

ABSTRACT OF THE DOCTORAL THESIS BY MS. ANASTASIA TSOUROUFLI

Thesis submitted to: **NATIONAL ACADEMY OF PHYSICAL EDUCATION AND SPORTS**

Bucharest, Romania, 2009

Thesis Advisor: **Prof. Dr. ADRIAN GAGEA**

Thesis Title: **CONTRIBUTIONS TO THE CORRELATION OF TECHNICAL AND TACTICAL TRAINING AT THE LEVEL OF JUNIOR PLAYERS. ADEQUATE CORRELATION WITH THE MODERN CONCEPTUAL GAME MODEL IN PERFORMANCE TENNIS.**

The doctoral thesis was worked out within the frame work of the INTERDISCIPLINARY RESEARCH CENTRE
of NATIONAL ACADEMY OF PHYSICALEDUCATION AND SPORTS

Keywords: correlation, technique, tactic

Justification

The theme of the scientific experiment we performed on the subject of correlation between playing technique and tactics at the level of 13-14 years old junior players represents a novelty in the field, of exceptional importance, in our opinion, confirmed by the theory and practice of modern tennis, as it comprises a wide array of components that are indispensable for the training of junior players for high performance.

Actuality and importance

The actuality and importance of this research arise from the unprecedented evolution realised in the field of modern training in performance tennis which have started structural and content modifications both in playing technique and tactics and especially in the exceptional physical training which by the means and methods used turned players into „*real athletes with a racquet in hand*”, who manage to make efforts of maximum strain for very long durations of play.

The issue of correlation between technique and play tactics is a very actual one for the revitalisation of the training methodology especially for junior players.

Purposes and goals

The purpose of our research is mainly derived from the formulation of the theme of this Doctor's Thesis, whose object of experimental study is the content relevance of elements of correlation existing between technique and tactics in tennis and their use within an experiment carried out, by using specialised methods and means of application and verification of the strategies for training that are adequate to the purpose of improving and rendering these two components more efficient.

The scientific goals related to organisation, technology and methodology and the projection of a modern concept of instruction of the player within the experiment, has led to the formulation of strategic and content goals which, by their essential character and value, have helped us to think and act in an effective manner.

We must see whether and to which extent our assumptions shall lead to an increased efficiency of the correlation between technique and tactics and lead to the improvement in training quality at the level of junior players.

THE PILOT EXPERIMENT

The pilot experiment deals with the premises and working hypotheses of the experiment carried out, the preliminary research with regard to the operational verification of implementations and implications of basic correlations of technique and tactics in tennis as well as the preliminary results and conclusions of the pilot experiment.

The working premise

As a working premise, we formulated the hypothesis according to which the conception of training and competition play in modern performance tennis at the level of 13-14 years old junior players is conditioned by a series of factors pertaining to biology and to the approach of specialised means and methods in the training process, to which we add the measurements and lab and field investigations, which have highlighted the complexity of the parameters concurring to the training and official play strategy with the attribute of modeling and discovery of availabilities and performance capabilities.

The conclusions of the pilot experiment

The data obtained following statistic/mathematical calculations and graph analysis point out a medium homogeneity for both groups, a fact that demonstrates a rigorous selection of the junior players for performance tennis and at the same time a continuation at a higher level through this experiment, as a condition and at the same time as a plea for measures aimed at the gradual planning of the concept of experiment in a diversified form and contents to point out view of approach to methods and means aimed at the completion of this doctor's thesis.

PERSONAL CONTRIBUTIONS TO THE CORRELATION OF TECHNICAL AND TACTICAL TRAINING AT THE LEVEL OF JUNIOR PLAYERS. ADEQUATE CORRELATION WITH THE MODERN CONCEPTUAL GAME MODEL IN PERFORMANCE TENNIS.

Organization and development of the research programme

Within the training process at the level of junior players, finding out, knowing and positively influencing the personality of each player represents a fundamental requirement of improvement of the training, which may be identified by the elaboration of certain forms of psychological tests with regard to the practice of performance tennis.

The experiment took place starting from April 2007 and until May 2008 according to three the stages.

The purpose and motivation of the presence, tests and measurements (somatic, motor, general and specific, technical/tactical, physiological and psychological) within the context of the doctor's thesis, represent, along with a series of technical needs, respectively the infirmation or confirmation of the concept of modernised instruction at the level of young age junior players, a series of other aspects which we shall mention as a personal contribution to the increase and intensification of the scientific act in the theory and practice of tennis in Greece.

Conclusions referring to the theoretical part of the research

- The knowledge accumulated within the study carried out has been amplified by the development of the experiment with regard to the preparation of correlation between technique and tactics at the level of 13-14 junior players.
- Although specialized literature in the field of tennis is sufficiently rich, the issue of correlation between technique and tactics is less analyzed experimentally.
- The attempt to measure the whole system of correlation between technique and tactics is not possible because this single act of play in tennis cannot be achieved by mathematical or statistic formulas.
- The dominant conclusion of our work was the fundamental importance of the coach, physical trainer, physician and psychologist in the formulation of the concept of training, the game model for all three typologies of the players.
- We strongly confirm the importance of revigorating the concept of training and game in Greece, which shall be an occasion for information for technicians in our country.
- We provided these players with a professional mentality, with a desire of self-betterment, respect for personality and a spirit of fair-play.

Conclusions referring to the practical part of the research

The entire system of planning and programming we have elaborated with regard to the experiment complies with the methodological criteria specific to tennis, respectively the correlation between training factors for the duration of one year – the training plan from which we obtain the other components of the planning provided for periods longer than 4-5 weeks (mesocycles) and for periods less than one week (microcycles) which are the most operational in tennis.

All the conclusions we obtained from our experiment, attest the processing of the data for each subject separately, for the tests we have carried out. We have managed to make comparisons between subjects and positive evaluations to the purpose of establishing individual performances at the biological, physical, technical/tactical levels, as well as the correlations between these factors.

Summary of personal contributions and intellectual property claims

- Correlation between technique and tactics in tennis is a requirement, a training method, a conditioning of structure and functionality, an infinite source of variants, manners of correlation between game actions with the other components of training, a conception of modern training with implications in the methodology of psychomotor and theoretical training for 13-14 years old tennis players.
- The concretization at the level of each player of the experiment group of their typology (offensive defensive or combined) according to the efficient somatic/functional, technical/tactical, psychomotor characteristics.
- The elaboration and use in scientific experiment of tests and measurements (somatic, general and specific physical training, functional, and psychological)
- The staging of the entire scientific/experimental research system represents in our opinion another proof of our contribution.
- Another personal contribution is the table of components concretizing the correlation between technique and tactics representing the five defining elements.

Proposals

- Due to the large volume of accumulated knowledge in the field of related sciences, theory and practice of performance tennis; we propose to continue this study and scientific experiment with specific adaptations for the level of 13-14 years old children in Greece.
- The significant results obtained at the theoretical and practical/methodical level and the deeper study of the correlation between the training factors will increase the efficiency of the trainer's activity in tennis in Greece and allow players to make a valuable leap towards high performance.
- We propose to make known at national and international level a part of the knowledge gained from this work and to amplify the results of our experimental investigations in specialized publications that would honor us in our profession.