

## PHYSICAL TRAINING OF BEGINNER TENNIS PLAYERS AT THE AGE OF 8-10

P.C. MOISESCU<sup>1</sup>     R.M. BUCĂTARU<sup>2</sup>

**Abstract:** *Every day, tennis becomes an increasingly physical sport due to the equipment and the technology used in their construction. The material from which tennis rackets are made, the strings and balls currently used, gives the game a much higher speed. If at first, in tennis, the main skill was coordination I tend to think that nowadays the percentage of other skills, somehow balances the balance.*

*In this paper I want to observe the difference between classical physics training and the modern method of "tennis 10" physics training in athletes 8-10 years old.*

**Key words:** *Tennis 10, physical sport, classical tennis, tennis skills*

### 1. Introduction

As a very technical sport, tennis may not be for everyone. Tennis requires a great deal of patience and training to be enjoyable as an activity. It does, however, have vast health and fitness benefits [14]. Tennis training for kids can begin as a fun and exciting introduction to the fundamentals of tennis and must foster a positive learning process. Physical training in the game of tennis plays an extremely important role. For a sportsman to be physically prepared at performance level, the player must start working for basic physical qualities skills from the very first training. General physical training can develop in tennis training through games, thus reducing the risk of boring children or creating a visible discomfort. This method

of improving physical performance is recommended and used in the tennis 10 concept. The classic method of learning tennis does not put much emphasis on physical training in young beginners [1], [3], [5].

They develop their physical qualities by themselves simply by coming to training and trying to send the balls into the court. 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,

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<sup>1</sup> Department of Physic Education and Sports Games<sup>2</sup>, *University of Dunarea de Jos.*

<sup>2</sup> Department of Physic Education and Sports Games , *University of Dunarea de Jos*

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 [2], [4], [6].

Thus, around the age of 10 when the tournaments start with green balls, on the complete court, appear players who even if they have a very good technique fail to achieve very good results. From here will begin the problems in trying to prepare from a physical point of view athletes who do not have a serious basis from this point of view [10, 11, 12].

## **2. Objectives**

The hypothesis of this research starts from the premise that athletes with a "tennis 10" history have better overall physical training than athletes who train by classical methods. This is unclear due to the fact that physical training in this age group is very difficult to achieve. However, by comparison I will try to see what differences exist after applying a package of tests that should show the level of players physically.

## **3. Tennis 10 Equipment and Materials**

The new Tennis 10 Method introduced in the training of beginners in tennis is intended for children between 7 and 10 years old, designed specifically for their needs and possibilities. Everything seems so hard for a 7-year-old on a tennis court with normal size, the racket is so long and hard, the ball seems like "running" too fast. That is why this system was created to allow children to learn and play in an environment suitable for them. This method allows children from the first lesson to serve, rally and get points, making tennis more attractive and interesting. With each training done, the kids climb another step and so everything becomes much more pleasant and fun [7], [9], [13].

The key to this system lies in the fact that tennis is a simple and fun sport, and the more skill a player gains, the more excited and eager to continue. The reduced size of the racket allows small players better handling, which leads to faster learning of the correct technique and developing a higher execution speed. It is also recommended that children use larger impact surface rackets, (bigger racket head) to help them solve control problems more easily during ball hitting. Adapting the equipment to children's needs and requirements (rackets, balls, nets, courts, etc.) is a necessary measure in the development of the game [8].

Statistical parameters

Table 1

Crt. no.	Anthropometric measurements	Groups		Statistical		
		Control (x±m)	Experiment (x±m)	t	P	
1	Speed running	4,23±0,40	4,33±0,33	0,74	<0,05	
2	Long jump from the spot	138,05±3,95	136,35±4,05	1,24	<0,05	
3	T reaction	24,85±4,33	22,40±4,06	1,73	<0,05	
4	Hexagon	12,40±0,67	12,45±0,67	0,18	<0,05	
5	Tennis small fan	22,20±1,19	22,30±0,85	0,25	<0,05	
6	Throwing the medicine ball	Right	426,95±15,64	432,80±22,76	0,77	<0,05
		Left	419,30±23,40	407,30±14,40	1,14	<0,05
		Overhead	355,60±15,82	356,90±16,40	0,38	<0,05

4. Results and Discussions

The study was based on a package of initial tests that want to find out the physical level of athletes. We physically tested 2 groups of beginners of 20 subjects between the ages of 8 and 10 years and the experience in playing tennis for 1-2 years. In order to achieve comparable results, 6 tests have been developed that include the essence of physical preparation in tennis. These are: Speed running over 18.285 m, long jump from the spot, T-reaction, Hexagon, Small tennis Fan and throwing the medicinal ball from the right, left and overhead (Table 1).

On the 18,285 m speed run the control group achieved an average 0.10 seconds better than the experiment group (figure 1). Comparing statistical parameters, we see a remarkable homogeneity of the results of this test. T values highlighting an insignificant difference between the averages of the results (t<P at the level of 0.05%).

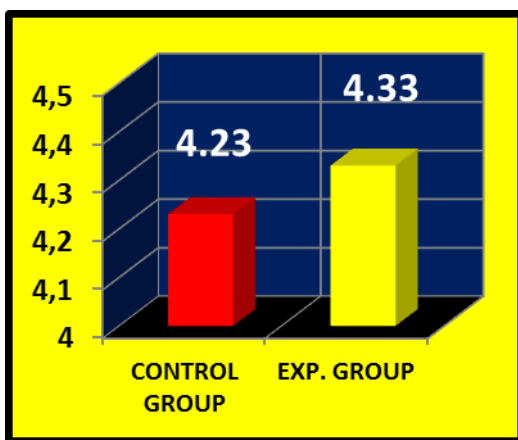


Fig. 1. Speed run on 18,285 m. (s.).

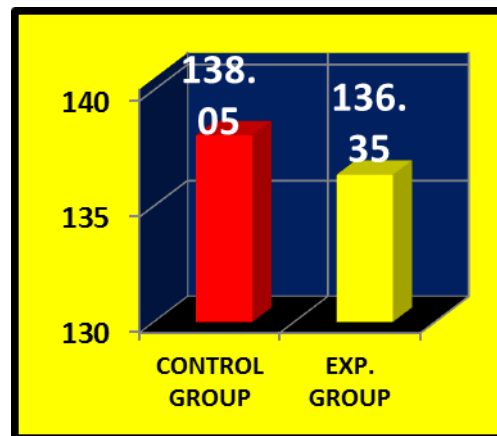


Fig. 2. Jump in length from the spot (cm.)

In the second sample (figure 2) the difference in results was higher of the control group with 1.7cm. The statistical parameters also show here that there are no major differences between the averages of the group results. (t<P at the 0.05% level).

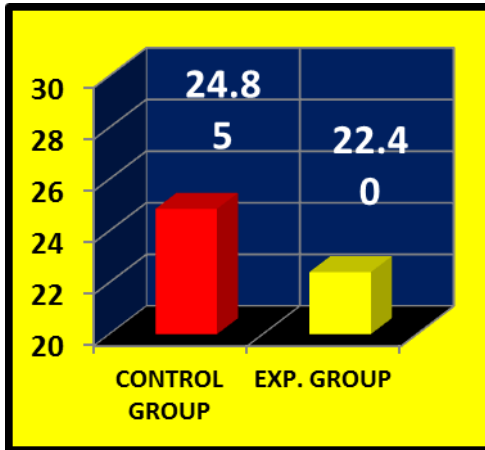


Fig. 3. T-reaction (cm)

In the third test, the reaction speed (figure 3) was tested and apparently has better parameters in the experiment group. The difference between the 2 groups being 2.45 cm. The results also show a clear homogeneity of the groups here ( $t < P$  at the level of 0.05%).

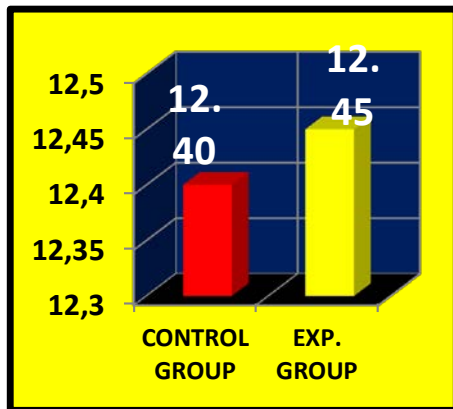


Fig. 4. Hexagon (s.).

In the 4th test the difference in the average skilled results obtained was only 0.05 seconds, the control group being faster from that point of view (fig.4). The groups were also homogeneous in this sample ( $t < P$  at the level of 0.05%).

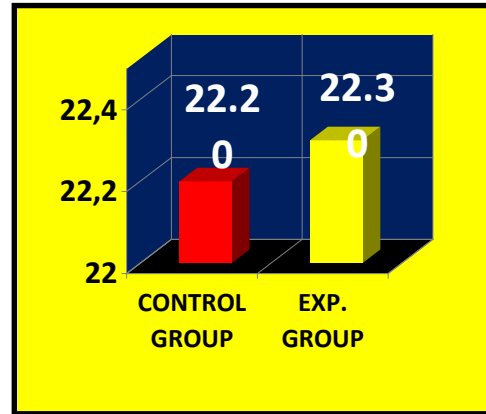


Fig. 5. Tennis small fan (s).

In the test for coordination and movement specific to tennis the average results are with 0.1 s. better in the control group (figure 5). The results also show a clear homogeneity of the groups here ( $t < P$  at the level of 0.05%).

The last tested the strength of the upper limbs on both sides (left and right, as well as on the head) were followed the general and the explosive force related to each technical element like forehand, backhand and service. If on the right side, the experimental group obtained an average of 5.85 cm. higher, on the other side the control group managed to raise its average by 12 cm. But on the over the head throwing the results of the average was very close in the experimental group with 1.30 cm. which shows that the muscle groups used in the motor act are developed to the same extent in all subjects.

At the last test I considered the parameters of strength that athletes can develop in this phase of training. This test was developed on 3 parts directly proportional to the basic shots in tennis. Thus, for the forehand and backhand the ball was thrown from the right and from the left and for service the ball was thrown over the head with both hands.

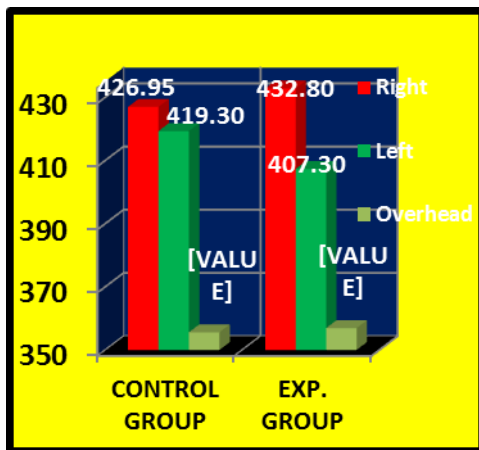


Fig.6. *Throwing the 2kg medicine ball*  
(cm.)

On the right side the experimental group obtained an extra 5.85 cm at the average of the throws. On the left side the control group, obtained an extra 12 cm at the average of the throws. When throwing over the head the experimental group obtained a small increase of 1.3 cm at the average of the results.

## 5. Conclusions

After analysis the results we can say that: at the first test (Speed running over a distance of 18.285 m) which involved reaction speed and speed of travel, the control group had an average of 0.10 s better than the experiment group, resulting very small difference between groups. Basically, we can say that the two groups have the same speed parameters. On the 2nd test (the jump in length from the spot, where the strength of the lower limbs was put to the test it appears that the control group had an extra 1.30 cm in the averages of the results. In the 3rd test (T-reaction), where the reaction speed was the main quality tested, the average

of the experiment group was 2.45 cm better than the control group. In the tests that followed obtaining information regarding the skills and qualities specific to the game of tennis (Hexagon and small tennis fan), both groups had an average of approximately equal results being extremely small differences of 0.05 and 0.10 seconds between groups. For the last test (Throwing the 2kg medicine ball) the statistical parameters also show that there are no major differences between the average of the group results. ( $t < P$  at the level of 0,05%).

After analysing all the results, we come to the general conclusion that age plays a very important role in developing specific and non-specific motor qualities for certain sporting events. We observe that in a relatively short time of about 1 year the results obtained in physical appearance tests are similar fact which again demonstrates the homogeneity with which we are confronted in this age category. We cannot confirm the hypothesis that players who train through the tennis 10 method have much more serious basis from the physical point of view, but we can confirm that the games and the specifications of the method improve their skills.

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