

Tennis Beginner Short Tennis Project Expansion Training Research

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Abstract: As an emerging tennis sport, the development of short tennis training will help promote tennis. Based on this, this paper studies the connotation and significance of the short tennis project expansion training, and then from the training plan formulation, the implementation of the enlightenment training, and the application of various training methods explored the methods for tennis beginners to carry out short tennis training and training, and provide reference for people who pay attention to this topic.

1. Introduction

In the early enlightenment training, the short tennis project expansion training is a suitable form of training, which can teach beginners standard tennis movement skills in a short period of time while ensuring that the beginner's exercise load is appropriate. Therefore, it is also necessary to strengthen the tennis beginner short tennis project expansion training research, in order to take scientific methods to carry out the best training, so that beginners can master the basic tennis skills, and eventually become a fan of tennis.

2. The Connotation and Significance of 1 Short Tennis Project Expansion Training

2.1. Definition of connotation

The so-called short tennis project expansion training is actually a short tennis sport project in the form of games. It can organize tennis training in combination with the developmental characteristics and psychological load capacity of beginners, and follow the basic principles of tennis. In the training, a smaller venue, a racket and a slightly lower net will be used, and the use of soft balls for training will provide more standing balls and give people a feeling of easy touch. Although the training method is easy, the training content can reflect the characteristics of tennis sports, and can be used for tennis enlightenment, which encourages learners to connect with regular tennis through short training. In a short tennis project development training, it consists of about 10 lessons, from which you can learn the basic skills of regular tennis programs and get the right tennis awareness.

2.2. Training significance

For beginners, tennis is more stimulating, and the risk of training is higher. It is easy to bring a large psychological burden to beginners. It is difficult to understand the fun of sports, which is not conducive to long-term participation in tennis. As a kind of sports, tennis should not only play a role in strengthening the body, but also play a role in regulating emotions, ensuring that participants can maintain physical and mental pleasure, and gain physical development and physical enhancement. The short tennis training can take a variety of training methods, the training means less dangerous, attracting the attention of tennis beginners, allowing beginners to relax in tennis training, feel the fun of sports, while exercising. The team spirit is cultivated to help beginners maintain a healthy sports mind. In the extended training, the beginner's blood can flow smoothly, and the circulation ability can be improved to ensure that the heart can supply blood normally, and the improvement of lung ventilation and gastrointestinal motility can be enhanced to enhance the individual's constitution [1]. At the same time, the sport itself has a strong mass and low load, which can promote people's communication and communication, and become a medium for people to communicate culturally and emotionally, so they can satisfy the emotional needs of beginners.

3. Tennis Beginner Short Tennis Project Development Training Method

3.1. Develop a scientific training plan

As a passionate sport, tennis is a competitive project combining speed and strength, and it requires high physical quality requirements for athletes. Beginners often can't reach the strength of regular tennis. The strong serve and smash will cause the beginners to lose their physical strength and bring a big test to the continuous development of training. Therefore, in the short tennis project expansion training, it is necessary to follow the law of physical and mental development, combine the physical and mental characteristics of beginners to complete the training plan, pay attention to the tennis enlightenment training in the initial stage, and then gradually improve the training requirements for physical fitness, and finally in the body and mind of beginners. Regular tennis skills training is conducted where appropriate. In the enlightenment training stage, after the selection of venues and equipment, it is necessary to lead beginners to familiarize themselves with the environmental venues, carry out ball game games, and promote the fun of training, so that beginners can maintain physical and mental relaxation during training. In the basic training stage, it is necessary to strengthen the basic skill training, complete the training of the accuracy of the shot, time and other content, and consolidate the correct actions of the beginners in a targeted manner. During the training, a variety of training methods should also be adopted to avoid the beginners' deep memory of the wrong movements, and at the same time ensure that the beginners can gradually complete the mentality and physical function adjustment, and adapt to the gradually increasing training intensity. After the beginners' physical and psychological qualities meet the relevant requirements, formal junior training can be organized to enable beginners to enjoy the fun of cooperative competition.

3.2. Do a good job in enlightenment training

Whether the development of outreach training can successfully cultivate the sports interest of beginners depends mainly on the content of the enlightenment training. In regular training, the coach usually asks the beginner to contact the upper and lower shots and the basic footwork, repeatedly asking the beginner to slightly stretch the arm and slap the ball in the next two directions to ensure that the ball and the racket keep a certain record, thus controlling the beginner. The ability to develop the ball and the sense of the ball promotes the beginner's arm strength and wrist strength [2]. Repeating the above training content can easily lead to boring beginners and even lose interest in tennis. In response to this situation, the coach should also organize the "Da Chongguan" game, which divides beginners into two teams for competition. In the game, the players need to use the racket to move the tennis ball and walk around the obstacle according to the prescribed footwork and route. In the course of the game, beginners can get more opportunities to contact the ball, get the ability to control the ball and the sense of the ball. The coach can explain the fun of the beginners through the explanation of the trajectory of the racquet in the game, and then perform the action demonstration. Gradually grasp the basic movements such as left and right movement and sliding steps through the imitation practice. Organize the beginners to complete the most basic grip training in the form of games, and combine the ball and other methods to train the beginner's sense of the ball, so that beginners can bear the training load and master the basic skills of tennis training in a short time. Reasonable use of training knowledge to get the correct training of tennis awareness.

3.3. Enrich project training methods

In the short tennis training training, after mastering the basic actions such as positive and negative shooting, beginners have already improved the wrist strength and arm strength. The coach can use more abundant training methods to promote beginners to rationalize the hitting ball, so that beginners can be used. Grasp the time and accuracy of the shot. In the training, the coach can use the net practice method to assign the students to the two sides of the venue, two or two groups, can send the ball to each other, and other students pick up the ball. During the training process, the coach can find personal hitting problems and provide targeted guidance. In addition to adopting this

kind of training method, it is also possible to use the confrontation practice method, requiring the trainee to run to the designated position to hit the ball, and to change one player per turn, which is irritating and challenging to practice. In the training, the students can only hit the target, or they can perform barrier-free confrontation, face each other and give each other or imaginary obstacles. In addition, it is also possible to pull the rope in the middle of the course to form 6 small venues, with 12 students simultaneously playing obstacles. Using a variety of forms of confrontation, the trainer can constantly change the angle of the serve, and at the same time adjust the speed of the serve, which helps the coach to find out the problem of hitting the ball in time. Combined with the actual training situation, the coach can complete the improved design of tennis and racket to ensure that the training can be adapted to the specific process of the trainees. In a variety of confrontation modes, students can always maintain their training interests and at the same time gain the tennis skills.

3.4. Reasonable special exercises

After mastering the basic techniques of serving and hitting the ball, the beginners' physical and psychological qualities have been exercised to a certain extent. In order to ensure that the project expansion training and regular tennis training are in line to help beginners successfully complete the transition exercise, the coach needs to carry out special exercises reasonably, and organize the students to complete the high-pressure ball, net front interception, ball-cutting and other technical movements in the game, step into the game. The trending practice phase. In combination with this goal, the coach can organize the students to conduct the confrontation training of the competition, complete the multi-ball practice, and carry out special exercises in combination with the competition situation. For example, the coach can send a forehand, a backhand, send random balls, high pressure balls and interceptions in the midfield to guide the students through various exercises and footwork exercises. Place the ball on the four vertices of the square, so that the practitioner is in the middle, move to the ball with multiple steps, and then return to the center after touching the ball, which can enhance the ability of the practitioner to adjust the distance with a small step. Ensure that the practitioner can have a quick step [3]. After the competition, students can be organized to communicate and summarize their thinking, so that the trainees can gain confidence and encouragement, and they can participate in the development of training.

4. Conclusion

In summary, in the face of tennis beginners, the organization of short tennis project expansion training helps learners to concentrate on learning various tennis skills, while enabling learners to experience sports fun and help beginners. The future development in tennis. In practice, the development of scientific training plans should be completed in combination with the situation of beginners, and the development of various training contents should be gradually carried out to guide beginners to complete sports enlightenment and master tennis skills. Taking a rich training method and rationally carrying out special training on the project will enable beginners to enjoy it and achieve results.

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