be introduced since the age of five years. Appropriate to their age and

use of bio-psycho-motor special needs. Children can cause a significant increase in properties specific tennis skills in a shorter time. Due to the materials used in tennis diversification 10 (balls of different colors, lighter rackets and smaller court appropriate to their age. This concept can have a positive influence in attracting children to playing tennis. Thus, the difficulty of the sport is no longer a major problem facing children since the first training. Analysis of answers to questions asked experts to prove that they are informed about the novelties in the game of tennis, among these being essential elements of the concept and Tennis 10. All issues covered by questions revealed that professionals are able to interpret compared the two types of means (traditional and Tennis 10) on different plans: technical, tactical, physical training and the actual game. Expert opinion confirms that using the method Tennis 10, increases the level of training at all relevant aspects. Coaches believe that the method Tennis 10 would be more effective than the traditional method of training, but not all have the courage to implement, due to the following factors: the lack of their specialized training official, high cost materials position, refractory note of some of them sometimes even their age.

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