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TECHNICAL TRAINING AND ITS ROLE IN MODERN TENNIS (ANALYSIS OF THE OPINIONS OF BELARUSIAN COACHES)

In the modern world tennis can be considered a world sport. This is confirmed by the number of national and international sports federations. In many countries of Europe, Asia, Australia, North and South America there is a large number of sports clubs and schools where tennis players of different levels are trained. An important criterion of an athlete's qualification is the level of technical training. A possible way to understand and solve this aspect is to establish and analyze the attitude of coaches and athletes to this problem.

Keywords: tennis; technique; technical preparation; sports equipment.

ТЕХНИЧЕСКАЯ ПОДГОТОВКА И ЕЕ РОЛЬ В СОВРЕМЕННОМ ТЕННИСЕ (АНАЛИЗ МНЕНИЙ БЕЛОРУССКИХ ТРЕНЕРОВ)

В современном мире теннис можно считать мировым видом спорта. Это подтверждается количеством национальных и международных спортивных федераций. Во многих странах Европы, Азии, Австралии, Северной и Южной Америки существует большое количество спортивных клубов и школ, где тренируются теннисисты разного уровня. Важным критерием квалификации спортсмена является уровень технической подготовки. Возможный путь понимания и решения этого аспекта – установить и проанализировать отношение тренеров и спортсменов к данной проблеме.

Ключевые слова: теннис; техника; техническая подготовка; спортивный инвентарь.

Introduction. The history of physical culture and sports in general, as well as certain sports in particular, in accordance with the historical tradition, gravitates to build the most long in the temporary segment of the linear concepts of transformations of the world of physical culture and sports. This approach allows you to trace basal changes in the content and basic forms of a particular sport and, based on empirical material, make the correct forecast of its further development, which means to develop the most effective system for training athletes for their successful performances at competitions at various levels. Tennis could not avoid this. The direct precursor of modern tennis is considered to be a game in rooms, currently known as real-tennis, courtstens or de Paure (French jeu de Paume, literally translation with the palm). The same-de, in which up to 12 people could play at the same time, appeared in the XI century, in France, according to many re-

searchers, most likely in monasteries [1]. They played, mainly in the monastery premises, on the stone floor, and not only young ministers of the church, but also churchmen of the highest rank, up to bishops and cardinals. At first, in this game, the ball was beaten off with a hand, then gloves, bats and, only in the 16th century, rackets and a mesh appeared. By the end of the 16th century, there were more than 250 specially equipped courts in Paris and more than 7 thousand lovers of this game. Tennis spread in Italy, Switzerland, Sweden, Austria-Hungary, and other Old World countries [2].

The study of the history of tennis, as mentioned above, is primarily necessary for understanding the most important trends in its development, the possibility of proper predictions of further transformations and planning the successful training of tennis players. Such changes can be well seen by the example of the role of serve in tennis matches. For

a long time, the introduction of the ball into the game is that we are now call the serve, was not considered an element of the game, it was impossible to win the point directly from the serve. Therefore, the presentation was most often entrusted to the servants. In French, the servant was called Servant, and the introduction of the ball into the game – Serviz. It is known that the English king Henry VIII (1509–1547) had special servants for these purposes. Since then, centuries have passed, tennis and its rules have changed, however, even now at all international meetings, the serve is called Service. Now the serve in tennis is considered one of the main elements of the game. Ace is especially appreciated, which is made in such a way that the opponent does not have time to touch the ball with a racket. The modern serve is a variable component of the game and requires a player of high technical training.

Tennis acquires modern features in the middle of the 19th century in England. Walter Wingfield, Major of the British Army, who served in Wales (England), came up with a game to entertain the guests at receptions in his mansion in Wales. And in 1873, he published the first rules, and then patented a game called «Sphairistike or Laun-Tennis» (Eng. Sphairistike – a game of the ball, English Lawn Tennis – tennis on the grass, letters. Tennis for lawns) [1]. As a basis, he used modern real-trees. The game, invented by Wingfield, also traces the influence of the popularity of badminton, which was gaining in those days. So, initially the height of the grid between the halves of the court was, as in badminton, more than one and a half meters, and the score was up to 15 points in each game. Gradually, over time, tennis, for many centuries, the former simply entertainment, has become a sport. After the appearance of the game, Wingfield developed the rules for his game, which he called Pelota, and the Limington club renamed it into launa-tennis. Laun-Tennis quickly gained popularity. But several more years passed before

the tennis rules have gained their finished look, in which, with slight exceptions, have survived to this day.

Modern tennis is a sport that requires not only talent and strategies, but also appropriate technical equipment, use of which requires special technical training [3]. The inventory for playing tennis went a long development path, ranging from simple wooden rackets to modern technological materials, affecting the role of technical arsenal and technical training of athletes. At the beginning of the XIX century, tennis was played with the help of wooden rackets, which were quite heavy and did not provide good control of the ball. In 1874, the first metal racket appeared, which was a real breakthrough in the development of inventory. The real revolution occurred in the 1960s, when Wilson introduced the first tennis racket with the head of composite materials, which made it possible to increase the speed and control of the blows [4]. With the development of technology, new materials for the creation of rackets, such as carbon fibers, fiberglass and titanium, have appeared. This made it possible to improve the strength and ease of rackets, as well as increase the control and power of shots. Revolutionary changes continued in the 1960s, when experiments with the form and material of tennis rackets began in order to give more strength and accuracy. If, until the 1960s, rackets were made of wood (the first metal racket released on sale was patented only in 1953 by Rene Lacost), in 1967, steel rackets were included in everyday life, which were followed by the appearance of aluminum, graphite, fiberglass and composite materials, in particular carbon fiber [4]. In 1976, Prince released a tennis racket with a longer and wider head. The area was increased to reduce the percentage of mistakes past the ball, but not planned by the creators of the new racket the effect was a significant increase in the impact force. By the 90s, various modifications of professional tennis rackets had an area of 25–60 % more than standard. The tennis rackets of new sizes

were better adapted for two-handed backhand, which sharply increased its popularity. In the late 80s, the production of rackets with a thicker rim was also launched, which also increased the force of impact. This type of rackets turned out to be demanded among professional tennis players and especially young athletes who still lacked their own strength [4]. Since the end of the 1970s, athletes who did not reach the age of 18, including Steffi Count, Gabriela Sabatini, Monica Selesh and Jennifer Capriathi, were regularly in the top ten world female tennis. In addition, from 1985 to 1990, the youngest players in their history won three of the Grand Slam tournaments in a men's single category: 17-year-old Boris Becker at the Wimbledon tournament, 17-year-old Michael Chang at the French Open Championship and 19-year-old Pit Sampras at the US Open Championship. One of the modifications of a tennis racket, a double string, was demonstrated in 1977. Double vertical strings, fastened together with adhesive tape or placed in plastic tubes, made it possible to apply not only especially powerful hit (due to springiness), but also a very twisted blow with low tension. The leading players of the world refused to play against unpredictable rivals armed with such rackets, and as a result, the ITF imposed a ban on their use, citing the fact that they actually inflicted two blows instead of one, which was prohibited by the rules. With the advent of synthetic materials such as polyurethane, tennis balls have become more durable and provide the best rebound. Also, modern tennis balls have a special coating that provides the best adhesion to the surface of the court.

All of the above changes had a strong influence on the level and quality of technical training of tennis players [5].

The purpose of the work is to determine the place and role of technical training in the training process, based on the opinion of tennis coaches working with athletes at different stages of their training.

Research methodology:

1. Historiographic method (comparative analysis of scientific literature);
2. Sociological method (survey of respondents);
3. Analytical method;
4. Prognostic method.

Hypothesis. Modern technologists present higher requirements for the technical training of tennis players. This trend according to the authors will continue for another decades. It will be determined by the use of new synthetic fibers and composite materials for creating new rackets and balls, studying the characteristics of the human body to develop individual training programs and individual technology, analyzing tennis players using computer biomechanical programs to improve the technique of shots and reduce the risk of injuries. Personalization technologies will allow to create forms that take into account the individual parameters and preferences of each athlete. The use of special electronic technologies to analyze the game based on the collected data can lead to revolutionary changes in the training process. Thus, future technologists will continue to have a serious impact on the requirements for the technical training of athletes in tennis. The integration of these processes will not only increase the level of comfort and efficiency of players, but will also make the game process itself more interesting for both players and spectators. This allows the authors to conclude about the steady increase in the role of technical training.

The organization of the study. A questionnaire has been developed at the sociological laboratory of the department of Philosophy and History. To determine the attitude of Belarusian trainers to technical training and evaluating its significance, a survey of Republican Olympic Training Center for Tennis coaches has been carried out on tennis. The survey has been attended by 30 people (14 women and 16 men). The age of the respondents varies from 24 to 60 years. According to the experience of work: up to 10

years – 9 people, over 10 – 12 people and over 20 – 9 people. This allows the authors to consider their opinion on the role of technical training objectively. More than half of the respondents (19 people) work with teenagers and adult athletes.

Research results. To the question «Distribute the types of preparation by the degree of significance» the following results have been obtained:

Most respondents (21) consider physical training to be the most important one.

In the second position is technical training – 9 people, and 14 put technical training in the 3d place. Only two of the respondents put psychological training in the first place and one put tactical training.

To the question «At what age is it necessary to start individual technical training?» the following results have been obtained:

- 9–10 years 19 people
- 10–15 years 9 people
- Never – 2 people

To the question «Is there a difference in technical training in male and female tennis?» the following answers have been obtained:

- Yes – 24 people
- No – 6 people

To the question “Is technical preparation important in amateur tennis?” the following results have been obtained:

- Very important – 2
- It depends – 27
- The importance is minimum – 1

The question «Has the technical training a connection with anthropometric data of the athletes» all 30 respondents answered – yes.

To the question «Is there any need of use special gym devices in the technical preparation” the answers divided equally: 15 – 15.

The data obtained indicate the following:

Most respondents consider physical training to be the most important condition. This result has been probably obtained due to the fact that many of the coaches surveyed have a lot of work experience and work with trained athletes. Technical training also, in their opinion, is of great importance, it places second position that confirms its significance for the respondents.

Conclusions. Modern tennis differs from the tennis of the past by grown aggressiveness, which is explained by the increased pace of the game, the speed and accuracy of game actions. The requirements for the high effectiveness in the techniques of the game and the level of special preparation of tennis players have increased. The survey results allow us to conclude that most coaches understand the great role of technical training in the training process. However, the quantitative methods of obtaining a total assessment of the quality of technical techniques in the methodological literature and in the practice of the work of the coaches of China, Belarus and Russia in modern conditions have not been revealed. At the same time, there is a number of Belarusian authors considering some aspects of technical training primarily for young tennis players and their connection with other species, for example, physical. Their scientific works are presented in the list of literature. To increase the level of technical training, it is required to determine the features of promising technology and methodological approaches to its development in order to intensify the technical training of tennis players. It is necessary to develop new techniques for technical training and their systematic implementation in the training process. According to many coaches and specialists, mastery of a wide range of techniques is becoming one of the decisive factors for the success of modern tennis players.

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