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Tenis eğitiminde kort ve duvar çalışmalarının karşılaştırılması

The comparison of the wall and court training on tennis practices

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Extended Summary

Purpose

The aim of this study was to compare the wall and court training on tennis practices in young individuals.

Method

Twenty-four male students who educate School of Physical Education and Sports participated tennis training intervention. Participants randomly divided into two groups: court group and the wall group and trained in 10-week. International Tennis Number (ITN) and Revised Dyer Test Wall (RDTW) results was registered at before and after 10-week training intervention. T-test was performed to compare differences between the court and wall group results in this study.

Results

As a result of the study; there was a significant difference between the ITN (wall: 141.38 ± 9.606 (ITN:8), court: 117.71 ± 11.280 (ITN:9)) and the RDTW (wall: 61 ± 12.49, court: 49.16 ± 8.08). Working group who trained with wall achieved higher test scores compared the other group.

Discussion

Recently, the equipment of tennis has modificated for growth and physical development of children, which is similar to other sports scaling the field sports. Several studies have examined the effects of different ball, equipment and training types on tennis skills in tennis players. For example, Kachel et al, (2015) showed

that the use of the modified tennis ball increased rally speed and it allows players to strike the ball at a lower height on their groundstrokes. Other similar study results showed that the smallest racquet combined with the ball was the best selection for hitting performance. This result also concluded that this combination provided many technique benefits for young tennis players (Buszard et al, 201). Farrow and Reid (2010) showed that there were significant relationship between hitting opportunities and relative hitting success in adults group. Consequently, the modified ball and scaled court intervention group significantly felt better than the others. In addition, these equipment have slowed the speed of the game, which has made it easier for children to be successful and learn the skills required to play effectively. Adult tennis player showed also similar results with young tennis players. When the ball speed is slowed, the player has more time to react to the movement, direction, and spin of the ball. The benefit of having a larger ball to slow the pace of the game has been revealed previously in adults. The other important determinant of the tennis performance is court size. With the modified court there is less area to cover, and correspondingly a child is able to move to more balls and in turn, keep the rally going longer; the modified court theoretically increases the overall opportunity for children's rally success (Farrow and Reid, 2010; Newman, 2010). They concluded that as children develop and their speed and coordination increases, they should be able to make transitions to larger court sizes and higher compression tennis balls. As a result of this, the program which is tennis 10s program for developing tennis skills between the ages of 5 and 10 play on a scaled court spread around the world. After this program, studies showed how young tennis players develop, learn and perform game of the tennis.

Conclusion

All studies about different ball, equipment and training types for developing tennis skills, increasing success tennis performance and learning the tennis game in tennis player. Shortly, modifying the game of tennis may play a vital role in future tennis instruction and the continued enjoyment of young tenis. In conclusion, the results of this study suggest that both training program could be used for improvement tennis skills. In addition, it should prefer wall training for more tennis skills improvement during beginner training.