

# POSEBNOSTI ŽENSKEGA TENISA

# V tej predstavitvi bomo...

- Pregledali razvoj sodobnega ženskega tenisa
- Razložili različne igralne stile v ženskem tenisu
- Predstavili taktiko ženskega tenisa
- Razložili razlike in podobnosti ženskega in moškega tenisa
- Predstavili navodila za treniranje ženskih igralk.

# Uvod

# Razvoj ženskega tenisa

- Danes je vodilna generacija ženskih igralk igra bistveno bolj napadalno kot igralke pred nekaj desetletij
- To je pripeljalo, da je tudi ženski tenis postal zanimiv za gledalce, pokrovitelje in TV
- Z vidika značilnosti igre je ženski tenis podoben moškemu bolj kot kdajkoli
- Razlogi za to so:
  - Večina mladih igralk igra zelo napadalen tenis
  - zaradi strokovne usposobljenosti in informiranosti trenerjev, ki razvijajo mlade v profesionalne igralke, so le te sposobne igrati bolj napadalno.

# Vpliv telesnih in tehničnih kapacitet na taktiko v ženskem tenisu

- Splošno sprejeto je, da obstajajo razlike v telesni moči med ženskami in moškimi, in sicer za približno 20%
- Vsekakor, ženske igralkе udarjajo žogo vedno hitreje in močnejše
- Zakaj?

# Zakaj ženske igralkе udarjajo žogo hitreje in močneje?

- Zaradi kombinacije optimalnega tehničnega treninga:
  - Metodološko
  - Biomehanično.
  
- Zaradi treninga moči.

# Kaj lahko naredimo, da bodo ženske igralke udarjale še močnejše/učinkoviteje?

- Maksimizirali učinkovitost udarcev
- Vzpostavili optimalno cono udarca
- Izboljšali timing
- Udarjali žogo v dvigovanju
- Uporabljali ostrejšše kote s forhendom in bekendom
- Dodati več prilagodljivosti, variabilnosti, prikrivanja.

# Vpliv načina treninga na ženski tenis

- Ženske trenirajo več/enako/manj kot moški
- Ženske trenirajo pogosteje v bolj zaprtih situacijah
- Ženske trenirajo bolj zavzeto, kakovostno, osredotočeno kot moški
  
- Ženske pogosto trenirajo z moškimi
- Kondicijski trening je del trenažnega procesa (v preteklosti ne).



# Vpliv mentalnih kapacitet na taktiko v ženskem tenisu

- Ženske:
  - So natančne
  - Vedno trenirajo na zelo visoki ravni
  - Prizadevajo si, da bi na vsakem treningu izvlekle čim več
- Če igralka nimajo teh mentalnih značilnosti, potem bodo igralka težko razvile visoko raven razumevanja tenisa in možnosti za uspeh so bodo zmanjšale
- Prav zaradi te miselnosti (in njihove manjše porabe energije, v primerjavi z moškimi), ženske igralka običajno zahtevajo bolj podroben načrt za tekmo.

# Vpliv mentalnih kapacitet na taktiko v ženskem tenisu

- Trenerji ženskih igralk bi morali:
  - Nadzorovati pozitiven pristop, ki lahko v ekstremnih primerih postane preveč analitičen, kar pomeni, da igralka tenisa ne bodo igrale naravno
  - Spodbujati, da igralka postanejo vedno bolj samostojne
  - Na treningih ustvariti večje število „odprtih“ situacij.

# Igralni stili v ženskem tenisu

# Igralni stili v ženskem tenisu: IGRALKE NA OSNOVNI ČRTI

- Učinkovit servis
- Zelo napadalni udarci na osnovni črti
- Igranje udarcev pretežno v vzpenjanju
- Gibanje naprej in vstopanje v igrišče
- Uporaba hitrosti in natančnosti
- Stalen časoven pritisk na tekmeca
- Uporaba udarcev za odpiranje igrišča in spraviti tekmeca izven igrišča in izven ravnotežja.

# Igralni stili v ženskem tenisu:

## OBRAMBNA IGRALKA

- Očitno je, da prihodnosti za obrambne igralkе ni tudi v ženskem tenisu
- Obrambne igralkе lahko igrajo le obrobno vlogo v ženskem svetovnem tenisu.

# Igralni stili v ženskem tenisu:

## VSESTRANSKE IGRALKE

- Danes te igralke izgledajo bistveno drugače kot pred desetletji
- Udarci z osnovne črte so močnejši kot v preteklosti
- Kakovost obrambnih udarcev (pasing, lob) se je zelo izboljšala
- Napad in prehod k mreži sta posledica pripravljalnih udarcev in stalnega pritiska na tekmeca
- Igralke so zelo podobne napadalkam z osnovne črte, z razliko pogostosti in timinga prihoda k mreži
- V situaciji ko igralka z osnovne črte želi zaključiti točko z udarcem z osnovne črte, vsestranska igralka želi odigrati napad in končati točko pri mreži.

# Igralni stili v ženskem tenisu: IGRALKE SERVIS - MREŽA

- So se tudi spremenile
- Igrajo več udarcev z osnovne črt kot včasih
- Samo na zelo hitrih podlagah igralke igrajo servis – mreža
- Na vseh ostalih igriščih:
  - Prihajajo k mreži manj
  - Različnost taktičnih odločitev (decision-making) vpliva na tekmece.

# Igralni stili v ženskem tenisu: ZAKLJUČEK

Postaja vedno bolj očitno, da igralke z osnovne črte predstavljajo osrednji igralni stil v ženskem tenisu.



# Delavnica

Kako prilagoditi taktični trening igralk?

Skupina 1: Serviranje, reterniranje

Skupina 2: Igra na osnovni črti

Skupina 3: Napad, igra pri mreži in obrambne  
situacije.

# Usmeritve za delo s teniškimi igralkami

Delavnica:

- Taktika
- Delo z nadarjenimi mladimi igralkami
  - Razvoj servisa – reterna
    - Igra pri mreži
  - Teniški trening (izbira vaj)
    - Sparingi.

# Vprašanja?

# TACTICS OF TOP FEMALE PLAYERS

# Tactics employed by male and female professionals

- There are significant differences
- Some exceptions certainly exist
- Some of the general factors that influence different tactics include:
  - Speed of the first serve
  - Speed of the second serve
  - How the differences in the serving speed affect the return
  - Average number of shots per point
  - Overall foot-speed and speed of the game
  - Strength and its effect on ball rotation, and the amount of ball rotation
  - The presence of serve and volleys
  - Percentage of two-handed backhands
  - Approach to practice and training

# The serve

- The speed of the serves in the women's game has increased considerably, and in some cases dramatically.
- The Williams' sisters, Davenport and others regularly approach 120mph.

# The second serve

- As the quality of the service returns has greatly improved, a weak or mediocre second serve has become an increasing liability.
- It is becoming less and less likely for junior girls to make it in the professional game if the second serve is weak.
- Martina Navratilova would use her opponents' second serves as approach shots. Now many players just use the opportunity that a weak second serve presents to hit a winner.
- At this point in time there are virtually no serve and volley players at the top level of the women's game. There is certainly room for some to emerge.

# The new baseline game of the women's tennis

- More aggressive
- Playing the ball increasingly on the rise
- Entering further into the court
- Combining power and placement
- Putting the opponents under pressure
- Opening up the court



# Approaching the net

- In the women's game, the swinging volley is a major tactical weapon.

# What distinguishes the top female players?

- The quality of the serve and return
  - Women know as well as men that the quality of the serve and return will determine the options available to them in each rally.
  - The top women players play a game with more powerful serves and more aggressive returns.
  - In particular, when serving they dominate each point from this first shot.
  - These days returns are also played as aggressively as possible by the game's elite.
  - No longer do they think in terms of “keep the return in the court”.
  - Rather, players try to return with a combination of optimal power and control.
  - They know very well that only aggressive returns can save them from being placed on the defensive from the outset.

Van Aken (2002)

# GUIDELINES FOR COACHING FEMALE PLAYERS

# Tactical areas to work on with pro female players

- Develop weapon: Forehand inside out and forehand to the deuce court
- Backhand:
  - One or two handed backhand down the line.
  - Backhand slice: Should be able to be used as defensive as well as an aggressive shot
- Serve:
  - More consistent and penetrating 2nd serve. Have variation in spin and use it more effectively.
  - Serving drills to increase spin.
- Volleys:
  - Lack of confidence at the net. Should learn effective and penetrating volleys. Should be able to execute a variety of volleys. Low volleys, Drop volleys and Drive volleys.
  - Realistic drills to improve volleys.

# Tactical areas to work on with pro female players

- Movement:
  - Girls tend to move better side to side (laterally). Improve the forward/backward movement.
  - Problems moving backwards to hit smash/overhead
  - Drills to improve movement:- using resistance training
- Decision making: Patterns to simplify decision making.
- Disguise:
  - Game becomes too predictable.
  - Need to have disguise in the strokes especially with drop shots and lobs
- Anticipation:
  - Total anticipation: Predicting what the opponent will do
  - Partial anticipation: Predicting what the opponent will not do
  - Must be to able to analyze opponents game, taking into considering all other factors (court surface, wind) and anticipate the most probable outcome for a given shot.
  - Drill to improve anticipation.

# How to work tactically with female players

- A democratic coaching style that promotes the use of open situations in combination with tennis-specific physical training will result in a growing number of baseline players who will play a little more at the net.

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# Teaching tactics to women players: Is serving powerfully and returning aggressively difficult to learn?

- We are seeing more and more women serving well
- Many girls would be able to serve more effectively if they had had the right programmes in terms of co-ordination, technical and tactical training between the ages of 6 and 13.
- A much higher volume of serve training would also provide for further improvements:
  - During a training session most players hit considerably more forehands and backhands than serves.
  - The ratio of groundstrokes:serves during a match certainly implies that such a process should be reviewed.

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# Teaching tactics to women players: Is serving powerfully and returning aggressively difficult to learn?

- Efficiency in decision making is learned from a very young age
- It should not be difficult to teach young female players to play aggressive returns as at these ages powerful serves are not common and the returner experiences few time problems.
- Time spent practicing the return in terms of volume and quality are areas that both players and coaches have to address

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# Teaching tactics to women players: Is serving powerfully and returning aggressively difficult to learn?

- On the circuit:
  - Many players practice the serve significantly more than the return,
  - When they do practice the return, it is largely in a closed situation.
- Due to this lack of practice:
  - The specific techniques for returning serves do not become optimally automated
- Because of the prevalent use of closed situations in return practice:
  - One of the most important factors in returning serves: anticipation, is not practised at all.

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# Coaching Female Players

- We know that there are physical and social differences between men and women and that they influence the way women play tennis and have to be coached.
- Thus the question can be raised is:

HOW DIFFERENT SHOULD WOMEN BE  
COACHED FROM MEN?

Van Aken (2003)

# Coaching Talented Female Players

- There is not one way of coaching female players as well as there isn't one way to coach men.
- The most talented girls and women play a game which is more and more comparable with men's tennis.
- Powerful serves and baseline shots are the main ingredients of their game plan.
- All other female players play a different game of tennis; much more based on control and placement.

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# Coaching Talented Female Players the Right Way

- Statements like “girls are not able to serve well”, “girls are not able to serve with a continental grip”, “don’t try to make girls play with each other”, ... are a little too easy to say.
- It’s obvious that these kind of statements often are very true; but are they true for the very best talents?
- And are they true if we coach girls at early ages the right way?
- If we coach the right way, we will have much more female players coming through with sound techniques which will allow them to play an aggressive game style.

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# Is it difficult to teach girls serving powerful and returning aggressive?

- If girls get the right programmes they would serve much better.
- Serve training should be:
  - More goal oriented teaching approach
  - Much more towards tactical goals.
  - Not a question to hit a big number of serves but practising serves in a tactical context

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# Do female players have to serve technically different to male player?

- Girls who can't serve with continental grips should be taught to serve with less topspin and the slice serve should be emphasized more.
- Obviously, this will limit the placement options of the serve but the fact that female players most of the time return much better with backhand is a good reason not to worry about this.
- But this doesn't mean that we don't have to try at early age to teach to serve with continental grip, because over the years there are a number of girls able to serve with topspin and thus were able to use the continental grip.

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# Do we have to accept that female players are not approaching the net very often?

- Female players most of the time have less power and spin in the ground strokes and therefore are most of the time looking for length.
- Because of this we have to practise much more delayed approach situations (after serve, after opening the court, after giving time pressure to the opponent, ...).
- Approaching the net should be practised a lot on a smaller court in order to develop the confidence of the net game.
- The smaller court has to be centred in the normal court in order to develop the anticipation when to approach or not.

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# Practicing volleys with female players

- The volley should also be practised much more in a balanced situation (a little bit more early on the front foot) in order to give female players more control over their volley.
- Most of the time female players are only approaching the net in situations the opponent is in time problems and because of this the volley has not to be played as aggressive as men have to do it.

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# Do female players need a backhand slice?

- We know that it is very tough for female players to develop the backhand slice as well as men do.
- Most of the time the backhand slice is not solid enough to be used in match play and the use of the slice is most of the time bringing the player into a defensive situation.
- For this reason it's much smarter to teach the backhand slice in stretched situations (on wide and short balls).
- First because it is more easy to teach and secondly because this are the situations female player have to play the backhand slice and are able to use the backhand slice quite well.

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# Girls prefer closed training situations

- Do we have to fight this preference situations or do we have to accept this as a female factor?
- The amount of closed and open training situations will be different for men and women, but women need for sure to practice more open situations than what they usually do.
- So it's up to the coach to provide each of his girls from the right ratio closed-open situations.
- And this should be done already at early ages in order not to emphasize the “good” feeling of closed situations.

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# Girls prefer not to play against other

- Do we have to accept this?
- We all know that female players prefer to play with their coach, sparring partners or boys.
- Is it because girls by nature don't like competition with each other or is it because coaches at early age are thinking too much in terms of technical development and because of this provides a lot of private lessons and sparring partners?
- It will be again the task of the coach to set up the right amount of playing girls with each other during practise time.
- If we believe that tennis is a question of finding a way to dominate your opponent and if we believe that girls have less power, it's quite obvious that they should play on a regular basis with each other.
- As it is tough to find female partners for outstanding talented female players the amount of play with their female colleagues will be for top players smaller; but this may not be seen as a rule for less talented girls.

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# Conclusion

- If we guide female juniors the right way, the standard of women tennis will, although it is already very attractive, raise in the next years.

# Tactical evolution of the female game in the future

- The best players have more weapons
- All players should develop powerful serves and forehands to be best positioned to compete in modern day tennis.
- A player will also need to develop additional artillery if she wants to reach the top of the women's game.
- These extra weapons should be consistent with and reflect the physical, technical, tactical and mental capacities of the player (for example: amount of variation in tactical play, using the slice specifically, incorporating drop shot, ...)

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# Conclusion

- If coaches facilitate the development of female juniors in an optimal manner, the standard and appeal of women's tennis will continue to rise in the forthcoming years.
- Player development is a question of respecting and adapting certain scientific principles to provide for optimal long term performance (ie. developing the tactical game before puberty starts and preparing the body in such a way that aggressive tennis can be played)
- One thing is sure: the women's game will become increasingly aggressive.

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# Vprašanja?