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Dr. Saif Abbas Jihad Al-Rubaye
Assistant Professor, College of
Physical Education and Sports
Sciences, University of Misan,
Iraq

The application of competitive exercises according to the attack-oriented style of play and its impact on the accuracy of some skills of tennis players

Dr. Saif Abbas Jihad Al-Rubaye

Abstract

In the introduction and the importance of the research, the researcher touched on the need for the exercises during the semi-competition period to focus on different playing strategies according to the player's style and the formation of a playing tactic that helps the player to master what he lacks in focus by reducing the effectiveness of his game tactic, where the research problem lies in that the offensive tactic tennis player is His focus is on resolving points with striking force and speed and not by directing the ball's paths to the deep areas of the The opponent's court and the most dangerous, as the research aims to identify the effect of competitive exercises according to the offensive playing style of the wave on the accuracy of some skills of tennis players, where this method was applied to (8) players who are the research sample during five weeks during the last period of private preparation and semi-competition by three training units per week using various training methods. According to the researcher, this type of wave training works to develop the possibility of offensive play, thus deciding the points more and accurately in the most deep areas. competitor arena.

Keywords: Application, competition, player, tennis

Introduction

The training of tennis players during the semi-competition period must be focused on different playing strategies, where the coach works to form skill sentences according to a specific style of play that is consistent with the way of playing for each player, i.e. according to the style of the player. The competition period, where the tennis player must master all the tactical playing techniques required by the game before reaching the competition period so that he can perform correctly during the match, especially the offensive style, which is the cornerstone of the player and is the tool for deciding points for the tennis player during the competition by directing the balls to areas Difficult inside the competition arena during the performance of various skills such as the front ground kick, back ground kick, flying strikes and the correct offensive movement coverage inside the field during the player's movement, as all these things must be translated and included in the game plan and the player must implement it at the highest possible level during the match and for each offensive style of play Followed by each player, and this saves effort and resolving points with great accuracy and strength, and from the above lies the importance of research in applying Training is carried out according to a directed offensive playing strategy. The tennis player works through the control of the process of directing the balls issued by him during the implementation of the various skills to the depth areas in the opponent's court. This training takes place during the end of the special preparation period and semi-competitions.

Research problem

Through the researcher's repeated field visits to the research sample and his viewing of the tournaments related to tennis, being a specialist and his experience, he noticed that most of the local players do not rely on a strategy while playing and have a weakness in the accuracy of directing the balls while performing the basic skills in tennis, where we find that the tennis player focuses on hitting the balls with high strength regardless Regardless of the accuracy of

Corresponding Author:

Dr. Saif Abbas Jihad Al-Rubaye
Assistant Professor, College of
Physical Education and Sports
Sciences, University of Misan,
Iraq

his direction, his movements inside the field do not greatly serve the direction of the ball, and therefore the performance is uneconomical with effort and the appearance of fatigue early and other negatives that are supposed not to appear during play, and the reason for this is due to the lack of training on playing plans with accurate and focused goals that are placed according to a style of play Attacking each player, as it is not possible to apply a single style of play for all players and does not take into account the individual skill differences between the players in order for each player to have a special tactical style of play in it, and the training process would be of great benefit and with the least time and effort, especially such training must be in a semi-period competitions or even at the end of the special preparation, and from here the research problem began to arouse the researcher's interest, as the performance of some skills by the sample was not in the exact form that gives The idea that there is tactical training at a high level, so he prepared competitive exercises according to the offensive style of play according to the skill capabilities of each player so that there is a style of play that distinguishes each player from the players, and these tactical exercises focus largely on directing the balls towards scoring areas Points are first and foremost accurate, and the player is not dependent in scoring points on the strength of striking only.

Research Objectives

Preparation of exercises according to the offensive style of the directed attack and its impact on the performance of the forehand groundstroke skill, the backhand groundstroke skill and the movement of tennis players.

Recognizing the effect of exercises according to the attacking style of playing directed at the performance of the skill of the front ground kick, the skill of the back ground kick and the movement of tennis players.

Research Hypotheses

There is a positive effect of the exercises according to the offensive playing style in the performance of the skill of the front ground kick, the skill of the back ground kick and the movement of tennis players.

Research Areas

Spatial area: Maysan International Stadium

Time range: 1/7/2021 to 10/8/2021

The human field: Maysan governorate players

Research methodology and field procedures Research Methodology

The researcher used the experimental method in the style of equal groups with two tests, pre and post tests, because it fits with the nature of the study procedures.

Research Sample

The research community was determined by the comprehensive inventory method, which is "selected freely on the basis that it achieves the purposes of the study carried out by the researcher" (Thouqan, 1988) ^[10].

The research community is represented by the players of the Maysan Governorate team, and their number is (10) players, distributed into two experimental and control groups through a simple random lottery, to be (5) players in each group.

Means of collecting information, equipment used and research tools

Means of collecting information and equipment used:

Arab and foreign sources.

Personal interviews with experts and specialists.

Self-observation by the researcher.

Data dump forms.

Tennis court plus rackets and balls.

Ball shooter with different speeds.

High speed cameras.

Rope ladders, various strips, poles and circles.

Research Tools: Test and Measure

Field research procedures

Determining the research variables and their tests

The research variables and their tests were determined after they were presented and discussed with some specialists in the field of sports training and tennis. The tests were as follows:

1. Leg movement test: (Dhafer, 2013)
 - Test name: Kinetic coverage of tennis players.
 - Test objective: To measure the kinetic coverage of the tennis player.

Test tools and implementation

1. Place a tennis racket just behind the center mark and in the center of the base line.
2. (5) Tennis balls are placed on the court as shown in the drawing.
3. The start is from the center of the base line, and each ball is fetched and placed in the center of the clamping racket (each ball individually) and moving in a counterclockwise direction.
4. Timekeeping with a stopwatch begins after the start signal has been given, and at the end of the ball

Fifth placement in the center of the racket stops the stopwatch

Points Calculation: Records the player's time spent collecting five balls in The racket clip and the corresponding points according to the test schedule.

The highest possible result for completing this test = 76 points.

2. The front and back ground kick skills test: (Dhafer, 2013)

- **Test name:** Test the accuracy and strength of ground, front and back strikes.
- **The objective of the test:** To measure the accuracy and power of the forehand and backstrokes.

Performance specifications

1. At the beginning of the test, it must be ensured that the participants have completed their warm-up and are ready to take the test.
2. (6) Balls awarded to the player from both sides, one in the front and the other in the back...etc. The player must hit the ball inside the individual court in a straight line as shown in the drawing.
3. Six other balls are awarded to the player from both sides, one in the front and the other in the back...etc. The player

must hit the ball diagonally inside the individual court as shown in the drawing.

4. Evaluation points are calculated in light of the place where the ball falls in the first rebound for accuracy and the second rebound for the force of the strike.
5. The assistant player must throw the ball in the middle of the area between the service line and the base line, as indicated by the drawing. The hitting player has the right to reject the irregular ball that falls outside the correct area.

Ground kick accuracy points

1. One point when the ball falls in any area of the center outside the planned target areas.
2. Two points when the ball falls into the accuracy target area before the service line.
3. Three points when the ball falls inside the accuracy target area in the accuracy back target area and on the tennis single court as indicated in the drawing.

Scoring the strength points of the hit

1. One point in the second bounce behind the base line and before the second strength zone line.
2. The points are doubled in the second rebound of the ball when it falls in the far ball area, and an example of the first case: If the ball falls in area (3) on the field and rebounds again outside the field and in an area behind the base line, the number of points becomes (4) and an example of the second case: If it falls The ball is in zone (3) on the court and rebounds again in the zone of strength, the number of points is doubled and becomes (6).
3. The player gets a (zero) when the ball falls in the first rebound outside the singles tennis court.
4. Stability in hits: The player is awarded one extra point for each correct hit without a mistake.

Score Calculation: All points are collected and the highest possible score a player can reach in this test = 84 points for accuracy and strength (36 for accuracy + 48 for strength). a point.

The exploratory experience

"The exploratory experiment is defined as a preliminary experimental study carried out by the researcher on a small sample before carrying out his research in order to test the research methods and tools" (Arabic Language Academy, 1984), and it was conducted on 15/6/2021 on (2) players from the sample.

Tribal tests

The tribal tests were applied to the research sample with its two groups, control and experimental, on the yards of Maysan Stadium in Maysan Governorate on 30/6/2021 with the help of a working team.

The main experience

The competitive exercises were applied to the experimental group on Saturday, 3/7/2021, where the first training dose was (15) training doses distributed over five weeks, three per week, on Saturday, Monday and Wednesday, and ended on

Wednesday, corresponding to 4/8/ 2021, as during the main experiment, tactical competitive exercises were applied in the offensive playing style, prepared by the researcher, in which the focus was placed on developing three things: the player's movement correctly during the implementation of the skills of the front and back ground strike and the accuracy of directing the balls to the opponent's square according to the most difficult and most difficult areas The probability that the player will achieve points through it, and the third matter is the process of balancing the power of striking and the accuracy of directing, bearing in mind that there is a style for each player that differs from the rest of the sample members. The one is inside the small competitive training circuit, and the training unit in the middle of the week is for doubles play and the first and last training unit of the week P is for individual play in order to create a state of diversification during the application of the experiment, that is, during the five competitive training circuits all, where the researcher used tools and means that the researcher used within the methods used for all players, including floor stairs, floor circles and tapes to determine the player's movement in the right direction as well as signs to be directed towards For the different areas of the stadium, as for the intensity of the exercises, they were all of the maximum intensity, which is the intensity that is consistent with the training objective of this training period. Semi-competition, and the rest between repetitions is complete comfort and the training volumes are light and according to the method of training the repetitions and the style of playing training, where the style of play consists of skill sentences composed of more than a variety of skill that have been developed according to the ability of each player to fill the tactical defect that the player suffers from during the game, whether playing Singles or pairs, and these compound skill sentences are repeated during each training unit, three groups of compound skill sentences each A set is five repetitions Rest between repetitions and totals is complete rest.

Post tests

After completing the application of the exercises on the research sample, the post tests were conducted in a similar way to the tribal tests in order to know the level reached by the research sample in the studied variables. The results of the tests were statistically processed by the researcher to identify the nature of the differences between the two groups as a result of the experimental group's application of competitive exercises during the main experiment period.

Statistical means

The researcher used some laws from the statistical program (SPSS), as follows:

1. Arithmetic mean
2. standard deviation
3. The t -law for correlated samples.
4. t -law for independent samples.

Presentation, analysis and discussion of the results

Presentation, analysis and discussion of the results of the pre and post tests of the research variables of the control group:

Table 1: It shows the arithmetic means, standard deviations, the calculated (t) value, the level of error, and the significance of the differences between the pre and post tests for the control group in the research variables.

The exams variables search	Measruing	Tribal		after me		t. value	Indication	The significance of the
Accuracy and power of the front and back strikes	Degree	52	3,46	54,25	4,20	5,77	0,00	moral
footwork	Degree	51,45	2,38	53,75	3,05	4	0,00	moral

Significant below significance level less than or equal to (0.05) at degree of freedom (4)

Looking at Table (1), we find a noticeable positive development through the differences between the values of the arithmetic means for the tribal and remote tests of the research variables and in favor of the post tests, as well as the values of the T-Test law calculated for the corresponding samples, whose significance levels for all variables came less than (0.05) Which means that the differences are significant in favor of the post tests, and accordingly, what the researcher assumed in the second hypothesis has been achieved. researcher attributes the reason for the significant differences in the control group in the post-tests in all variables of the research, to the exercises that the control group applied during the main experiment prepared by the trainer, which served the

training objectives for which it was set as well as being codified according to the principles and foundations of sports training in terms of components Training loads and forms that target strength, and that all scientific sources confirm that sports training is a process that helps the athlete to improve all aspects of his training if they are applied in a codified manner according to the correct principles and foundations. (Kamal, 2001)

Presentation, analysis and discussion of the results of the pre and post tests of the research variables for the experimental group

Table 2: It shows the arithmetic means, standard deviations, the calculated (t) value, the level of error, and the significance of the differences between the pre and post tests of the experimental group in the research variables.

The exams variables search	Measruing	Tribal		after me		t. value	Indication	The significance of the
Accuracy and power of the front and back strikes	Degree	52,54	2,87	60	3,04	13,10	0,00	moral
footwork	Degree	52	3,65	56,57	3,30	6,14	0,00	moral

Significant below significance level less than or equal to (0.05) at degree of freedom (4)

Looking at Table (2), we find a noticeable positive development through the differences between the values of the arithmetic means of the tribal and dimensional tests for all research variables and in favor of the post tests, as well as the values of the (T-Test) law calculated for the corresponding samples, whose significance levels for all variables came less than (0.05)), which means that the differences are significant in favor of the post-tests, and thus what the researcher assumed in the second hypothesis has been achieved. researcher attributes the significant differences that appeared in the post-tests of the experimental group and all research variables, to the competitive exercises in the style of directed playing that the sample applied during the main experiment, which aimed mainly at developing the accuracy and strength of the skills of the front and back ground strikes as well as to develop the tennis player’s movement during performance (Abu El -Ala and Harrah 1997) mention that the use of different competition exercises and the use of exercises based on performing more difficult skill duties, which the nervous system needs to adapt to the atmosphere of competition, such

as reducing the area of the playing field or reducing the information needed by the nervous system, such as increasing the number of stimuli or playing on A smaller stadium with a larger number of players or setting goals and other tools and means used, all of this can help to increase the amount of attention, focus and the ability to change attention from one stimulus to another very quickly, as well as the player's ability to relax non-working muscles to get rid of excess muscle and nervous tension And all this helped in the development of agility as it is related to attention. (Abu El-Ala, 1997) (Harrah, 1975), as this type of training is characterized by the possibility of using movements as close as possible to those performed during performance” (Abu El-Ala, 1997), as well as the skills of the front and back ground strike and the serve when performing the player, and this is what happened In the post test for the aforementioned studied variables.

Presentation, analysis and discussion of the results of the post-tests of the research variables for the control and experimental groups

Table 3: Shows the arithmetic means, standard deviations, the calculated (t) value, the level of error, and the significance of the differences between the two post-tests for the two groups in the research variables.

The exams variables search	Measruing	Tribal		after me		t. value	Indication	The significance of the
Accuracy and power of the front and back strikes	Degree	54,25	4,20	60	3,04	15,44	0,00	moral
footwork	Degree	53,75	3,05	56,57	3,30	6,11	0,00	moral

Significant below a significance level less than or equal to (0.05) at a degree of freedom (8)

Looking at Table (3), we find a noticeable positive development through the differences between the values of the arithmetic means of the dimensional tests for all the research variables and in favor of the experimental group, as well as the values of the (T-Test) law calculated for the independent samples, whose significance levels for all

variables came less than (0,05). Which means that the differences are significant in favor of the experimental group, and accordingly, what the researcher assumed in the second hypothesis has been achieved. The researcher attributes these differences between the experimental and control group in the post-tests and in favor

of the experimental group to the competitive tactical exercises applied by the members of the experimental group, whose importance is manifested by the fact that they were applied on the court first and that the tennis player performs most of the skills while on the court and therefore he must have a high sense During the movement and during the direction in the playing areas as well, his movement must be with the least effort and the least time and with great effectiveness in achieving the strikes in a strong and accurate manner. And the kinetic paths of the two skills match in terms of technique and tactics according to the style of each player in order to develop the movement of the two legs and reach a high degree of coverage of the field. What happened and what the researcher was keen to achieve through the preparation of those exercises that were applied by the sample members, as the tactical exercises The experimental group applied these elements in a clear way through the player's movement to various sides of the field and directing the balls from more than one place according to the selected skill sentences in it and in a modern, diverse and different manner in terms of application and using stimuli, signs and auxiliary tools, we find movements to hit balls close to the player's body and far balls And deep balls and others on both sides of the field, which helps the player to apply a diverse skill performance that gives him the ability to move well within his playing field, and this was confirmed by Faraj (2000), where the problem of many tennis players is determined in the movement of the feet and covering the field, and they require a lot of training, because Most hitting errors do not develop by moving the racket or holding it in the main, but by correcting the movement of the feet, and this is because they are the ones who transfer the thrust from the ground to the body and thus the resulting force appears in the strike. (Allen, 2000) As for the development of the accuracy and strength of the two skills, the researcher attributes it to the fact that these differences for the experimental group are a result of the high level of tactical abilities, which the researcher was keen to focus on and the movement of the feet, which led to the development of the strength and accuracy of the front and back strike skills, as the researcher agrees with all From (Al-Tikriti and Al-Hajar, 1986) that accuracy is positively affected by the development of other components of physical fitness. (Wadih, 1986) He pointed out that "the development of the training situation in specialized sports comes through the meeting of several components, including working to reach the maximum limits of training intensity and planning events for the maximum balance between its components during the competition period" (Sari, 2001).

The researcher also attributes the emergence of these moral differences to the specificity of competitive tactical exercises in their similarity with the kinetic and technical tracks with high accuracy for the tennis player during his execution of skills "because many skill sentences do not succeed due to poor technique." (Patty, 1982)

Conclusions and recommendations

Conclusions

- The competitive tactical exercises applied to the research sample had a positive effect on the development of the tennis player's movement and the accuracy and strength of the skills studied.
- The use of the offensive wave style of play worked to develop the accuracy and power of the fore and back ground strikes.

- The exercises prepared by the researcher, their training objectives were similar to the objectives of the training period during which they were applied, which are both skill and schematic objectives.

Recommendations

- The necessity of emphasizing the use of the semi-competition period in training the most beneficial playing plans for the tennis player.
- Focusing on training and developing what distinguishes the player and not what is missing from tactics and style of play during the semi-competition period.
- The application of competitive exercises with various other methods in order to develop the level of the research sample members in the remaining skills and methods of tactical play.
- The focus during training tennis players should be that achieving and scoring points is the result of the accuracy of the direction and not just the strength of the strike.

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