

A Study on the Common Problems and Countermeasures in the Training of Young Tennis Players

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Abstract: with the Rapid Development of Tennis in China and Even in the World, the Cultivation of Young Tennis Players Has Become One of the Hotspots of Tennis Research in China. to Improve the Overall Level of a Country's Tennis, in a Certain Level, It Depends on the Scale and Quality of the Cultivation of Young Tennis Players. the Purpose of Organizing Teenagers to Carry out Sports Training is to Reserve and Transport Talents for Sports in China. the Establishment of Tennis Reserve Training Team Provides a Relatively Sufficient Talent Reserve for the Cultivation of Excellent Tennis Players. in the Special Physical Fitness Training of Young Tennis Players, Scientific Training Methods and Means Should Be Used to Follow the Laws of Sports Training, Develop the Special Physical Fitness of Young Tennis Players and Take the Road of Scientific Training. Training Should Be a Continuous and Dynamic Process. It Should Be Based on People, Time and Local Conditions. Training Should Not Lose Personality, But Should Develop Specific Qualities with Personal Characteristics. the Training Form Should Not Be Completely Indoctrinated, But Should Reasonably Arrange Training Methods and Contents According to the Psychological and Physiological Characteristics of Teenagers.

1. Introduction

With the Improvement of the Comprehensive National Strength, the People Pay More and More Attention to the Development of Sports, from Sports Events to Fitness Exercise Has Become an Indispensable Part of People's Daily Life, the Cultivation of Young Tennis Players is the Cornerstone of a Country's Tennis Development [1]. in Order to Improve the Tennis Level of the Whole Country, We Should Give the Cultivation of Young Tennis Players an Important Strategic Position and Actively Develop the Cultivation of Young Tennis Players. We Will Implement the Scientific Outlook on Development, Establish a Diversified Training System, and Improve the Success Rate of Personnel Training. Strengthen the Construction of Coach Team, and Constantly Improve the Professional Ability and Teaching Level of Coaches [2]. Governments At All Levels Should Strengthen Capital Investment in Training Young Tennis Talents and Encourage Social Enterprises to Invest in Tennis Sports. Physical Fitness Training Itself Serves to Improve Skills and Tactics, and This Concept is Always Unshakable [3]. Young Athletes Should Have Good Physical Fitness and Strength as the Foundation, and They Should Not Only Have Macro-Control over Training, That is, the Formulation of Multi-Year Training Plans, But Also Have Micro-Control over Training. in Other Words, Good Coaches Are the Prerequisite for Training Excellent Athletes in Every Class [4].

In the sustainable development of tennis trainers, system innovation is a very important factor. Tennis is also a kind of competitive sports. The reform of talent training system is also the key factor to restrict the youth tennis [5]. Whether the training system of youth reserve force is perfect or not will directly affect the tennis players' success rate and the improvement of tennis sports level. Coaches are the main implementers and operators of sports training, as well as the makers of

training plans, and play an important role in training [6]. The coach's training concept, the overall understanding and grasp of the training process, focuses on cultivating their interest in tennis, gradually induces them to focus on tennis, and develops the correct habit of holding the racket and hitting the ball since childhood, so that they can have more fun in tennis [7]. Through the analysis of its training contents, tennis technique and tactics training, physical quality training and psychological quality training are the main training contents arranged by tennis coaches. Young tennis players must put culture and education in an important position. The level of culture is crucial to the development of their future career [8]. Relying on socialization and industrialization to solve the funding problem of reserve personnel training; Establish a sound scientific selection mechanism; Implement the principle of scientific training [9]. Efforts should be made to handle the relationship between athletes' cultural learning and sports training so as to cultivate useful talents for the society. To improve the quality of coaches and improve the level of sports training, this paper studies the common problems and countermeasures in the training of young tennis players [10].

2. The Basic Analysis of Tennis Players

2.1 Training of Young Tennis Players

In the training mode of young tennis talents, we should strengthen the training of young athletes. The government should give some policy support, strengthen the promotion and publicity of tennis, so that more people can understand and pay attention to tennis. Multidirectional mobile training can effectively improve the physical quality, basic technology and competition ability of college tennis players. In terms of physical quality, sensitivity and mobile ability can be significantly enhanced. In terms of basic technology, the accuracy of hitting the ball can be significantly improved. In terms of competition ability, the total score and winning score increase, rather than the reduction of forced errors. Strengthen the research on basic theories, cooperate with relevant colleges and institutions, and increase the research and demonstration of basic theories and ideas for the construction of tennis youth training system. The coach needs to observe and correct the blocking action of the young players, remind the players not to pull the racket, the swing track of the racket is from high to low, which is very important, and emphasize the use of pre-net technology to strengthen the young players' offensive awareness, the basis for selecting athletes at each stage, the training and participation of athletes.

2.2 Formulation and Implementation of Training Plan

The basis of sports is to have excellent physical quality. In the past, we always thought that physical fitness and strength training are not important among young athletes, which is wrong. Through the detection of teenagers' perception, strategy, movement and space consciousness, we can predict their technical and tactical consciousness and tactical decision-making ability, and observe teenagers' ability of concentration, self-confidence, competitiveness and emotional control. Physical training has two kinds of significance: one is to improve the training of physical movement ability, reduce the injury of athletes; the other is to help athletes recover as soon as possible. They play an important role in the team. In view of the problems existing in the selection of reserve tennis talents for young people, we should increase the scientific research on the selection of young tennis players, and select outstanding tennis talents with more development potential from the aspects of physical form, physical quality, physical function, technical level and psychological quality of the players. According to the characteristics of each athlete (height, weight, strength, etc.), choose a suitable style of play (defensive, offensive, comprehensive). Grasp the links of serving, receiving and holding tightly to improve the first three boards, holding ability and anti-reverse ability. To mobilize children's creativity and subjective initiative, and to inspire young people's understanding of tennis, this is more conducive to the sustainable development of young people's tennis, and gradually improve the athletes' special awareness, so that the special level can be improved.

In order to cultivate the sense of tennis ball, we should not only train from the reality, but also take part in more competitions. We should take the competition as an important means to cultivate the sense of tennis ball and test the training effect of players, so we should arrange the competition in a planned and targeted way. In the high-level competition field, the skill and physical ability level of the players are equal, the key to winning is often on the strategic and psychological factors, so the current tennis training content should balance the proportion of training, on the basis of emphasis. It is necessary to follow the law of physical and mental development of young people, avoid promoting the development of young tennis players' technical level and lay a solid foundation for future improvement. It is more difficult to organize athletes to participate in training and competition abroad. Therefore, the government should encourage individuals and enterprises to invest in the establishment of tennis clubs or schools and give some preferential policies to promote the diversification of youth tennis talent training mode. In order to match the athlete's thoughts, the coach needs to draw up one or more training contents that can interest all the students. The competition system should be adjusted accordingly. More tours and satellite competitions should be held to gradually upgrade the competition level so that young players can have more contact and competition with foreign players. This will not only train themselves, but also bring in foreign advanced technologies.

Tennis players are in the stage of special improvement, the main task is to improve the special competitive ability. According to the theory of sports training, the main task of basic training stage is to develop general sports ability. The key content of training includes basic sports ability; The training of many basic technologies and special improvement stages is shown in Figure 1.

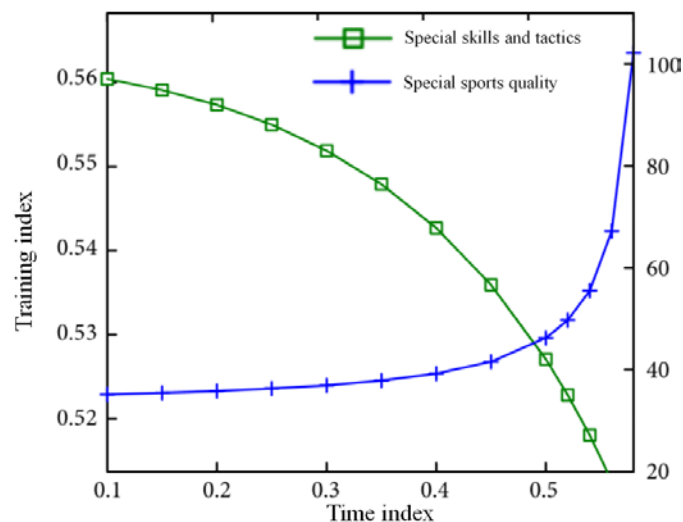


Fig.1 Training in the Stage of Special Improvement

3. Sustainable Development of Tennis Talents

3.1 Strengthen the Scientific Selection of Young Tennis Players

With the continuous professionalization of modern tennis, only when players receive long-term and systematic scientific training can they win in the fierce competition. This requires tennis players in the long-term systematic training, must be scientifically planned, training plan is the beginning of organizational training. The cultivation of young tennis players should combine cultural teaching with sports training, not only to carry out technical and physical training, but also to strengthen the cultivation of their cultural quality. For the reserve training team of young athletes, we must ensure their own sports training time, can have enough time for training, can have more skilled technical improvement. Regular testing and evaluation and scientific tracking will be carried out to track and evaluate key athletes, which will provide basis for scientific selection and training and realize the sustainable development of selection. In each stage of physical fitness training, the content, measurement and implementation of training load must be accurately grasped and controlled, and at

the same time, they should be adjusted timely, so that physical fitness training activities can run in a specified way to ensure the realization of training objectives.

3.2 Optimize Training Conditions

Tennis educators and coaches should not only stay in the pure technical level, but also pay attention to the division of the venue from the function, and combine a variety of techniques for training. The training of young tennis players has an inseparable relationship with the mass base, venue, equipment, etc. Only the popularity of the masses has improved, more and more people know tennis, and people will pay more attention to the youth tennis match. Increasing the number of talents is conducive to the higher level of Tennis Professionals; the age distribution can well explain the number of people of all ages, so that the management decision-makers can make development goals more targeted and avoid the age gap of talents. The characteristic of training is the stability and proficiency of hitting. We should use various means to make the athletes of this age master all kinds of moving footwork and hitting movements. Efforts will be made to train and bring up tennis teams of all ages to become excellent sports teams with ideals, culture and discipline. The more in high-level competitions, your own strength is the most important control means for you to win the competition. Standing on a higher podium can bring about a higher level of competition, which is a huge improvement for oneself.

Tennis requires a high degree of accuracy in technical movements, so it is necessary to develop tennis players' specialized perception - ball sense in the training process. Special speed, strength and endurance training are the special physical training contents recognized by coaches. Some coaches do not put special sensitivity and coordination into the training scope. The physical requirements of tennis events should include the training contents. The training process of young tennis players needs to participate in more competitions to constantly improve their technical and tactical economic level, and sports teams need to organize athletes to participate in more exchanges. More guide young players not afraid of mistakes, dare to try new tactics, and summarize their own advantages and disadvantages in time, so that the tactics are more personalized and changeable. The combination of offensive and tactical training of players from childhood is the foundation of training world-class players in the future. Gradually strengthen the competitive consciousness of athletes, give full play to the initiative of young athletes, improve their sense of crisis, and attach importance to the overall improvement of competitive ability and their own quality. In training, it is very important to focus on improving the aggressiveness of the first serve and the stability of the second serve, which requires daily practice. Young players should pay close attention to serving and receiving, and form good technical characteristics when they are young. The principle of tennis competition, that is, physical fitness training should take into account the characteristics of tennis in the selection of training methods and training means and in the arrangement of exercise amount and training intensity. It is also a process of selecting talents for China's tennis career. Teenagers with great potential will stand out in the competition, enter higher-level exercises and receive higher-level guidance. For anyone who wants to pursue professional development, it is most needed.

4. Conclusion

This paper studies the common problems and Countermeasures in the training of young tennis players. Coaches should constantly improve their own cultural literacy, work together with theoretical workers, make plans, clarify the training objectives, content, organization, management, evaluation, etc., and link up at all levels. Comprehensively measure the physical, psychological and technical quality of young athletes, and strengthen the evaluation method of special technology. Constantly improve their ability level, so that they can have a higher level of teaching ability, more learning, progress, innovative teaching methods and teaching content. Strive to improve the construction of advanced training of excellent tennis talents. It is a key task in the youth training to build excellent young star players, so as to achieve a breakthrough in the quantity and quality of excellent competitive tennis talents in China. We should train the players to use the field more rationally and strengthen the young players' awareness of multiple attacks. We should guide young

players not to fear mistakes, dare to try new tactics, and summarize their own advantages and disadvantages in time. To strengthen the training of amateur training coaches, improve the quantity and quality of amateur training coaches. Different training methods should be adopted for athletes of different ages. Effective monitoring of athletes' training and post-training evaluation can be carried out at the same time, which is more conducive to athletes' training and recovery and better improve their athletic performance.

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