

FEATURES OF FITNESS TRAINING IN TENNIS

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Actuality. To compete successfully at a high level, the athlete must be fit. Sports fitness training is designed to prepare athletes for the physical demands of competition. Physical fitness for one sport is not exactly the same as for another. It means that training activities must closely simulate the specific nature of each athletic contest.

Tennis fitness training involves training the player to become physically fit and strong. A combination of all tennis fitness exercises is very important in every tennis training regimen.

The research aim is to define distinctive features of fitness training in tennis.

Methods of research: literature analysis, comparative method and statistical data analysis.

Results and discussion: Tennis player must be physically fit and strong, but in order to reach the next level, a player must perform tennis fitness exercises and follow a proper diet. Being an athlete requires many physical requirements, such as aerobics fitness, strength, good co-ordination, good flexibility and good mental ability.

Tennis has common fitness training aspects that must be kept in mind before you start tennis fitness exercises:

- An athlete must perform some short burst exercises before the start of play. For example: jumping, swinging or moving your arms freely (all this is called warming up);
- There should be taken a mild jog forwards and backwards in order to warm your body;
- An athlete must take a short recovery between each scoring point;
- An athlete must take adequate rest during rallies, because once the rally stops in a tennis match, a player must not lose concentration.

As an example of a tennis player's physical activity during the tournament, a brief statistics of matches of Australian Open 2019 champion – Novak Djokovich was taken.

- Duration of the tournament – 2 weeks;
- Number of matches played – 7 matches;
- Total time on court – 14 hours 3 minutes;
- Total points played – 1172 points.

This statistics shows the total amount of load that tennis player must sustain during the tournament in order to maintain peak shape.

Proper conditioning fitness programs should consist of the following: muscles building exercises, quickness and speed exercises, interval exercises and stamina building exercises.

Muscles building exercises: muscle building is a crucial element of the fitness for the tennis players, because this game requires intense stamina, power, strength, and aerobics. A tennis player must be strong enough to hit powerful shots.

Quickness and speed exercises: speed and quickness are vital for almost every sport, because if a player is quick and active, then he or she will be able to respond quickly, giving no opportunity to his or her opponent to take over.

Interval exercises: a tennis player must perform a rally for a number of times during the game. A rally is basically the breaks of small intervals of 10–25 seconds every time a player makes a point. Hence, this exercise is very helpful for fitness.

Stamina: it plays a key role, because stamina is the basic necessity. For stamina building, daily jogging is usually recommended, which is a great cardio workout.

Conclusions: Tennis fitness training exercises must be performed on a regular basis. Tennis fitness is a crucial factor for every player. Hence, in order to become a professional tennis player, one must be physically and mentally fit.

References

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