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MANAGEMENT OF SPECIFIC FOOTBALL-TENNIS TRAINING

Case
Study

Keywords

Management;
Football-tennis;
Training;

Abstract

Football-tennis is both an individual and team sport, with single, double, triple, plus double and triple mixed events. It is a complex sport where all the muscular groups, the technical-tactical aspects and all the moving abilities are involved: speed (reaction, execution, movement, strength and strength); Force (Force-Speed, Force-Resistance); resistance (specific, anaerobic); flexibility and mobility; coordinating capacity. The technique of football-tennis game is represented by all acyclic actions, based on the perception of the space and time-specific to this sport, which has been acquired correctly and in a balanced manner, leading to maximum results in competitions. The technique in the football-tennis game is represented by the ensemble of specific moving skills (technical processes involved) taking place based on the superior nervous activities, the impact biomechanics and the physical possibilities of the football-tennis players for the purpose of solving situations that occur in both attack and defence in the best way possible and most accurately.

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- Technical aspects related to individual actions of attack:
 - Service: volley/Drop-volley: short or long diagonal service; long line service in "T"; Outward-looking service in-service service-Bouncing the ball: forward (high or short trajectory)
 - Attack: diagonal short/long, long line, short, caged, wiped, stung (<https://www.frft-caj.ro/documente.php?lang=ro>).
- Technical aspects related to individual and collective defence actions.
 - Takeover: - From service: volley, drop-volley, with chest and head.
 - From the attack: volley, drop-volley, with the chest and the head.
 - From the net: with the side, with the shoelace.
 - Blocking: individually, two players but in rare situations.
 - Plunge: side, forward, back

The common elements of attack and ball defence are the following:

- Settlement on the ground for the purpose of attacking, passing, blocking
- running in the field: walking, running, added step, crossed step, jump (<http://www.futnet.eu/about-futnet/history1987-2011/>).

Tactics are considered to be one of the activities by which a "sportsman carries out all his technical, physical and psychic possibilities to achieve the best results in front of different opponents. "Tactical training refers to all the measures, means and methods used to assimilate the tactics specific to each sport."

In Football-Tennis, the tactics in the single game are complex. The tactical game of single football-tennis is related to the following aspects (Tudor, 2003):

- Service: - short/long diagonal service
 - long service line, in "T" shape
 - Outwards/Inwards service effect
 - overhead service
- Taking over after service: from volley; with the chest; with the head; with the side; with the shoelace
- Performing the attack: short/long/long line attack; short; turned; wiped, stung.
- Defense after the attack:
 - Offensive
 - Defensive
 - Passive

The tactics of the double game are based on the following aspects: player placement, tactics of the player who serves, whoever receives the service, the partner serving, the partner's tactics, the collaboration between the players.

In defending, due to the fact that the double game involves the existence of two players in each team in the field, tactical defence schemes can be made, such as the following: cascade defence, on the same line, defence with a man who does the blocking (Tudor, 2013).

All the above-mentioned defense variants are very useful and apply also to the opponent at that time. If the defense tactics is well established and the attack is also a strong point, then the matches turn into true exemplary matches. The best ways to learn these game schemes are by doing a lot of gambling activities, light and very heavy repetitions, and many model games to get into the game's reflex and mechanism. These methods also apply to other aspects of the attack, service, take-over etc.

The training takes place after a well-established schedule, taking into account the training, pre-competitive, and transition period, so that athletes are at the top of during the competition. The specific training based on technical-tactical training is done four times a week, while physical training is done twice a week. Depending on the training period of the athletes, there are even two or three exercises per day, namely two specific training and one physical training.

Specific training is made in each training session, with each game being played with a game theme, in order to achieve automatism to facilitate its application during the competition as well (Șerbănoiu and Tudor, 2013).

Speed: initial position - standing, the balls are next to the netting at the left sideline - the performer runs from the 6.40 m line, takes a ball and returns to the starting line - the self passing and

performing the overhead attack on the long line or hit with the side as low as the net (Cometti, 2002).

Force: Initial position - sitting, in pairs, the performer lies in the back with the soles on the ground, and with the knees bent at 90 degrees - the partner at 2 m from him - throws the ball at the chest level, and the performer must perform lifting the trunk forward and lifting the ball as vigorously as possible, followed by picking up with a quick and long diagonal attack with the basketball.

Resistance: play 1x1 - 2x2 (4 sets of 15 points).

Tenderness and Mobility: Initial position, standing, starting from the 9 m line and from the left side - running speed diagonally up to the netting and mimicking the attack from the width of the net and 1 m away from it, from the outside to the inside until the end and return to light running (<http://www.frft-caj.ro/frft.php?lang=ro&pagina=14>).

CONCLUSIONS

Specific training is made in each training session, with each game being played with a game theme, in order to achieve automatism to facilitate its application during the competition as well.

The technique of football-tennis game is represented by all acyclic actions, based on the

perception of the space and time-specific to this sport, which has been acquired correctly and in a balanced manner, leading to maximum results in competitions.

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