KẾ HOẠCH HUẤN LUYỆN THỂ LỰC, KỸ THUẬT, CHIẾN THUẬT CHO VẬN ĐỘNG VIÊN TENNIS TRẺ THỜI KỲ CHUẨN BỊ TRONG CHU KỲ HUẤN LUYỆN NĂM, GIAI ĐOẠN CHUYÊN MÔN HÓA BAN ĐẦU

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Tóm tắt:
Xu hướng phát triển hiện nay của Tennis đòi hỏi VĐV phải được huấn luyện thể lực, kỹ - chiến thuật một cách khoa học, hệ thống, dài hơi. Kết quả của nghiên cứu này đã đưa ra nội dung huấn luyện thể lực, kỹ - chiến thuật cho VĐV Tennis trẻ ở thời kỳ chuẩn bị của chu kỳ huấn luyện năm , giai đoạn chuyên môn hóa ban đầu. Kết quả nghiên cứu tập trung vào việc phân phối lượng vận động của VĐV Tennis trẻ, trong đó việc thực hiện liên tiếp sẽ ảnh hưởng đến khả năng phối hợp vận động, có xét đến đặc điểm hoạt động trên sân của VĐV Tennis. Chương trình huấn luyện có xét đến đặc điểm hình thành năng lực kỹ - chiến thuật và các phẩm chất tâm lý, cho phép thực hiện những chẩn đoán kịp thời và điều chỉnh trình độ thể lực cũng như kỹ chiến thuật của VĐV Tennis trẻ, cho phép hiện đại hóa quá trình giáo dục và huấn luyện các VĐV Tennis trẻ nhằm nâng cao hiệu quả của nhân tố thể lực và kỹ - chiến thuật trong các hoạt động thi đấu Tennis.
Kết quả nghiên cứu có thể áp dụng cho các chương trình giáo dục và huấn luyện ChYSS, SChYSSOR ở môn Tennis cũng như các môn thể thao cá nhân khác trong giai đoạn huấn luyện chuyên môn hóa ban đầu hoặc tại các khóa đào tạo sinh viên, giáo viên, HLV chuyên ngành Tennis tại các trường Đại học, Cao đẳng về TDTT.
Từ khóa: chương trình, huấn luyện thể lực, kỹ - chiến thuật, giai đoạn chuyên môn hóa ban đầu, thời kỳ chuẩn bị, chu kỳ năm.

Introduction. Modern development of an elite sport entirely relies on children-youth sport [6]. The system of sports schools in Russia which develops for the last 80 years is rather effective.

At the same time, recently, scientists and specialists [1, 2] note that the system of functioning of sports schools, and public administration by them is insufficiently balanced and accented in the context of development of children-youth sport and, respectively, in preparation of a sports allowance for national teams of the country. The designated problems of ensuring succession in preparation of a sports allowance fully belong also to children-youth sports schools in which also tennis as a sport is cultivated [2, 9].

Considering structure of long-term sports training of tennis players it should be noted that in this process one of key is the stage of initial specialization falling in big tennis on the age period from 10 to 12 years [2, 4]. Today, unfortunately, it is necessary to state insufficient degree of a scientific readiness of program and scientific and methodical bases of physical and technical and tactical training of young 10 - 12 years tennis players which are at a stage of initial specialization. One of indicators of it is practice average and approximate planning of process of sports preparation of this category of athletes.

According to a number of authors [5, 9], averaging of planning of educational and training process at early stages of process of

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The program of physical and technical and tactical training of young tennis players in the preparatory period of the year cycle of sports training at the stage of initial specialization

Abstract: The current trend of development of tennis requires systematic development of scientific-theoretical and technological bases of long-term training of players. Authors have provided results of scientific research and reasons for contents of the program of physical and technical and tactical training of young tennis players in the preparatory period of a year cycle of sports training at a stage of initial specialization. It is focused on redistribution of amounts of training loads of young tennis players in the preparatory period of a year training cycle which consecutive implementation allows to influence development of coordination capabilities and to consider specificity of game actions of tennis players in the course of draw of a ball. The program considers features of forming of technical and tactical skills and psychophysical qualities, allows to carry out timely diagnostics and adjustment of level of physical and technical and tactical fitness of young tennis players. Allows to modernize educational and training process of the young athletes who are engaged in tennis, to increase efficiency of implementation of physical and technical fitness in game and competitive activities.

Results of research can be used for developing programs of educational and training process for ChYSS, SChYSSOR on tennis in groups of initial sports specialization, in training of young athletes of individual and game sports, and also in the course of training of students of higher education institutions of physical culture and in system of professional development and professional retraining of trainers-teachers on tennis.

Keywords: program, physical and technical and tactical training, stage of initial specialization, preparatory period, year cycle, game situation.

long-term sports preparation inevitably leads to borrowing of a number of components of loading from the sphere of training of skilled athletes that not only does not lead to increase of level of sports skill of young athletes, but also harmful influences health of engaged.

The specified contradictions allow to state that among scientists and trainers there is no single and rationally reasonable understanding that specifically shall enter contents of the program of sports training of young tennis players in the preparatory period of a year cycle of sports training at a stage of initial specialization yet. The variety of approaches existing on this matter, decisions and recommendations of scientists constitutes content of the real scientific problem existing today requiring the permission [7, 8].

As one of private tasks of the specified problem the task of scientific research and reasons for contents of the program of physical and technical and tactical training of young tennis players in the preparatory period of a year cycle of sports training at a stage of initial specialization acts [3, 10].

Purpose of research– to develop , to prove theoretically and to experimentally approve the program of physical and technical and tactical training of young tennis players in the preparatory period of a year cycle of sports training at a stage of initial specialization.

Technique and organization of research

The problems set in research were solved with the help of the following methods: analysis and generalization of data of pedagogical and special scientific and methodical literature, pedagogical supervision, video filming, pedagogical experiment, control and pedagogical testing, methods of mathematical statistics. Pedagogical experiment was made based on Adler tennis academy of Sochi, Krasnodar Krai. At the beginning of pedagogical research (March, 2011) there took place the stating experiment as a result of which of 102 young tennis players of 10 - 12 years 50 athletes have been selected. The selected athletes-tennis players at a stage of the stating pedagogical experiment did not differ on a level of development of physical and technical and tactical fitness. It has allowed to complete for carrying out the creating pedagogical experiment two groups of examinees (boys) – control ("KG", n=25) and experimental ("EG", n=25).

For a year cycle of the forming pedagogical experiment 208 educational and training classes, as in control are given in the ChYSS program, and experimental group on the ChYSS program taking into account the developed tasks. Duration of each training occupation made two hours.

Results of research and their discussion

In the conditions of rather uniform increase at young tennis players of basic motive capabilities, the accuracy of their movements can be developed due to enhancement of management of movements. In particular, enhancement of management of such components of accuracy, as: 1) increase of indicators of accuracy of musculoarticulate feelings and motor components of sight (deep and peripheral sight); 2) increase of psychological stability on movement accuracy in case of blows to a ball (attention, concentration of attention).

Achievement of great technical and tactical skills in our opinion, is determined by the following factors provided in figure 1.

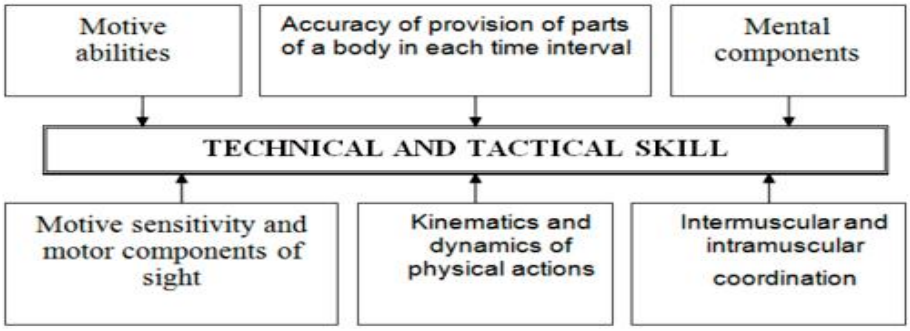


Figure 1. The factors influencing technical and tactical skill of young tennis players of 10 - 12 years

It is necessary to emphasize that efficiency of forming of technical and tactical actions in tennis at young athletes of 10 - 12 years is determined by a number of factors: game situation; functional and mental condition; condition of a sports equipment and equipment. At the same time, the game situation can be determined: hit accuracy a ball in court; accuracy of a trajectory of flight of a ball; sharpness and variety of a plassirovka of a ball; a kinematic background (blow from the place or in movement); by force of blow and speed of blow of the answer; speed and maneuverability of movement of the player.

During pedagogical experiment at examinees of the studied groups the identical periodization of year training of young athletes was used. The macrocycle of educational and training occupations included two preparatory, two competitive and one transitional the periods of various duration.

Educational and training process of young tennis players of 10 - 12 years at a stage of initial specialization is based on mutually causing components of preparation providing: growth physical and functionality of an organism; formation of technical and tactical skill; the maximum implementation of cumulative potential of the athlete in competitive practice.

Proceeding from the aforesaid, in figure 2 the structure and content of components of physical and technical and tactical training of young tennis players of 10 - 12 years which are in a certain interaction with each other is provided.

Regulatory and information and emotional components constitute "a basic level of physical and technical and tactical training" and provide management function as during game practice management of movements is based on information on actions of the rival; makes a start from a provision of a body which, in turn, depends on receptors of visual, motive and vestibular analyzers. At the same time depending on a game situation the specific weight of information arriving from those or analyzers, can change.

The productive and estimative component including matching of the corresponding tests, quantitative and high-quality criteria for evaluation of rate of a surplus of motive and coordination capabilities and technical skill determines efficiency of functioning of the offered program of training and is connected

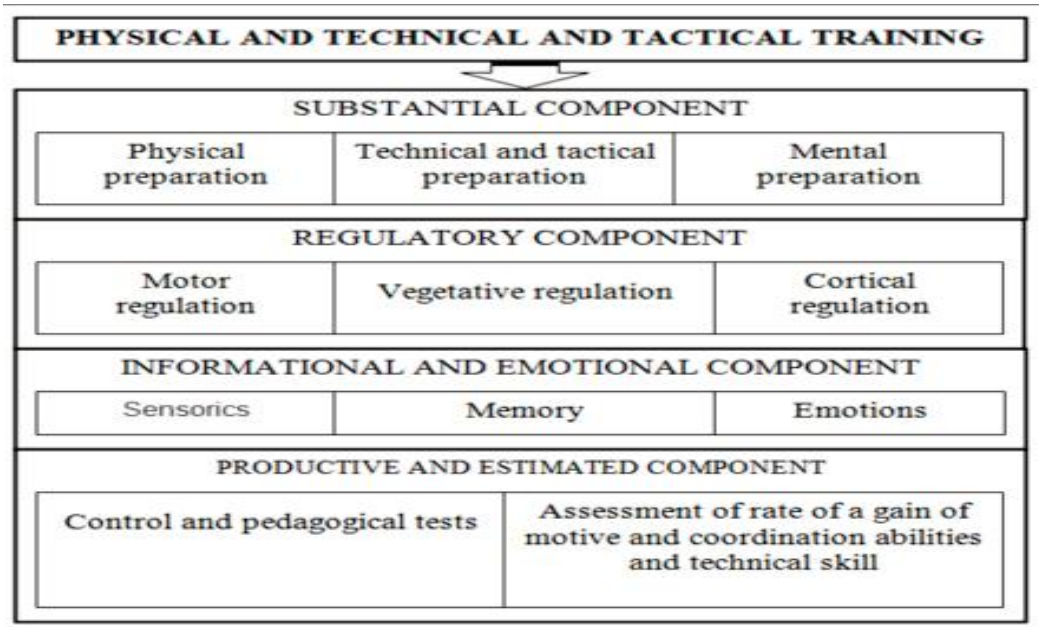


Figure 2. Structure and maintenance of components of physical and technical and tactical training of young tennis players of 10-12 years

with the choice of the corresponding criteria and indicators.

In the course of preparation in experimental group developed special and preparatory training exercises for forming of target accuracy of blows to the set zones of a tennis court were used.

Special and preparatory exercises represent complete actions, fully or partially corresponding to the exercises which are carried out at competitions. At the same time they can and not match a little own and high-speed actions in competitive conditions as on educational and training occupations also other problems can be solved.

In case of accomplishment of training tasks three main criteria that exercise was called special shall be observed:

1. Exercise shall repeat equipment or part of the equipment applied in competitive activities.

2. Physical actions shall be similar used in competitive activities.

3. Muscular tension shall be same, as well as in competitive practice.

Therefore in case of development of special and preparatory exercises the following problems were solved:

1) Ability to alternate the efforts connected with technical accomplishment of shock movements on a ball and a variety of the movements which are carried out by young tennis players during game;

2) Correct approach to a ball and preparation for blow;

3) Direct working off of technology of accomplishment of blow;

4) The movement after blow caused by need to reach the most effective starting position for reflection of the following ball sent by the rival.

The offered special and preparatory exercises are rather difficult as they demand big and long concentration of attention. Besides, these exercises train endurance both physical, and mental which will help young tennis players with real match fight.

As a result of skilled and experimental part of research it is established that realization, the young tennis players developed within the program of training, training tasks positively was reflected in dynamics of indicators of physical fitness 10 – 12-year-old tennis players. For a year training cycle the rates of a gain of indicators characterizing physical fitness of young tennis players of 10 - 12 years of experimental group, statistically significantly ($p < 0,05$) have improved and have made: run on 30 m – 15,8%; a long jump from the place a push of two – 14,42%; a throwing of a stuffed ball (P =1 kg) the movement similar to giving – 15,1%; shuttle run (fan) 5x4 of m – 16,75%: shuttle run of 6x8 m – 17,3%. Average rate of a





Để đào tạo được những VĐV Quần vợt thành tích cao, tiếp cận trình độ thế giới thì việc xây dựng kế hoạch huấn luyện phù hợp, có hiệu quả là cần thiết (Ảnh minh họa)

gain of physical fitness of physical fitness of examinees of experimental group during pedagogical experiment has made – 15,87%. Positive dynamics following the results of experimental work has been noted also in control group, but she had no such pronounced character and an orientation.

According to control tests it is established that use in the forming experiment of the developed training tasks consisting of special and preparatory exercises for increase of target accuracy of blows from various distances promote more essential changes of indicators of target accuracy of blows in the set zones a tennis court at young tennis players experimental in comparison with control group ($p < 0,05$). Rates of a gain of hit by a ball in a target in control exercises by examinees of experimental group during pedagogical experiment have made ($p < 0,05$): a short distance (15 m) – 64,92%; an average distance (18 m) – 64,61%; a long distance (21 m) – 65,1%; blows with change of a distance – 59,68%. Srednegruppova rate of a gain of target accuracy of blows of examinees experimental groups during experiment has made 63,6% that is 27,4% more than at examinees of control group.

The conducted pilot study has revealed high efficiency rate of the developed program that is confirmed by statistics of technical and tactical readiness of young tennis players of the researched groups, and also results of carrying out games between groups at the beginning and the end of experiment.

The surplus of such indicator of technical and tactical readiness as "efficiency of equipment" at examinees of experimental group in competitions between groups constitutes 6,2% that is 4,4% more, than in control group. Handling of the data obtained during experimental work, specifies statistically significant changes of this indicator for benefit of experimental group, in case of its comparison with results of control group.

The surplus of an indicator of technical and tactical readiness – a combination – at young tennis players of control group constitutes 0,4% for the period of experiment. A surplus of this indicator of technical and tactical readiness at examinees of experimental group in competitions between groups – 1% that is 0,6% more, than in control group.

The surplus of an indicator of technical and tactical readiness – variability of technical actions – at examinees of experimental group constitutes 5,7% that is 4,3% more, than control. Handling of the data obtained during experimental work, specifies statistically significant changes of this indicator for benefit of experimental group, in case of its comparison with results of control group.

At the beginning of experiment players of control group have won meetings with result 14: 11, at the end – have lost with joint account 6: 19 that allows to state an essential surplus of these indicators at examinees of experimental group during experiment in comparison with control ($p < 0,05$).

Conclusions. The structure of distribution of training time by types of preparation and a ratio of amounts of training loads of various orientation in the preparatory period of a year



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training cycle is expanded and modernized due to inclusion of special sets of exercises.

As a result of experienced and experimental part of research it is established that implementation, the young tennis players developed within the program of training, training tasks positively was reflected in dynamics of indicators of physical fitness 10 – 12-year-old tennis players. Srednegruppova rate of a surplus of physical fitness of physical fitness of examinees of experimental group for the period has made carrying out pedagogical experiment – 15,87%. Positive dynamics following the results of experimental work has been noted also in control group, but it had no such pronounced character and an orientation.

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