

DIRECT START PREPARATIONS OF POLISH TENNIS REPRESENTATION TO UNDER 16 TEAM WORLD CHAMPIONSHIPS (CHILE, 2001)

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ABSTRACT

The analysis comprises a 33-day preparation period of the Polish representation in the finale of the Team World Championships held in Chile (16 10—22 10 2001). Particular attention was focused on the time structure of applied training — the arrangement and duration of mesocycles and microcycles. The second aspect of the performed analysis, which was of equal importance, was the general volume and proportions of the applied training means. The performed studies and an analysis of data available in literature indicated that rational preparation to the main start in tennis should comprise the following factors: 1) phase of long term preparations and the current acquired fitness level; 2) nature of preparations (orientation of workouts, type of applied means) as well as the values of basic parameters in training work (volume and intensity) that precede the particular period; 3) regularities connected with processes of restitution after diverse activities, as regards the magnitude (maximum, submaximal, average and small) and character of training load (related to speed, speed and strength, endurance, etc.); 4) the amount of time remaining for preparations to the main start.

Keywords: *structure of training, training mesocycles, training means.*

INTRODUCTION

Optimum preparation to the main tournament is difficult and requires considerable abilities of the coach, such as for example appropriate planning of starting schedule, which takes into consideration individual adaptational possibilities of the athlete and the starting level (Platonov, 1997; Platonov, Sozanski, 1991). When observing the training process of several talented female tennis players it is at times difficult to find at least an outline of a system, which would take into account the changeability of the applied training means, basic parameters of training work and start practice, in relation to their sport level

and training period (Crespo et al., 2001).

Furthermore, not much is dedicated in the available literature to those issues (Jagiello, 2004; Sozanski et al., 1987). Even in the most successful studies related to tennis it is not easy to find practical and comprehensive information concerning the training applied in preparation for the tournament, character of effort, load changeability (as regards the magnitude and orientation), proportion of the applied means, quantity of training units, etc. The major part of publications concerns techniques

or has the character of journalistic works which are more frequently addressed at tennis lovers or their parents, and to a much lesser extent to the coach environment (Van Aken, 2001; Schonborn, 2001).

Consequently it is the objective of this study to present issues related to direct start training based on the example of immensely successful preparation of the Polish tennis representation (under 16) to World Championships (Chile, 2001). Attention should be drawn to the fact that mere participation in the finale of this sport event (qualification is granted only to the 16 best world teams) is a sport event of considerable rank.

MATERIAL AND METHODS

The analysis comprises a 33-day preparation period of the Polish representation in the finale of the Team World Championships held in Chile (16 10—22 10 2001). In the representation team were M. D. (15 years), O. B. (15 years) and A. R. (16 years). Those Polish female athletes have occupied the sensational second place in the World Championships, even though they had not been set up to win in this tournament.

Particular attention was focused on the time structure of applied training — the arrangement and duration of mesocycles and microcycles. The second aspect of the performed analysis, which was of equal importance, was the general volume and proportions of the applied training means.

RESULTS

The period of direct preparation to World Championships, from 14th September to 16th October 2001, comprised two training mesocycles (basic and pre-start) and lasted 33 days (Fig. 1). During that period 4 training microcycles were implemented.

The basic mesocycle comprised both the restoration phase (14 09—26 09), and the training intensification phase (27 09—05 10), while the pre-start mesocycle only comprises the supercompensation phase (06 10—16 10).

Between 14.09 and 18.09 the female athletes had active rest, physical and psychical restoration after preceding starts.

In the restoration phase prevailed training aimed at improvement of technique and tactics (38%) and universal physical training (35%), at

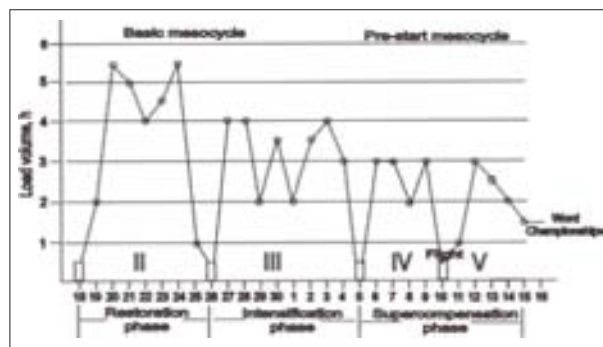


Fig. 1. Direct start preparation training of M. D., O. B., A. R. to the Team World Championships (Chile, 2001)

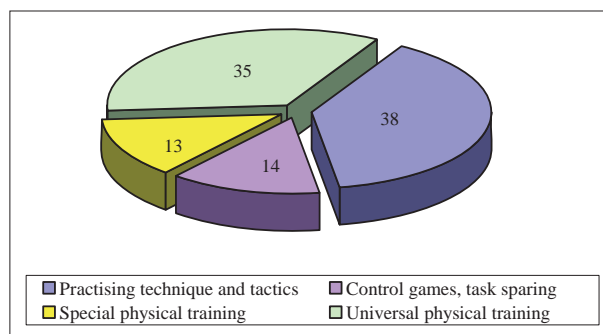


Fig. 2. Proportions of training means in the restoration phase, %

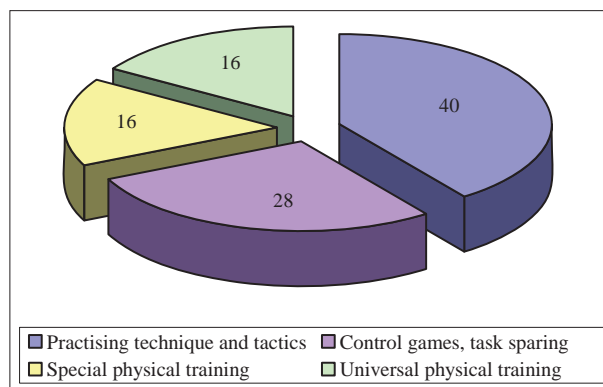


Fig. 3. Proportions of training means in the intensification phase, %

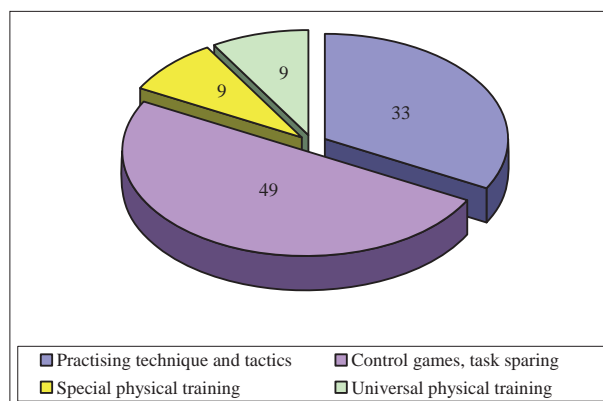


Fig. 4. Proportions of training means in the phase of supercompensation, %

Table 1. Training content in the restoration phase (2 microcycles)

Day of bps	Date	Training	
		In the morning	In the afternoon
14	27 09	Legwork exercises on the tennis court — 60 min Practising technique and tactics (combinations) — 60 min	Doubles — 60 min Compensation exercises* — 60 min
15	28 09	Technical training from basket — 90 min Task sparing — 60 min	Practising technique and tactics (combinations) — 90 min
16	29 09	Playing with sparing partner (combinations) — 90 min	Compensation exercises* — 30 min
17	30 09	Legwork and speed training on tennis court — 60 min Doubles — 60 min	Control games — 90 min
18	01 10	Minor running activity — 60 min Compensation exercises* — 60 min	Biological restoration
19	02 10	Training on court from basket (special endurance) — 60 min	Practising technique and tactics in doubles — 90 min
20	03 10	Legwork training on court — 60 min Playing with sparing partner* (combinations) — 90 min	Practising technique and tactics in doubles — 90 min
21	04 10	Control games — 90 min	Sparing in doubles — 60 min Compensation exercises* — 30 min
22	05 10	Biological restoration	-----

Note. * — Training after a break or the third training.

Table 2. Content of training in the intensification phase (2 microcycles)

Day of bps	Date	Training	
		In the morning	In the afternoon
1—5	14 09— 18 09	Active rest	
6	19 09	Major running activity — 120 min	-----
7	20 09	Legwork training on the tennis court — 60 min. Technique improvement — 60 min Compensation exercises* — 60 min	Practising technique and tactics in doubles — 90 min Soccer* — 60 min
8	21 09	Training from basket (special endurance) — 90 min Exercises with medical balls — 45 min	Practising technique and tactics — 60 min Task sparing — 60 min Swimming pool* — 45 min
9	22 09	Technique improvement in volley and serve — 60 min Minor running activity * — 60 min Compensation exercises* — 30 min	Practising technique and tactics in doubles — 90 min Biological restitution*
10	23 09	Legwork exercises on the tennis court — 60 min Improvement of playing tactics — 45 min Sparing* — 45 min	Practising technique and tactics in doubles — 90 min Basketball* — 30 min
11	24 09	Technical training from basket — 90 min Control game in doubles — 60 min	Practising technique and tactics, handling task combinations — 60 min Task sparing — 60 min Compensation exercises* — 60 min
12	25 09	Cycling — aerobic training — 60 min	Biological restitution
13	26 09	-----	-----

Note. * — low intensity exercise designed for recovery.

Day of bps	Date	Training	
		In the morning	In the afternoon
23	06 10	Practising technique and tactics, handling tactical combinations — 90 min	Practising technique and tactics in doubles — 45 min Task sparing — 45 min
24	07 10	Legwork and speed training from basket on court — 60 min	Practising technique and tactics in doubles — 90 min Compensation exercises* — 30 min
25	08 10	Task sparing — 120 min	-----
26	09 10	Control games — 90 min	Sparing in doubles — 90 min Biological restitution
27	10 10	Flight to World Championships in Chile	-----
28	11 10	Basketball — 20 min Compensation exercises — 40 min	-----
29	12 10	Practising technique and tactics in doubles — 120 min	Sparing in doubles — 60 min
30	13 10	Practising technique and tactics in doubles — 90 min	Control games — 60 min Biological restitution
31	14 10	Legwork training on court — 30 min Control games — 90 min.	-----
32	15 10	Legwork training on court — 30 min Control games — 60 min	-----
33	16 10	Opening of World Championships	

Table 3. Training content in the supercompensation phase (2 microcycles)

Note. * — low intensity exercise designed for recovery.

considerable volume (approximately 5 hours a day, with 2—3 training units) and low or average intensity. Attention should be drawn to the small number of means for special physical training (13%) and control games (14%) — Fig. 2.

In the successive phase — intensification, the capacity of conducted training was lower than in the preceding phase (2—4 hours per day) with submaximal and maximal training intensity (in some cases exceeding the start effort). In that time training was characterised by very strong special impact.

Training with elements of universal physical workout has basically reduced its volume to 16%, and an increase took place of control games and sparing, which amounted to 28% (Fig. 3).

In the last phase of direct start training (Fig. 4) a significant increase took place in the number of control games and sparing (49%). In that time the volume of training was low (2—3 hours per day with 1—2 training units), and intensity was close to that of the start. Of importance was also the acclimatisation factor, and namely the flight and trainings in Chile that took place 4 days before commencement of the tournaments.

Taking into consideration all the above described phases, the smallest differentiation of means was related to improving the technique and tactics of playing (38—40—33%). Considerable attention was dedicated to training of doubles.

Detailed information concerning the direct start training content in its various phases was presented in tables 1, 2, 3.

DISCUSSION

In summary we may say that appropriate planning of basic components of training work (such as volume, intensity and proportions of special and general means) allowed the start in tournament in the supercompensation phase. The girls have won a silver medal in the Word Championships, which was quite a surprise.

The results of this study shows the complexity of this problem. Only a coach who is able to analyse information about the present state of his athlete, conditions of conducted training (accessibility to such facilities, as tennis courts, team hall, swimming pool, body building gym; conditions of biological restitution — massage,

sauna, pharmacological means, etc.) and knowledge concerning regularities in development of sport form — on the basis of individual adaptational features — may achieve success in sport in the contemporary conditions.

CONCLUSIONS

The performed studies and an analysis of data available in literature indicated that rational preparation to main start in tennis should comprise the following factors:

1. Phase of long term preparations and the current acquired fitness level.

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2. Nature of preparations (orientation of workouts, type of applied means) as well as the values of basic parameters in training work (volume and intensity) that precede the particular period.
3. Regularities connected with processes of restitution after diverse activities, as regards the magnitude (maximum, submaximal, average and small) and character of training load (related to speed, speed and strength, endurance, etc.).
4. The amount of time remaining for preparations to the main start.

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LENKŲ TENISININKŲ IKI 16 METŲ RENGIMASIS DALYVAUTI PASAULIO ČEMPIONATE (ČILĖ, 2001)

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SANTRAUKA

Tyrimo metu analizuojamas lenkų tenisininkų 33 dienų rengimosi Čilės pasaulio čempionatui (2001 10 22 — 10 16) laikotarpis. Ypatingas dėmesys buvo skiriamas treniruotės laiko — mezociklų ir mikrociklų išdėstymo bei trukmės — planavimui. Treniruotėje taikomų priemonių kiekis ir dydis taip pat buvo svarbus analizės aspektas. Atlikti tyrimai ir literatūros analizė parodė, kad tenisininkų pasirengimą startui turėtų lemti šie veiksniai: 1) rengimosi trukmė ir fizinio parengtumo lygis; 2) pasirengimo pobūdis (pramankštų, taikytų priemonių rūšis) ir pagrindiniai treniruotės rodikliai (apimtis ir intensyvumas); 3) su atsigavimo procesu po įvairiapusės veiklos susijęs treniruotės krūvio dydis (maksimalus, submaksimalus, vidutinis ir mažas) ir pobūdis (greitis, greitis ir jėga, išvermė); 4) laikotarpis, skirtas pagrindiniam startui pasirengti.

Raktažodžiai: treniruotės struktūra, treniruotės mezociklai, treniruotės priemonės.

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