

Analysis on Common Problems and Countermeasures in Tennis Physical Training

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Keywords: Tennis physical training, Problems, Countermeasures

Abstract: Tennis is a sport training with good physical fitness, requiring players to have good physical fitness and great sports potential. Therefore, in the later stage of physical training, tennis players must constantly improve their practical physical training level. Continuously strengthening physical training is also the most effective way to improve the level of physical ability of tennis players. This paper discusses the content and importance of tennis ball training, analyzes the common problems in the current tennis physical training, and puts forward reasonable and effective countermeasures, hoping to further improve the ability of tennis physical training in China.

1. Introduction

Tennis has a strong antagonism. Tennis players should have not only good tennis combat skills, but also a high level of physical fitness. But there are still some common problems in tennis physical training, affecting the value of high-intensity physical training. This paper discusses the common problems of tennis physical training in China, aiming at strengthening the effect of tennis players' physical training on the basis of optimizing training measures.

2. Main Content of Specialized Physical Training in Current Tennis

In the tennis training process, as a junior trainer, you must first strengthen general physical training, such as strength training, speed training and endurance training, etc. The following content mainly provides a brief analysis of strength training and speed training:

2.1 Strength Training

In the special training of tennis physical fitness, the strength of players plays a crucial role. Especially it plays a decisive role in the serve. Therefore, tennis coaches should pay attention to strengthening the training of players' strength. At the same time, strength is also the basis of various other special physical training. Only when strength reaches a certain level of training, can players improve the speed of playing, improve their reaction sensitivity and visual sense, and help them better improve their tennis skills. The usual strength training is mainly for tennis players' muscle strength training and nerve strength training. The training time for nerve strength is relatively short. Usually, the nervous system of the players can play a corresponding role in the first two weeks of training, and promote the muscle fibers to participate in the usual muscle tissue. However, during this period of training for nerve strength, muscle tissue changes will not be too obviously prominent. Generally, after a month and a half, the muscle will continuously change in training. Therefore, in the special physical training of tennis, in general, coaches guide players to start the training with less weight, and then increase the weight in turn after the warm-up exercise.

2.2 Speed Training

Speed is also mentioned in the above endurance training. In the special competition of tennis, the speed plays a decisive role, especially for tennis players, speed training is the most basic ability requirement of special physical training in tennis. Therefore, in the daily tennis training, it is the primary task for coaches to train the players' fast action ability. In tennis training, the common

training methods to improve the speed ability include loaded high-leg lifting, fast squatting, fast standing, sand running, turning running, multi-directional running, lateral movement, snake running, and response starting by listening to the command. In the actual tennis speed training, a variety of training methods are used together. The mutual complement can improve the players' ability of fast action, and fully stimulate the speed potential of their body.

3. Common Problems in Physical Training of Tennis Players

The common problems in the physical training of general tennis players mainly include the following three aspects:

3.1 Low Attention to Physical Training

Common tennis has the characteristics of fast speed, heavy load and long duration, which are closely related to the physical quality of tennis players. The level of physical fitness directly affects the final result of the game. However, in most of the tennis training, tennis coaches pay more attention to the technical and exclusive training of tennis players, ignoring the training of tennis players' strength and speed. They don't really realize the importance of physical training. They think that only continuously strengthening the training of tennis skills and tactics is the key to win a tennis match, and they completely ignore the value of physical training, which is not conducive to the long-term development of tennis.

3.2 Lack of Professional Tennis Coach Team as Support of Training

In the physical training of tennis players, the comprehensive quality of tennis coaches directly affects the effect of the later physical training. However, influenced by traditional system and solid-state training mode, most tennis training, the lack of professional training ability of the coach team will lead to failure to give targeted training of skills and abilities for players in the training process, bringing a seriously negative effect on tennis competition in the future. At present, most tennis coaches are former tennis players, and they have their own rich combat experience and professional knowledge and skills to guide tennis players in skill and technical aspects. They are not professional tennis coaches, and they have no summary of relevant training experience and professional qualification. Fundamentally, the training on tennis players' physical ability has been ignored, bringing great difficulty to the normal development of physical training for tennis players in the later period. It leads to the lack of targeted training in the later physical training and there is no a training method for different players to meet their own physical training needs, nor a good training environment suitable for the growth and development of players, greatly reducing the tennis physical ability of players.

3.3 Incomplete Understanding of Special Physical Training

In the special physical training of tennis, special physical training refers to the special training program with physical fitness as the basic training content. It is only for physical fitness and does not involve any other aspects of training. The training effect is directly related to the healthy growth of players and the result of the competition. In the actual training, tennis players' training process is mainly based on the common physical training, and does not have the professional training content of national tennis players' physical training, leading to the lack of certain pertinence in physical training. As a result, it difficult for most players to grow and develop in the process of physical training. Usually, the tennis players will have a certain training presentation after training, but the effect only exists on the surface. There is no professional physical training for players, and there is no in-depth excavation of their sports potential.

4. Optimization Countermeasures of Common Problems in Physical Training of Tennis Players

By analyzing the previous problems, the author believes that the physical training of tennis players should be strengthened through the following aspects:

4.1 Correctly Understand the Importance of Physical Training

During the tennis players' training, the level of physical training directly affects the professional level of tennis training, and is also the key factor for the coaches to carry out the later technical training. The physical factors include physical skills, sports quality and many other qualities. The relationship between them is independent and interrelated. In the ordinary tennis training process, coaches should improve the expression of the value of the players' energy, strengthen their attention to physical training, no longer focus on the training of tennis skills and technology as before. Only when the coaches pay more attention to the physical training of tennis players, can they further explore more sports potential and more effective feasible training scheme, help to solve some common problems in the physical training of tennis players, promote the healthy growth and development of players, and further improve the level of technology and skills to promote the sustainable and healthy development of tennis.

4.2 Establish Professional Teams of Physical Fitness Coaches

Professional physical training team can provide players with more professional and specific physical training program. Because the physical training itself has certain complexity, so the coach team should not only strengthen the training of players' physical fitness, technology, skills, but also pay attention to players' diet structure, professional scientific research team, training team, nutrition team and rehabilitation team, so that they can be ready to enter the state of preparation at any time. Scientific research team is to develop certain targeted and innovative physical training for players according to different players' own characteristics and their own reality, combined with their own situation, so as to effectively improve the training quality and physical level. Nutrition team is mainly responsible for the players' daily diet health and food safety. According to players' physical training program, they develop the corresponding nutrition package program to provide the material guarantee for the normal physical training. Training team is to set the targeted physical training target for the players' physical training requirements, so that tennis players have good speed quality and strength quality. In daily training, coaches should focus on the combination of traditional training concept and modern training concept, pay attention to physical training, and strengthen the training of speed and strength to provide a good guarantee for the improvement of physical fitness level of players in the later stage of training. There is no doubt that the rehabilitation team will deal with the sports injury in the process of training or competition in time, and make a good recovery plan to ensure that the level of physical training will not be affected. It can be seen that a good coach team is not only conducive to the improvement of players' professional physical fitness level, but also provides a better guarantee and material basis for players' later physical training, which has far-reaching significance for the long-term development of sports in the future.

4.3 Establish a Perfect Physical Training System

In the physical training of tennis players, the common physical training and special physical training can be organically integrated. Coaches can combine with the characteristics and sports level of the players, select physical training scheme suitable for their own sports needs for training. The players who have just entered the tennis team should first carry out general physical training, including speed, strength and other quality training. When they can reach a certain training standard, they should carry out special physical training to further strengthen their physical level.

5. Conclusion

To sum up, tennis coaches must pay more attention to players' physical training, shift the focus of technology and skills to players' speed training and strength training, and make corresponding

training plans in combination with players' own characteristics and development goals, so as to improve players' physical ability and promote the normal development of tennis players' physical training and learning activities.

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