

Discussion on the Concept and Content of Tennis Physical Training for Primary and Middle School Students

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Abstract: Physical training is an important part of tennis athletes' daily training, which directly affects the success or failure of tennis. Teenagers are in the golden period of physical development, during which physical quality is strengthened, which has a positive impact on the personal development and tennis skills of teenage tennis players. This paper starts with the concept of physical fitness training of youth tennis, summarizes the content and methods of physical fitness training from three basic training modules of vocational training and comprehensive training, aiming at providing scientific and effective guidance for youth physical training.

Keywords: Tennis; Physical Training; Teenager; Guidance Idea; Training Content

In recent years, sports training based on core training has aroused great excitement in our country. Because physical training can greatly improve the physical fitness of athletes. Tennis is a sport that requires top players to work out, and learning skills based on specific abilities is a key feature of tennis. However, in the current tennis training process, the relevant skills of athletes are often emphasized, and the physical training of athletes is reduced. There are relatively few research reports on the physical training of local tennis players. It helps improve the tennis players' fitness.

1. The guidance idea of youth tennis physical training

1.1 According to the physical quality of teenagers, the training plan is scientific and reasonable

Adolescent physical exercise directly affects the effect of physical exercise. Although teens are in the golden age of rapid physical activity, physical activity varies for each individual depending on gender, birth differences or environmental influences. This puts it in the development process. The development of physical fitness is completely different. Based on this, the development of youth tennis physical training should be based on individual differences, and should be combined with the actual situation of athletes to formulate a scientific and reasonable training plan, so as to make coaches adapt to puberty and physical development. Physical enhancement under the program, athletes are coached and trained during their sport development to optimize the effectiveness of physical activity. In fact, everyone has a golden period during physical development, which provides great opportunities for physical development and physical training. In actual training, we need to take this time seriously to make sure the athletes are healthy. This plan is highly compatible, combined with the development characteristics of this training, get twice the result with half the effort, and lay a solid foundation for the overall development of tennis physical training.

1.2 Physical training is carried out simultaneously with body shape shaping

Every sport has clear standards for the physical requirements of athletes, and tennis is no exception. Adolescent physical development is at an all-time high, and the shape of the body today has lasting effects on it. At the same time, it

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is very important to shape the athlete's body. The correct body shape will affect the athlete's motor skills. Through extensive analysis and research on tennis players, many excellent tennis players have clear leg lines, well-developed muscles, wide shoulders and hips, indicating that these physical characteristics are related. Therefore, in actual training, bodybuilding training should be combined with physical training, and need to have a purpose, planned guidance, at the same time to encourage young tennis players in the golden period of physical development practice suitable for tennis. Coaches should include body shape in their cross-fit training. According to tennis standards, athletes should carry out targeted training, combined with the content of sports, focus on promoting the long-term development of young athletes with balanced legs and muscular development.

2. Content of youth tennis physical training

2.1 Core training

Core strength has always played an important role in all sports. The technical activities of any athlete are based on the main body layer and power system. The core muscle strength of the human body mainly takes the main skeletal muscle as the main movement chain, and always supports the athletes' posture, technical movements and the overall technical level of each competition in training. In the whole process of physical training, core muscle strength training can effectively improve the overall athletic ability of athletes. That is, they can adjust their movements at any time to ensure the stability and level of each movement. Only core strength training is effective. It can provide sustained strength for tennis players in tennis matches, ensure that tennis players in the energy application process of the body coordination to strengthen the body, greatly improve the physical quality of tennis players. Motion acceleration, effectively eliminates repetitive strain injury. Coaches should fully understand the importance of core strength training, carry out targeted comprehensive training according to the actual training situation of each athlete, develop specific sports training skills, and constantly improve the effect of sports training.

2.2 Training of sensitive quality and coordination ability

Training combined with exercise can be very difficult. On the one hand, coordination does not directly affect the human body for a variety of reasons, including physical and mental personality, technical ability, mobility, speed and endurance, the relationship between speed and force, the balance of gravity. The relaxation, contraction, flexibility and sensitivity of body muscles are closely related to their own body coordination, but the lack of basic training methods and skills is very simple. On the other hand, many excellent professional sports coaches and athletes ignore the time to develop and train basic skills between the three basic characteristics of strength, speed and physical coordination. In cross-country tennis training, many tennis players have good comprehensive qualities in strength, speed and endurance. Small technical errors in sport are fundamental when performance is at a high level due to poor flexibility and coordination. If they don't get it right, even a small technical error can directly affect the outcome of the game and cause them to hit a slippery slope on their way to the World Cup. Why do some professional athletes move like a stretch at every joint? Because every physical activity can be said to be visual and spatial, comprehensive sports training and other not too much connection. Skills and strong body language coordination ability without basic professional knowledge, it is difficult to master basic professional knowledge and basic skills, as well as their own basic professional knowledge, technical and professional ethics thinking. When selecting students to practice each movement, emphasize the close alignment of the upper and lower limbs. Every action, from simple to complex, from bad habit to good habit. The pace of practice should remain the same, slow first, then fast, and then move. Then back to the middle, front to the left, right should be the way to go. To complete the exercises, each activity order must go from positive to negative. It should be easy to practice in the beginning, and after the difficulty, the general initial and various activities are followed, with the emphasis on adding difficulty and focusing on the game.

2.3 Anaerobic capacity training

As a tennis player, exercise is extremely important, especially for professional tennis players whose heart rates exceed 130 beats per minute, or even 170 beats per minute. According to relevant studies, people with better aerobic capacity will be in better physical condition. Tennis players must use their thighs to catch and return the ball, and their calves must continue to walk and jump. These steps can be done simultaneously and should be done as quickly as possible, both physically and with both hands. A lot is needed for motor skills, and short-term fitness skills are mainly derived from specialized aerobic activities, such as the ability of the body's phosphorus system to deliver effective phosphoric acid, and high-intensity circuit training, such as bomb training. The first is to give tennis players enough energy to improve their physical fitness.

2.4 Balance training

The balance of the human body is mainly controlled by the cerebellum, such as movement, rotation, etc. There are

many ways to exercise your body. During training, you can use balance plates and foam piles for special training. If the teenager is broken in the training process, the training after recovery should also pay attention to regular rehabilitation training. Instead of training for long periods of time, gradually increase the intensity of your workouts.

2.5 Combine basic training with special training

The training of young tennis players should not only combine the basic skills and physical training of athletes, but also the basic training and special training of athletes. Basic training generally includes strength training, mobility training, speed training, flexibility training, etc. Once the basic training reaches a certain level, special training can be carried out at the same time, so that the athletes' personal characteristics can be basically improved. Special training can improve the physical strength and quality of young tennis players to achieve balanced growth.

3. Conclusion

To sum up, young tennis players' physical training content is more, and is one of the key factors affecting the success or failure of tennis events. Therefore, physical training should be an integral part of the normal training process. From the theoretical point of view, starting from the real tennis events, embodies the safety, continuity and rationality of training, focusing on the athletes' body shape, basic, professional and comprehensive training of theoretical knowledge. In the process, physical fitness and tennis skills are improved to help young players develop effective tennis.

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