METHOD OF IMPROVING THE GAME AT THE NET IN TENNIS

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ABSTRACT

This article allows us to characterize special techniques for improving the game with access to the net, based on modern theoretical concepts published in the literature, as well as in the analysis of methods for teaching young tennis players to this component of the game, used in training in our tennis clubs. In our opinion, it is necessary to create various experimental complexes for improving the game on the net and testing them in the training practice of young, qualified tennis players.

Keywords: improvement, physical fitness, exercises for physical vestibular stability, efficiency.

INTRODUCTION

The main techniques when playing at the net are flying strikes. Exits to the net, as a rule, are the completion of an attacking combination, but the main difficulties in executing the strike itself are associated with its preparation. And the reason for this is the lack of time.

LITERATURE REVIEW

Experiments have shown that the time for preparation, which has a tennis player who takes a position at the net, is no more than 0.1 seconds. The time limit largely determines the fundamental parameters of the striking technique. First of all, this is the widespread use of the universal grip for right and left strikes. For the technique of performing blows from the air, the height of the impact point is also of great importance. With an unsuccessful, high and not very fast response from the opponent, a tennis player who has gone to the net for a powerful final blow can afford a rational, for this case, swing. But the tennis player on the back line is also forced to attack with a dodge blow. In this case, the net player needs to prepare to meet the ball at the middle or low point. At a point mid-height above the net, a powerful flat kick can usually be used. In this case, for an effective response, the speed of the dodge ball will help. It is

necessary to direct him to an unprotected place of the opponent's court, using a rigid structure (dynamics of movement on the ball, body, arm, hand) of a blocking blow. A swing in this case can lead to a loss of time, a more difficult removal of the racket on the ball, a failure in the entire coordination chain. The most difficult are air strikes at a low point. The art of flying at a low point lies in the ability not to lift the ball high.

Air blows are divided into final and preparatory. With the help of the former, one should try to send the ball out of the reach of the opponent, with the latter, as much as possible complicate the conditions for him to re-dribble. The second most often refers to strikes at a low point. As a rule, they have to be used in situations where there is no real opportunity to immediately "kill" the ball. The main advantage of preparatory strikes from the air is the significant length and low, creeping ball rebound, which complicate the counterattacking stroke. At a low point, most often you have to meet a twisted blow.

The ultimate goal of reaching the net is the final blow from the air. The effectiveness of the finishing hit will primarily depend on how much higher and closer to the net the ball meets. The most advantageous point for the final blow from the air can be achieved by the fastest forward movement, followed, if necessary, by a jump to the side. The perfection of these complex shots can only be achieved if the player, in the process of developing a combination, predicts the direction of the retaliatory strike and begins the movement of the throw on the ball when it just breaks off the opponent's racket. In this case, the powerful energy of the throw through a rigid coordination chain, without any significant swing, goes into the ball.

DISCUSSION

The problem with improving the game at the net is that in this process, the absolute majority of the time is usually devoted to perfecting flying shots. Usually standing. In exercise - "one at the net, the other behind the back line of the court." Performing such a blow is just a fragment. An insignificant in time and technical complexity part of the game at the net.

Analysis of the game at the net of the leading young Uzbek tennis players showed that the technique of flying strikes is acceptable in most cases. But during competitive games, most of them go to the grid sporadically, with the inevitable positional necessity. The percentage of goals won at the net for those tennis players who still go ahead more often is low and is approximately equal to the percentage of lost goals. These indicators do not stimulate in difficult moments of the meeting to move forward. Those tennis players who avoid going to the net have even lower rates. Perhaps the bitter experience of previous encounters convinces them to avoid flying.

Over the years, this bitter experience builds up into a belief and gets worse as you move into the next age groups. As an adult, participating in professional competitions, most tennis players with this kind of training find it difficult to climb up the rankings. Such tennis players need to include in the training process exercises that form the basis of technical and tactical elements that they do not fully use. In particular, for effective flying.

RESULTS

The complex we recommend includes exercises for physical, technical, tactical and psychological preparation.

Physical training. Due to the fact that flying strikes at the net are performed mainly in forward motion, and often in a jump and without a swing, it is necessary to learn how to use the energy of the takeoff and jump. To do this, you need to be able to transfer, in an unsupported position, the center of gravity upon impact, and with it the energy contained in the moving body, onto the ball.

In addition to the typical tennis exercises used by tennis players to develop sprint speed, push power in different directions, jumping agility and vestibular stability, gymnastic and acrobatic exercises were added to the basis of the experimental complex of special physical training to improve the game from the air [3, p. 200] ...

1. Exercises on the bar. Rocking. Rocking followed by a jump to range.
2. Exercises on the rings. Rocking. Rocking followed by a jump to range.
3. The same exercises on parallel bars.
4. Somersaults on the mat forward over the head.
5. Running jumps on hands followed by somersault over the head.

These exercises, if possible from conditions, it is desirable to use three times a week, for half an hour.

Technical training. The technique, referring to the movement pattern, is not difficult. But this blow is used, as a rule, in extreme situations. To improve the technique of strikes when playing at the net, exercises are needed to improve skills in difficult competitive situations. When working with these exercises, we mean improving the polysyllabic tennis reaction. Reactions are divided into simple and complex. The response of an athlete running at the start is an example of a simple response. The athlete knows exactly in advance which signal will follow and what exactly his answer should be. In tennis, and in many sports games, everything is much more complicated. How the opponent will play, where and how he will direct the ball - each time it is a riddle that needs not only to be solved, but also to which you should react as quickly as possible. A tennis player at the net may be attempted by an opponent

to dribble with a direct kick along the sideline, an oblique kick, a candle or, in rare cases, direct the ball to his feet - short to the middle of the net. Therefore, the reaction of a tennis player at the net is called three-syllable or four-syllable. It is it that needs to be developed first of all. Otherwise, the tennis player is in serious danger. Outstanding experts with extensive experience warn - “exercises with monosyllabic and two-syllable responses, for example: flying at the net against each other only in a predetermined direction; or the actions of the net worker, when only low straight or oblique strokes are used against him, while completely ignoring the candle, are capable, with frequent and prolonged use, to dull the three-and four-syllable reactions necessary for the net worker ”[4, p. 65].

In this regard, when working to improve the technical purity of performing blows from the air, in addition to repeated repetition of the exercise, one at the net with the other on the back line, it is necessary to work with the basket and the coach. The coach or partner, throwing balls from the basket, must each time change the direction of the blow (right, left, candle) and the force of the blow.

Tactical and psychological training. Robert Lansdorp, a legendary Southern California coach who has trained many world-class professional players including Lindsay Davenport and Pete Sampras, said: “Most modern players want the pros to tell them what they are doing technically wrong so they can fix it, and then they think that everything is fine. If all this were fair, then how many professionals there would be! If you think that Michael Jordan has always been the best basketball player because he has the best technique, then you would be completely wrong. His sense of play, shooting and playing situations are a model for most players. And he developed this feeling with long hours of training, which must be said, quite annoying activity! " By the feeling of throws and game situations, one must think that Robert Lansdorp meant automatism and extrapolation of actions acquired as a result of many hours of training and competitive games.

From what was said by Robert Lansdorp, we can conclude that it is not enough to have the correct technique for performing individual techniques, it is necessary to bring it to automatism, individualize it in relation to your physical, psychological capabilities. To study, in the process of competitive games, the effectiveness of the application of their accumulated actions to individual game situations arising in the process of drawing a point, to believe and love them. And apply them instantly, without hesitation against the background of courage with confidence in success [1, p. 117].

Thus, all the variety of forms and necessary specific physical, psychological and technical components of the game at the net is improved only in the process of a competitive meeting. And as our research has shown, most tennis players avoid going

to the net. In general, all this explains the small volume of unstable and ineffective play in the net of the leading young tennis players of Uzbekistan.

To correct the situation, along with the traditional methods of improving the game at the net, described in numerous tennis manuals, we can recommend an exercise that would significantly increase the volume of competitive practice of playing at the net.

The essence of the main training exercise, a multicomponent methodological scheme for improving the game at the net, consists of a competitive game with a special task. The player on the task must play so that the ball sent by the opponent does not touch the surface of his court. That is, all balls, with the exception of the serve, he must play from the air. If the ball touches the surface of the territory of his court, then he loses the rally. The opponent, on the other hand, plays as he sees fit, without special restrictions. This exercise, in combination with other special exercises, is used daily, in the amount of one set played.

CONCLUSION

The partner for the exercise, at the initial stage of special development, it is advisable to pick up a little weaker than the level of the main player with soft but stable blows from the back row. If the game, at first, does not enter the desired channel, the enemy, wanting to immediately circle around, often hits out-of-bounds or into the net, thereby reducing the number of training strikes from the air, then an additional task can be introduced. The partner, if he gets into the net or out of bounds, jumps five free jumps of the "kangaroo", to equalize the conditions a trained tennis player allows the ball to touch the area of his court, jumps the same number of free jumps. As a rule, after this task the game becomes more saturated with training strokes.

The expected effect of this exercise is a learned, lightning-fast and accurate response to the opponent's actions when reaching the net in competitive conditions.

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