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Dr. Nguyen Xuan Hung
Da Nang University of Sports
and Physical Training, Vietnam

Evaluate the teaching situation and the efficiency of using the forehand topspin technique in the competition of male students of the tennis club of Danang University of physical education and sports

Dr. Nguyen Xuan Hung

Abstract

In the training and practicing of sports in general and tennis in particular. The equipment of basic techniques for the subject is considered as a primary mission in this process. The improved technique will be the basis for the formation of the movement techniques and skills in the future, helping the implementation of technical and behavioural movements are at the automation level. Only in this way, in the process of the competition, the athlete dismisses the thought of how to implement the techniques in each specific situation to focus on how to apply the tactics with the best effect.

Keywords: Evaluate, situation, technical teaching, tennis club of Danang University of physical education and sports

1. Introduction

1.1 Rationale

In the previous, tennis only appeared in big cities like Hanoi, Ho Chi Minh City, and Da Nang, today, it has been spread to all provinces, cities, and industries in the whole country. Receiving the attention of the General Department of Sports and Physical Training and the Vietnam Tennis Federation, the Tennis movement is developed strongly in both depth and width. Every year, the General Department of Sports and Physical Training and the Vietnam Tennis Federation organize many tournaments on a large scale such as national championships, national tournament for strong tennis athlete.

2. Research Methods

The research process used methods: Methods of reading and analyzing documents Method of interviewing discussion; Method of pedagogical observation; Statistical mathematical methods.

3. Research Results and Discussion

1. Evaluate the situation of teaching the forehand topspin technique for male students of the Tennis Club of Danang University of Physical Education and Sports.
2. The situation of allocating time to teach learning contents of students in Tennis club.

The Tennis program for students of Danang University of Physical Education and Sports includes each year.

Within the scope of the study, the topic mainly focused on the use of teaching content for students in the Tennis club.

Corresponding Author:
Dr. Nguyen Xuan Hung
Da Nang University of Sports
and Physical Training, Vietnam

Table 1: Time allocation for learning contents of the club

Month	Total hours	Techniques		Tactics		Physical strength		Competition		Exercise assignment	
		Quantity	Rate%	Quantity	Rate%	Quantity	Rate%	Quantity	Rate%	Quantity	Rate%
3	60	20	33,3	0	0	4	6,7	6	10	18	30
6	60	10	16,7	10	16,7	4	6,7	8	13,3	18	30

Through the data table above, it can be seen that, in the five clubs, the time for technical teaching was less and they were interspersed with tactical and physical sessions, competition, and self-training sessions of students. Specifically, in the first 3 months, the time for technical learning was 20 hours, accounting for 33.3%, and the time for the competition was 6 hours, accounting for 10%, meanwhile, in the next 3 months, the technical time was only 10 hours, accounting for 16.7% and the time for the competition was 8 hours, accounting for 13.3%.

With such a small amount of time for technical learning, the ability to improve the general techniques and the forehand topspin technique in the competition is still limited. However, the forehand topspin technique is an important technique and is given priority for significant training during the training sessions. It is shown in the following table:

Table 2: Comparison of the time for training the forehand topspin technique with other techniques.

No.	Techniques	Number of hours	Rate %
1	Serves technique	4	13,3
2	Forehand topspin technique	7	23,3
3	Backhand topspin technique	4	13,3
4	Volley technique	5	16,6
5	Hitting technique	3	10
6	Downspin technique	4	13,3
7	Lop technique	3	10
Total		30	100

A total of 30 training hours for techniques of the whole year shows that, the number of hours of forehand topspin technique accounted for the highest rate of 23.3%, followed by the volley technique, accounted for 16.6%, the rest of the techniques only accounted for 10 to 13.3%. This shows that the forehand topspin technique is an important basic technique that is equipped right from the first modules. However, in the next modules, the number of hours for technical training was decreased according to the different modules, because there are many different techniques to teach in Tennis and there are many other teaching contents. But with such time for technical learning, it also shows that the priority of the time is more paid attention by the club than many other contents.

3.1 The situation of using the exercises in teaching the forehand topspin technique for male students of Tennis club

To date, conducting teaching for students has ensured the

implementation that is in compliance with the prescribed program. In each technique, it is conducted to ensure the requirements of the teaching principles from easy to difficult, from simple to complex. However, the use of exercises in teaching techniques is still limited. We can summarize the situation of using exercises in teaching forehand topspin techniques by the following groups.

- Group of exercises with balls.
- + Polish the ball with the wall.
- + Move the forehand topspin with the tennis ball machine.
- + Two people polish the ball back and forth in a straight line and diagonal line.
- Group of exercise coordination
- + Coordinate horizontal movement with the forehand topspin.
- + Coordinate to move back and forth with the forehand topspin
- Group of fitness exercise
- + Run 30m with the high start.
- + Push-ups
- + Skipping

By summarizing the situation of using exercises in teaching the forehand topspin technique, the topic has some comments.

- In general, instructors have used the basic forms of practice to improve the ability to make the forehand and backhand topspin for students.
- The sequence of applying the exercises has ensured the requirements of the training principles.
- The exercises have partly met the technical teaching requirements for students.
- The number of exercises applied for technical training is limited that leads to the monotony in training and does not promote the active initiative in students..
- The form of training is not really diverse and plentiful, does not create excitement in practice.
- Not making use of the existing facilities of the club in technical training for students.

3.2 Results of using techniques in competition

Coming from the importance of forehand topspin technique and to evaluate the situation of using the forehand topspin technique in the competition of tennis male students, we conducted the collection of data from 10 single matches and 10 doubles matches (1 round with 6 games) and the tournaments in the tennis competition with the club cup in 2015 to compare the efficiency of the forehand topspin technique with other techniques. The results are presented in the following table:

Table 3: The efficiency of forehand topspin technique compared to other techniques in competition.

Techniques	Efficient				Not efficient				Σ	
	Single		Double		Single		Double		Single	Double
	SL	TL%	SL	TL%	SL	TL%	SL	TL%		
Serves	312	63	290	65,5	183	37	160	34,5	495	450
Forehand topspin	420	49,4	321	53,5	430	50,6	279	46,5	850	600
Backhand topspin	275	57,3	210	60,8	205	42,7	135	39,2	480	345
Forehand downspin	54	75	27	72,9	18	25	10	27	72	37
Back hand downspin	137	69,2	83	74,1	61	30,8	29	25,9	198	112
Volley	79	63,2	205	70,9	46	36,8	84	29,1	125	289
Lop technique	55	80,8	117	76,5	13	19,2	36	23,5	68	153

From the table results above, it can be seen that the level of using the forehand topspin technique in the competition also has a relatively high number of executions compared to other techniques. However, the number of effective executions in single play only 49.4% and doubles is 53.5%. Meanwhile, the number of ineffective executions accounts for a high rate, especially in single play accounts for 50.6%. In addition, the serving technique also has the number of executions that are relatively high, because all shots are started with the serves. Therefore, this technique has the number of executions that are nearly 500 times, and the effective rate accounts for 63 to 65.5%. For the remaining techniques including forehand and backhand topspin, volley, and hitting, although having fewer executions, they show that the technical efficiency reaches from 63.2 to 80.8% of the total number of executions

4. Conclusion

The situation of teaching and practicing Tennis for male students of the Tennis Club of Da Nang University of Physical Education and Sports still has many shortcomings as follows:

- The conditions for training are still inadequate, including documents, playgrounds and training tools.
- Exercises applied to teach forehand topspin technique training are still poor, not diverse and plentiful.

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