

REALITY OF SPEED TRAINING FOR MALE TENNIS PLAYERS AGED 13-14 AT HANOI TENNIS TRAINING CENTER

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Abstract:

Assessment of the status of speed strength training for male tennis players aged 13-14 at the Hanoi Tennis Training Center in the following aspects: Training program, Time distribution of physical exercise, the real situation of using speed strength training exercises for athletes, as a basis for selecting speed strength training exercises for research subjects.

Keywords: Training, speed strength, fitness, athletes, Tennis, Hanoi Tennis Training Center...

INTRODUCTION

In recent years, the Vietnamese tennis movement has made rapid and strong development throughout the country. Although developing later than other sports, Vietnamese Tennis are gradually asserting themselves, there are many athletes who compete in international tournaments that have brought good achievements such as: Ly Hoang Nam (Wimbledon young men's champion, Nguyen Hoang Thien (ranked 546) and Dai Trang (ranked 336) in the WTA rankings....

Speed strength is a specific element of tennis. Speed strength expression in tennis is the ability to handle unexpected situations in the shortest amount of time, the ability to coordinate movement to perform movements such as smashing ball, serving ball ... However, through the survey of male tennis players aged 13-14 at the Hanoi Tennis Training Center competing in both domestic and international tournaments shows that male athletes aged 13-14 have completed their skills mentally, technically, tactically ... But there is a big drawback that needs to overcome is that the physical factor, especially the Speed strength factor. This is shown by the slow, lack of force, not putting pressure on the opponent, the rhythm of the game is not maintained which give opportunity for the opponent to regain the initiative when playing in the intense match, especially at the time when it is necessary to promote the

maximum level in the game. Therefore, accurately assessing the status of Speed strength training for athletes to have appropriate impact measures to improve training effectiveness is a practical matter.

RESEARCH METHODS

During the research process, methods used including: Methods of analyzing and synthesizing documents; method of interview, seminar; Statistical mathematical methods.

RESULTS AND DISCUSSION

1. Reality of training program for male tennis players aged 13-14 at the Hanoi tennis training center

Analyzing the plan, content, training program for the first 6 months of the Hanoi Tennis Training Center. The results are presented in Table 1.

Table 1. 6-month training plan for male tennis players aged 13-14 at the Hanoi Tennis Training Center

No	Training form	Number of training days	Ratio (%)
1	Technical practise	70	38.80
2	Strength training	30	16.60
3	Psychological training	20	11.10
4	Teaching competitive tactics	40	22.20
5	Competition	20	11.10
Total		180	100.00

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The table 1 shows that: The training program focuses on technical development, followed by teaching tactics in competition. Physical training only accounts for 16.6% of the training plan. Thus, the amount of time is not enough to improve the physical strength, especially the quality of speed.

In the first 6 months plan, there are 30 days of physical development. Specific allocation of training time is presented in Table 2.

Table 2. Physical fitness distribution for male tennis players aged 13-14 at the Hanoi Tennis Training Center

No	Training content	Number of day	Ratio %
1	Strength training	4	13.30
2	Speed training	4	13.30
3	Stamina training	8	26.60
4	Coordinating movements ability	8	26.60
5	Flexibility	6	20.00
Total		30	100

Through Table 2 shows: The basic element of the power of speed in tennis is that strength and fastness have not been considered seriously in the training program. Although the power of speed has been put into teaching, the number of training days is still very limited. The training program is oriented on technical development and competitive tactics that overlook physical training while physical development is the premise for technical and tactical development. It is necessary to adjust the training program to suit the characteristics of the subjects, in which focusing on physical development for athletes.

2. Situation of using speed training exercises for male tennis players aged 13-14 at the Hanoi Tennis Training Center

Carrying out observation of technical training hours, lesson analysis, training program for tennis players aged 13-14 at the Hanoi Tennis Training Center. The results show that exercises commonly used to develop speed strength for athletes include:

1. Push for 15 seconds (times);
2. 30m run high start (s);
3. Long jump;

4. Rope jumping speed 15s (times);
5. Stretch your arms with the barbell;
6. Folding belly on the ladder;
7. Move to simulate right hand hitting ball 20 times;
8. Move to simulate left hand hitting ball 20 times;
9. On-the-spot hitting ball with right and left hand 30 times;
10. Move back and forth in the yard;
11. Serve the ball hard into the designated area;
12. On-the-spot handed hitting ball with a 100g lead racket for 25s;
13. On the spot backhand hitting with a 100g lead racket for 25s;
14. Move back and forth on the serving box, combining the smashing with the 100g lead racket for 25s;
15. Move across the single yard combined with handed smashing for 25s;
16. Move across the single field combined with backhand smashing for 25s;
17. Moving combining with picking up 5 ball on field for 30s;
18. Move across the yard for 30s;
19. Move back and forth on the serving box for 30s;
20. Performing a ball smashing simulation with a rubberband 30s (times);
21. Handed technical simulation with rubberband 30s (times);
22. Backhand technical simulation with rubberband 30s (times);
23. Move back and forth on the serving box, simulating the technique of smashing the ball with a rubberband for 20 seconds.

Detailed analysis shows:

The exercises used to train speed strength for male tennis players ages 13-14 at the tennis training center are not much, content is not rich and diverse.

Professional speed development exercises are not associated with the completion of important tennis techniques such as: batting and serving. This directly affects the growth of speed in their training.



Ly Hoang Nam is a Vietnamese tennis player. He was the first Vietnamese tennis player winning the championship in junior event at a Grand Slam tennis tournament. He won the Boys' Doubles championship at the 2015 Wimbledon tennis tournament (Photo source: <https://www.msn.com>)

The exercises do not use a variety of training facilities to create excitement for the athletes during practice.

The exercises have not been quantified in detail movement for each subject when used, leading to the fact that quantitative movement depends entirely on the coach's experience in the training process.

The exercises used have not been studied to prove their effectiveness on the study subjects.

From the above facts, it is necessary to supplement exercises to develop speed strength for male tennis players aged 13-14 at the Hanoi tennis training center.

CONCLUSION

1. Training programs that focus on technical development and competitive tactics that disregard physical training while physical development is a premise for technical and tactical development. It is necessary to adjust the training program to suit the characteristics of the subjects, in which focusing on physical development for athletes.

2. The use of training exercises for athletes is still small in number, not diverse in genre,

means, not appropriate amount of movement, has not created excitement for trainees and has not been ensured qualitative effect on research subjects. Therefore, it is a necessary to build an appropriate exercise system to develop speed strength for athletes.

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