

Impact Drills Reciprocity Loop Speed and Altitude Training On the Development of Variables Associated With the Tactical Offensive Performance of the Tennis Players

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ABSTRACT

The planned and organized training and continuing through which to improve and upgrade a working c this research aims to develop and design a training using exercises heights and speed loop of the tennis consensus among motor units involved in motor performance with a high degree. It also works training which uses rapid movements and training load simple performance upgrade. This research. And the researcher to choose the way intentional sample included 19 Player of the players Smouha Club aims to develop and design a training using exercises heights and speed loop of the tennis improvement in the speed of reaction to that focus on the development of individual elements of speed would be more effective and more efficient, prompting the player to develop high speed and good reflectivity reactions in the shortest possible time. The exercises help to speed the development and the development of special ingredients fitness needed by sports activity and function of the internal organs of the body to adapt to any work which leads to a rise in the functional ability of the player.

Keywords: *Soccer, Sprint, Acceleration, Player Position*

INTRODUCTION

Tennis Ground fall within Batting Games " - odd-even," which is characterized by the nature of the special technical, where transmission ball across the network between the players describes techniques in two forms contradictory two defense and attack are in accordance with the direction of the ball and the both the attacker and the opponent.

Thus, the competitive needs of the attack require accurate guide the ball from player to areas affecting striker in the opponent's court, which is difficult for him the possibility to defend. And thus makes it easier to attack to get the point directly or force the opponent to make a mistake,

Artistic renderings tactical offensive:

Exceed artistic renderings offensive different patterns of tennis players, according to areas of the pitch and use the appropriate Time zone momentarily to implement any of them on the basis of the development of the opponent.

Divided into: -

1 - attacks the rear of the stadium.

A - From the base line

B - in front of the base line

2 - attack the front of the stadium.

3 - Multiple attacks.

(9: 4 - 12)

That the strength of the strikes as a weapon Plan refers to the modern tennis match. Where (sending forces - Re be sent offensive - strikes ground Judge - strikes the plane when the network - with the speed of decision-making of the player) depends on the player's ability to analyze fast each of the competitive position and rival together by identifying what is the ideal choice answer ball in a split second (7: 2)

Sport relies tennis on technical mastery of the skills right next to the construction of the components of general fitness. Then comes the fitness, which is characterized by the basic skills of tennis And consistent both Mohammed Allawi 1982 Abdel Nabi Beauty 1988 Ehab Shehata 1993, citing both John "Jon" and Mabit Mabbit "" Shaffer and Nyder "Chavez & Nrider" and Allen Wadih 2000 that strikes in the sport of tennis is divided into: Enquiry

Basic strikes, including: -

1 - transmission

2 - front strikes

3 - strikes back

Advanced strikes, including: -

1 - strike aircraft

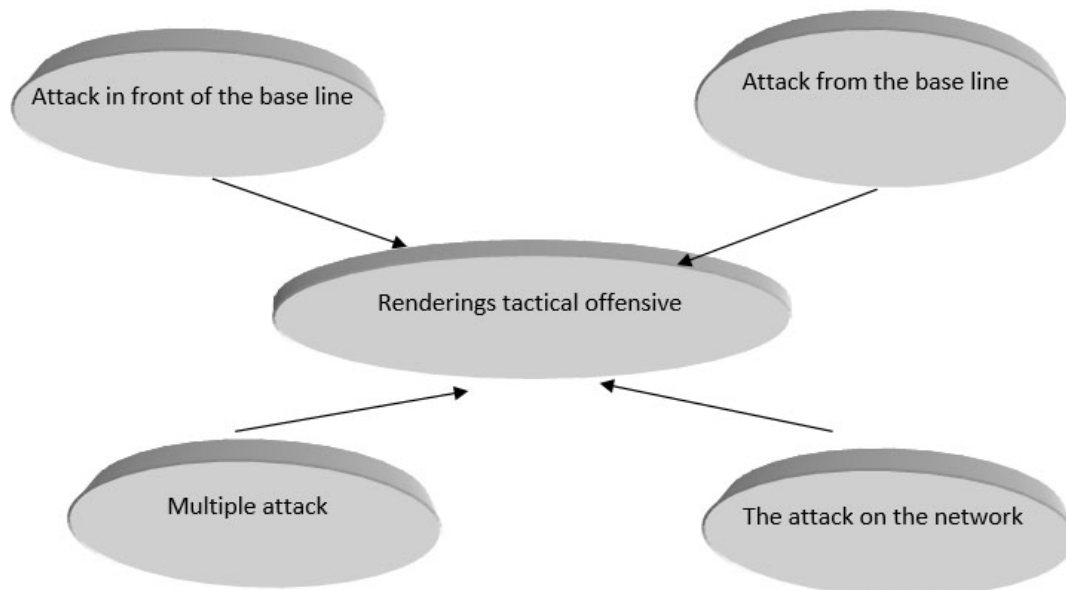
2 - half strike aircraft

3 - the projected strike

4 - crushing blow

(8: 144) (1: 11) (3: 33) (10:5)

It is already clear that the variety and multiplicity of strikes makes the arduous training process, so it must raise the standard of performance skills by following the best modern training methods and skills that suit each game separately.



The muscle power of the most important physical variables that should be enjoyed by tennis player because they are associated with some physical components closely, such as power deals quickly, and speed the transition. There believe no player fast before to be strong and through limited office for references previous and also experience researcher in the field of tennis next to analyze performance skills during the games is clear that the force deals quickly is the ability most demanding performance of most skills especially offensive which they are considered the ability to execute strikes basic and advanced strikes in the limits of international law tennis.

Agree many specialists in the sport of tennis on the importance of carrying speed and reaction speed as selected the correct response to the sexy among several stimuli unknown opponent and against the player through the game of reactions and rapid response, such as the movement of rapid progress towards the network or the parties to the pitch respond fast ball.

Therefore cannot be the correct application of aggressive style of tennis players if you do not react fast player and his immediate response speed is very important for the success of the ball and thus response to earn points reflex reaction is the only difference between winning and losing in the physical confrontation.

To speed in tennis five elements:

1. visual Reflexes
2. Tactile Reflexes
3. Movement Speed
4. Initiation Speed
5. Alteration Speed (5: 168)

The highlands exercises are an effective way for the construction of wind energy and the development of power through the slopes, which is considered one of the best forms of resistance exercises using body weight. It should not only be done once or twice at most every week (11).

Attention must be given work to warm up before exercise highlands and calm Beyond (trot for a period of 5-10 minutes, followed by exercises to lengthen) are training twice a week for a period of 6-8 weeks in order to improve your fitness in general and improve the speed in particular 3-5 minutes between sets (12).

Purpose of study

This research aims to develop and design a training using exercises heights and speed loop of the tennis to try to identify: -

- 1 - the impact of the proposed exercises on some sense of capacity and functional mobility and physical with the tennis.
- 2 - Effect of the proposed exercises on the effectiveness of tactical offensive performance of the tennis.

Hypotheses:

- 1 - There are significant differences between tribal measurement and dimensional measurement in measuring the distance with players moving in favor of the post measurement.
- 2 - There are significant differences between tribal measurement and dimensional measurement in complex reaction time with the players in favor of the post measurement.
- 3 - There were statistically significant differences between tribal measurement and dimensional measurement in the efficiency and stability of the central nervous system to the players in favor of the post measurement.
- 4 - There are significant differences between tribal measurement and dimensional measurement in the speed of the performance of the players in favor of the post measurement.
- 5 - There are significant differences between tribal measurement and dimensional measurement in the speedy implementation of the players strike in favor of the post measurement.
- 6 - There are significant differences between tribal measurement and dimensional measurement in carrying speed of the players in favor of the post measurement.
- 7 - There were statistically significant differences between tribal measurement and dimensional measurement in distinctive force as soon as the players in favor of the post measurement.
- 8 - There were statistically significant differences between tribal measurement and dimensional measurement in the effectiveness of tactical performance of the players in favor of the post measurement.

Search procedures**Research Methodology:**

The researcher used the experimental design of one set of measurement tribal dimensional suitability of the nature of the research.

Sample:

The researcher to choose the way intentional sample included 19 Player of the players Smouha Club

Table (1) SMA and the standard deviation and transactions convolution To sample some of the variables

Measurements	SMA	Broker	Standard deviation	Coefficient convolution
Age	20.11	20	0.74	-0.172
Weight	60.86	64	9.51	0.040
Cm	160.05	160	4.36	-0.809
Age Training	4.58	5	1.17	-0.680
Reaction speed of the hand	13.25	13.166	0.792	0.135
Reaction speed of a foot	4.458	4.5	1.259	-.099
Speed transition	4.756	4.835	0.254	-0.929
Carrying speed	41.375	41.5	2.264	-.166
Threw the ball medical	6.002	6	0.49	0.312-
Agility	6.754	6.69	0.238	0.739
Broad jump of stability	174.36	175	12.40	0.413
The efficiency of the central nervous system	45.21	44.98	9.01	.0300
The stability of the central nervous system	7.79	7.64	2.42	0.882

Evidenced by the table (1) that the transactions convolution sample ranged between (0.040, 0.882) i.e. they confined between ± 3 suggesting homogeneity of the sample.

Survey:

The researcher to codify the same tests applied to the scoping high level of tennis players (first degree), another sample was selected at a low level of players (second class) in the sport of tennis

Baseline study:

The application of the proposed training on basic research sample includes (14) player of tennis players were in the period from 24/09/2011 till 8/12/2011 has been hold tribal measurement on Saturday and Sunday 17, 18/9/2011 m in the following tests (reaction speed of the hand and a man, speed transition, speed, strength and accuracy performance strike the front and rear and strike aircraft, carrying speed and bearing in and force distinctive speed), (the efficiency and stability of the central nervous system) and work matches between players and recorded video of the possibility of measuring the effectiveness of activity tactical has been a dimensional measurement in the same tribal and measurements on Saturday 10/12/2011 The research took 10 weeks by 3 units per week for speed drills and two units per week for. Training highlands

for severity of pregnancy: - training using maximum speed least until maximum speed, taking into account that characterized the exercise the right time and cruise and lack of tension.

Relative to the size of pregnancy: - training on the set of points for a period of time ranging from 10-20 minutes to reach maximum speed, taking into account that with increased is Duplicates increase level and fatigue did not affect the required level.

For the rest periods: - should form the rest period between each group and another between the often (2 - 5) minutes.

For training intensity highlands pregnancy of 40 - 60% of medium intensity and duration of the development of 8 - 12 weeks time of 90: 180 W with upwards max workouts.

RESULTS

Table (2) Significant differences between tribal measurement and dimensional measurement in some capacity Mobility and functional and Physical abilities And tactical effectiveness of the activity sense the players sample

Tests	Pre test		Post test		T test	
	M	SD	M	SD		
Reaction speed of the body as a whole	0.65	0.06	0.46	0.19	7.67*	
Reaction speed optical hand	23.36	3.15	19	2.51	7.64*	
Reaction speed optical foot	26.36	4.03	20.71	3.6	7.57*	
Sense of mobility capabilities	Sense of distance	1.17	0.47	0.6	0.21	7.03*
	Response on a moving exciting	22.78	8.76	7.57	4.6	10.06*
The efficiency of the central nervous system	53.68	16.91	28.4	9.02	9.38*	
Constant level of efficiency of the central nervous system	11.18	4.09	5.96	2.13	6.81*	
Speed motor performance	15.92	1.44	17.5	1.4	9.1*	
Speed performance strike	0.36	0.09	0.22	0.07	9.65*	
Strike front	14.21	1.05	15.79	0.97	7.78	
Backhand	15.36	0.93	16.79	1.5	8.27	
Strike front	24.36	1.5	26.64	1.5	11.78	
Backhand	25.93	2.43	29.79	2.19	15.2	
Effectiveness of tactical activity	1.9	.69	2.82	1.33	2.65	

• T. spreadsheet at the 0.05 level of significance = 1.77 Evidenced by the table (2) and there were no statistically significant differences between pre and post measurements in some sense abilities and functional mobility and Physical abilities and tactical effectiveness of the activity for dimensional measurement with the players sample.

DISCUSSION

Showing spreadsheet (2) is clear and there were statistically significant differences between pre and post measurements of sample in reaction speed, which refers to the efficiency of the exercises, which have been applied and their positive contribution to the development speed of the reaction. The researcher due improvement in speed of reaction to that focus on the development of individual elements of speed would be more effective and more efficient, prompting the player to develop high speed and good reflectivity reactions in the shortest possible time. And also consistent with what the "Bill Rodgers Bill Rodgers" the highlands exercises can improve several performance attributes and great interest in increasing the speed. (2: 66)

The improvement in the sense of distance and respond exciting animated researcher that the accuracy of the speed of response are linked strictly visual perception which grown through exercises proposed which was applied to the sample and also the ability of the sincerity of expectation and intuition and insight into the attitudes different play as well as the speed of thought for the positions changing.

The results showed that there were statistically significant differences between tribal measurement and dimensional measurement in a distinctive speed and power carrying speed and the speed of performance and the speed of implementation of the attack tennis players in favor of the post measurement. Which indicates the effectiveness of the exercises used due researcher this improvement to the nature of the exercises highlands which helps to develop strength and flexibility of muscles and develop the speed and maximum power along with the nature of the training loop speed and dealing with the brain's ability to choose the immediate reaction masterly response to the attack or the beginning of an attack and for the improvement in speed performance researcher, she believes it increases the players significantly after periods of training, even with short attendance and regular training and quick-time training is the best picture of the frequency rapid kinetic exercises similar skill exercises. This is consistent with what he referred "James James2008 m to drill speed help to develop the components of fitness needed by sports activity and operate the internal organs of the body to adapt to any work, which leads to the high capacity of the player career (4: 8)

Also consistent with what he referred Bill Rodgers that after training from 8 - 12 week average of twice a week of altitude training improved results runners at the rate of 3%. Research has proven that carried out **Aozlan Osolin** development potential recipe speed as a result of growth and development of prescription muscle strength, were also able to **Motnsvay Muttenzfay** prove that speed affected significantly strongly muscles so the attempt strength development distinctive speed are important factors to help develop the recipe speed private recipe Speed performance.

As for the improvement in the effectiveness of the activity of tactical researcher to the nature of the training loop speed and that leads to improved reflexivity with rapid adjustment in deep perception, which helps when responding to any strike along with it improved how to get to the correct verb.

CONCLUSIONS:

1. And there were no statistically significant differences between pre and post measurements in all speed tests (Reaction speed - speed performance - speed of response balls) for dimensional measurement with the tennis players
2. There were statistically significant differences between tribal measurement and dimensional measurement in distinctive element of force as soon as the tennis in favor of the post measurement.
3. There were statistically significant differences between the measurement and measurement tribal dimensional tactical effectiveness of the activity to the tennis players in favor of the post measurement

RECOMMENDATIONS: -

- 1 - The use of loop speed drill in tennis drills to improve some sense capabilities and functional mobility and physical players.
- 2 - Use highlands in training exercises to improve the strength of tennis deals quickly.
- 3 - Use exercises heights and speed loop players (junior - young adults) to improve the level of performance in tennis.
- 4 - Use exercises highlands because it will lead to the development of various energy systems (creatine phosphate - Adinoven phosphate).

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