

RAZVOJ IGRALNIH VZORCEV ZA NAPREDNEJŠE IGRALCE

V tej predstavitvi bomo...

- Razvili koncept igralnega vzorca
- Razložili temelje ustvarjanja igralnega vzorca za naprednejše igralce
- Predstavili različne vrste igralnih vzorcev
- Predstavili igralne vzorce v 5 igralnih situacijah.

Igralni (taktični) vzorec

- Taktika je na splošno odgovor na kaj narediti
- Vzorec je dejanska izvedba v igri (kako narediti) oziroma v posameznih točkah
- Igralni (taktični) vzorec se nanaša na izbor udarcev (shot selection), postavljanje in gibanje obeh igralcev v času točke
- Pri naprednejših igralcih so točke krajše, zato je pomemben napadalen pristop od začetka točke.

Igralni (taktični) vzorec

- Primer iz igre dvojic: imamo taktični načrt, da igramo servis – mreža
- Vendar med tekmo ugotovimo, da moramo igrati prvi volej različno; odvisno od tega kaj počne reterner ali njegov soigralec
- Za posamezno igralno situacijo potrebujemo različne rešitve: globok, kratek, diagonalni, paralelni volej...
- Zadostno število ponavljanj in kakovost izvedbe igralcu pomaga pri odločanju oz. pride do avtomatizacije tega procesa.

Trening igralnih vzorcev

1. Izberi, oceni in treniraj igralne vzorce
2. Odkrivaj taktične rešitve skozi specifične igre.

Izbor igralnih vzorcev

Najbolj pogosti igralni vzorci	<ul style="list-style-type: none">• Opazujte igralni stil igralca in ugotovite kateri vzorec mora obvladati na tej ravni tekmovanja• Bodite pozorni na taktične vzorce svojih tekmecev in načrtovati ustrezne taktične odgovore z vidika položaja, gibanja in izbire udarca.• Ker se ti vzorci pojavljajo pogosto jih je potrebno trenirati sistematično.
Najbolj pomembni vzorci z vidika zmage v dvoboju ali na tekmovanju	<ul style="list-style-type: none">• Za uspešno sezono na pesku morate razviti „inside out“ vzorec; zato boste ta vzorec analizirali in vključili v vsak trening.
Najbolj enostavni vzorci, ki jih je lahko vključiti v igro	<ul style="list-style-type: none">• Pri mlajših igralcih boste igralni vzorec prilagodili (pr. pri dvojicah: servis mreža na prvi servis in igra na osnovni črti na drugi servis).

Analiza igralnih vzorcev

Uporabnost	To je subjektivna ocena. Primer: če trener misli, da bi moral igralec odigrati napad in priti na mrežo, ta pa tega ne stori, zapiše NO. V nasprotnem primeru zapiše YES.
Zanesljivost	Tukaj ocenite uspešnost. Primer: če je igralčev napad uspešen trener zapiše YES, ob napaki NO.
Učinkovitost	Če igralec z napadom osvoji točko ali izvrši pritisk na tekmeca, potem trener zapiše YES, v nasprotnem primeru NO.

Analiza igralnih vzorcev v tekmi

VZOREC	UPORABA	ZANESLJIV	UČINEK	KOMENTAR
Napad, ko je žoga kratka	Y,N,Y,N,N,Y, N, Y, N, N, Y Trener ugotavlja, da bi igralec moral odigrati napad 6krat več.	Y,N, Y,Y,Y Od petih napadov je bil 4krat uspešen pri izvedbi napada.	N,N,Y,N, Od 4 uspešnih izvedb je bil tekmeč samo 1krat pod pritiskom.	<ul style="list-style-type: none"> - Prepoznavanje situacije 5/11 (potrebno delo na tem) - Dobra zanesljivost 4/5, tisti napad, ki ga zgrešil je bil težak - Ni dosegel cilja, ki je bil 25% uspešnost - Njegov napad ni dovolj prodoren.
Uporaba orožja pod pritiskom	Y,Y, Y, Y, Y,	Y, N, N, Y, Y	Y, N, N, N, Y	<ul style="list-style-type: none"> - uporablja vzorec - 60% zanesljivost - 40% učinkovitost - Potrebno delo na slednjem.

Analiza igralnih vzorcev v tekmi

Možnosti	Posredovanje trenerja (Coaching intervention)
Cilj je dosežen	<ul style="list-style-type: none">- Ohrani optimalno izbiro vzorca- Povečaj zahtevnost vaje s ciljem doseči višjo raven.
Cilj je skoraj dosežen	<ul style="list-style-type: none">- Igralci posreduje več povratnih informacij, da bo povečal ozaveščenost o tem, kaj bi moral storiti- Če je potrebno razvijaj optimalno in zgodnjo odločitev ali izboljšaj tehniko.
Cilja nima	<ul style="list-style-type: none">- Cilj je lahko neprimeren ali nepotreben- Če pa je treba vzorec razviti, potem uporabimo sistematični pristop (vaje s košaro, igra s trenerjem in kooperativne tekmovalne vaje).

Analiza igralnih vzorcev v tekmi

- Talentirani igralci lahko hitro vključijo vzorce v tekmo, morajo se samo zavedati tega
- Ostali igralci, ki niso tako sposobni ali/in nočejo spremeniti vzorca
- Nekateri vzorec vključijo v tekmo, ko čutijo ustrezno stopnjo samozaupanja.

Razvoj igralnih vzorcev

- Trener mora uporabiti sistematičen pristop razvoja igralnih vzorcev:
 1. Vaje s košaro
 2. Igra s trenerjem (živa igra)
 3. Kooperativne tekmovalne vaje
- Progresivnost vaj:
 - Napredek pri vajah gre od več ponovitev pri nizki intenzivnosti do manj ponovitev in visoke intenzivnosti, ki so blizu igralni situaciji, ki posnema tekmo.

Razvoj igralnih vzorcev

- Vaje s košaro:
 - Omogoča izvedbo več podobnih udarcev, kjer trener nadzoruje intenzivnost. To igralcem omogoča, da osvojijo nov udarec z veliko uspešnimi izvedbami.
- Igralne vaje:
 - Te vaje so bolj realne in intenzivne, saj je kakovost žoge podobna kot v tekmi.
- Kooperativne tekmovalne vaje
 - Pri teh vajah je intenzivnost nižja in blizu intenzivnosti v tekmovalni situaciji.
- Tekma:
 - V tej situaciji bo trener analiziral igralčevo igro. Vzodbujal bo uporabo novih igralnih vzorcev in igralca usmerjal k uporabi, če jih ta še koristi

Razvoj igralnih vzorcev skozi štetje

- Vaje z omejitivami:
 - Doskok žoge ni dovoljen
 - Lob ni dovoljen
 - Velja samo retern po diagonali
- Vaje s prilagojenim štetjem:
 - Dodatne (bonus) točke
 - Igra do 10 točk
 - Super bonus točke.

Razvoj igralnih vzorcev skozi štetje

- Uporaba vaj s košaro za razvoj tehnične kompetentnosti
- Uporaba igralnih vaj in kooperativnih tekmovalnih vaj
- Prilagoditev igralnih vzorcev v 5 igralnih situacijah
- Trening vzorcev v zaprti in odprti situaciji
- Realne igralne situacije.

Vrste igralnih vzorcev

- Izbira enega udarca: pr. na servis na ven, retern diagonalno
- Udarec pred osrednjim udarcem: pripravljalni udarec (visoka žoga) za „big“ forhend
- Udarec za osrednjim udarcem: udarec po „big“ forhendu, volej ali spin volej
- Kombinacija udarcev: X vzorec, skrajšana žoga in lob, inside out in inside in...

	GIBANJE TEKMECA	UPORABA „BIG“ FORHENDA	PRIHOD K MREŽI
1	Servis na ven	Položaj pri servisu in pokrivanje igrišča	Servis - mreža
2	Retern proč od sredine	Retern: uporaba forhenda	Servis in vstop v igrišče
3	Prezemanje kontrole z igranjem sredinskih žog levo - desno	Položaj pri reternu in pokrivanje igrišče	Retern "chip and charge"
4	Uporaba diagonal	Igranje forhenda v visokem tempu	Retern "drive and charge"
5	Spreminjanje smeri	Uporaba „inside out, in“ forhenda	Uporaba napada
6	Uporaba X vzorca	Uporaba spin voleja na visoke žoge	Napadalni udarec in prihod k mreži
7	Igranje skrajšane žoge in loba	Igranje forhend diagonal	Drugi tempo napad
8	Igranje voleja v odprt del igrišča	Prilagoditev svojega položaja	Prestrezanje visokih žog
9	Igranje na „levo“ nogo	Odpiranje igrišča	Varanje, da boš šel na mrežo
		

Vprašanja?

Delavnica

- Skupina 1: Navedite tri najbolj pogoste igralne vzorce, ki jih trenirate na osnovni črti.
- Skupina 2: Navedite tri najbolj pogoste igralne vzorce, ki jih trenirate s servisom in reternom.
- Skupina 3: Navedite tri najbolj pogoste igralne vzorce, ki jih trenirate na mreži.

Za vse skupine: kolikokrat tedensko?

Delavnica na igrišču

Vaje za razvoj igralnih vzorecev:

- Servis in kombinacije
- Retern in možnosti
- Vzorci na osnovni črti
- Vzorci na sredini igrišča
- Igra pri mreži VS igra na osnovni črti
- Zaključki

PATTERNS FOR SERVE AND COMBINATIONS

Serve and combinations

- Combine service with return tactical patters during practice
- Have a serve plan. Coach tells the receiver to follow a tactical pattern:
 - Do not move
 - Make mistakes with the BH return
 - Play inside out FH
 - Play inside out BH
 - Play all shots crosscourt, down the line, slice, topspin
- Same as above but the server, serves and comes in:
 - Receiver returns high
 - Receiver returns low
 - Receiver returns always down the line
 - Receiver returns always crosscourt
- Combine: 2nd serve and coming in with the return:
 - - If there is a mistake in the approach of the return: loses 2 points

Serve

(direction, spin, depth, power, etc.)

- The server is mixing up the serves depending on the type of return and on the movement of the receiver
- Player serves to the side, if the receiver doesn't move (slice serve in FH side, topspin serve in BH side)
- Player serves to the middle, if the player has a weak BH return or if the is hitting inside out FH from the BH side
- Player serves wide in the BH side if it is an ad point .
- Player serves to the other angle if the receiver has a good one side return (usually serving to the BH).
- Player serves mixing up the serves (3 to the BH in a row and 1 to the FH).
- Player serves mixing up the spin of the serves (3 to the BH slice in deuce side and topspin in ad in a row and 1 to the FH vice versa).
- Player serves a topspin serve to one handed BH or to continental FH
- Player serves direct to the body if the player opens big angles with the return

Serve and staying at the baseline

- After weak 2nd serve.
- Player serves 2nd serves and receiver chips and charges
- Player serves and falls inside the court after the serve and run back. Server serves and makes a shadow movement

Serve and volley

- Player serves wide and approaches to cover the down the line passing (both sides)
- Player serves to the middle and approaches to the centre, and wait
- Player serves and approaches to hit a topspin volley
- Player serves and approaches to smash a lob return

Serve and going for the strong shot (inside out forehand)

- Player serves first serve, coach hits a high and easy return and server hits an inside out FH
- Where to hit the inside out FH? To the server BH, mix it up.

Serve and running to the weak side

- After weak 2nd serve.
- Player serves 2nd serves and receiver chips and charges
- Player serves 2nd serves and receiver hits an inside out forehand

Serve and waiting (staying at the baseline)

- After weak 2nd serve.
- Player serves 2nd serves and receiver hits a drop-shot
- Player serves 2nd serves and receiver hits an angled shot
- Player serves 2nd serves and receiver hits a deep lob

PATTERNS FOR RETURN AND COMBINATIONS

Return options and combinations

- Have a return plan. Coach tells the server to follow a tactical pattern:
 - Serve wide
 - Serve to the middle
 - Serve and come in
 - Serve flat / topspin / slice
 - Play with 2nd serves

Touch it if you can

- Coach serves from the service line. If the player touches the ball: 1 point
- Same as above but player serving from the baseline
- Playing points. 1st serve ace means 2 points lost
- Playing points. 2nd serve ace means 1 game lost

Hit over: make your opponent play the ball (defensive, offensive)

- Playing points. 1st serve return mistake means 2 points lost
- Playing points. 2nd serve return mistake means 1 game lost
- Player serves 1st serve and stays back, receiver hits a deep return, FH, BH, lob, topspin, slice, etc.
- Player serves and approaches. Receiver wins a point each time server touches the ball (the point must be played until the end).

Go for it: but keep the return in

- Player serves and receiver has to hit the return to a designated area in server's side (draw 2 alleys inside singles court)
- Server hits 2nd serve and receiver chips and charges, to the weak side, to the strong side, lob, drop-shot

Go for a winner

- Player serves to a designated area in the middle of the service box, receiver hits an inside out FH
- Server hits 2nd serve and receiver hits and inside out forehand to the weak side

Chip and charge

- Server hits 2nd serve and receiver chips and charges, to the weak side, to the strong side, lob, drop-shot

Block return

- Very good return against very powerful serves
- I.e. Against Roddick or Philippousis
- Play the ball back to make the server play the point.

PATTERNS FOR BASELINE GAME

Baseline patterns

- Playing crosscourt and attacking down the line when is appropriate (when the ball goes to the middle or is short)

Baseline patterns:

Set a series: 4/1, 1/1, 1/2, etc

- Playing points: 1/1 series: changing directions
- Playing points: 1/2 series: wrong foot
- Playing points: 4/1 series: BH breakdown
- Try to attack crosscourt, change without losing the initiative

Baseline patterns: Spin combinations

- Playing points: hit high and topspin when in problems
- Playing points: player A slice (defensive), player B topspin (offensive)
- Playing points: player A hits flat (offensive), player B slice (defensive)
- Playing points: hit topspin when playing deuce, ad, under pressure or break points

Baseline patterns: Height and depth combinations

- Playing points: hit high and deep when in problems
- Playing points: hit short, low and angled when trying to make the opponent come to the net

Baseline patterns: Depth combinations

- Playing points: player A can only hit deep shots(set targets)
- Playing points: player A can only hit short but angled shots (set targets)
- Playing points: player A has to mix up different shots with different depth

Baseline patterns: Inside out forehand

- Playing points: player A can only hit FH
- Playing points: player A can only hit FH return

Baseline patterns:

Offensive, defensive and neutral

- Playing points: player A can only hit aggressive shots (FH, BH topspin, etc.)
- Playing points: player A can only hit neutral shots (lobs, shots to the middle, etc.)
- Playing points: player A can only hit defensive shots (drop-shots, indirect passing, lob, etc.)
- Playing points: player A has to mix up different types of shots
- Combine everything: depth, spin, height, etc.

PATTERNS FOR MID COURT AND NET GAME

Mid court and net game patterns

- Do not ask one player to give a shot ball to the other. It is unrealistic!!
- It is better for the coach to put the ball into play by making one player run and hit a defensive shot

Mid court and net game patterns: Directions

- Approaching down the line and passing down the line, crosscourt volley, FH and BH.
- Approaching crosscourt and passing down the line, crosscourt volley, FH and BH.
- Free choice

Mid court and net game patterns: Attacking from mid court (topspin shots)

- Coach hits a short ball, player hits a FH, BH winner
- Coach hits a short ball, player hits a FH, BH drop-shot

Mid court and net game patterns:

Approaching the net (offensive, defensive), topspin (forehand and backhand) slice (backhand)

- Coach hits a short ball, player hits a FH, BH topspin approach shot (offensive). Players play the point
- Coach hits a short ball, player hits a FH, BH slice approach shot (defensive). Players play the point

Mid court and net game patterns: Variations: half volley, topspin volley, drop-shot

- Coach hits a short ball, player hits a FH, BH half volley, Players play the point
- Coach hits a short ball, player hits a FH, BH topspin volley. Players play the point
- Coach hits a short ball, player hits a FH, BH drop-shot. Players play the point

Mid court and net game patterns: First volley

- Coach hits a short ball, player hits a FH, BH deep low volley. Players play the point
- Coach hits a short ball, player hits a FH, BH angled cross short low volley. Players play the point

Mid court and net game patterns: Second and last volley

- Coach feeds a short ball, player hits a FH, BH first volley and then a power high volley. Players play the point
- Coach feeds a short ball, player hits a FH, BH first volley and then an angled volley. Players play the point

Mid court and net game patterns: Overhead smash and combinations

- Coach feeds a high lob, player hits an smash on the air. Players play the point
- Coach feeds a deep lob, player runs back and hits an smash after the bounce. Players play the point
- Coach feeds a short lob, player runs and hits an smash before the bounce. Players play the point

Net game against baseline game

Passing shots: direct and indirect, drop-shot

- Explain the difference
- Make the opponent volley
- 2 passings: preparation and winner
 - Coach feeds a deep ball, player hits a FH, BH direct passing shot. Players play the point
 - Coach feeds a deep ball, player hits a FH, BH indirect passing shot. Players play the point
 - Coach feeds a deep ball, player hits a FH, BH drop shot. Players play the point

Net game against baseline: Lob: offensive, defensive

- Coach feeds a deep ball, player hits a FH, BH offensive lob. Players play the point
- Coach feeds a deep ball, player hits a FH, BH defensive lob. Players play the point

CONCLUSION

- Need to teach tactics in a practical way
- Start with basic tactical patterns (closed situations)
- Follow up with open situations (matchplay conditions)
- Make your players think
- Tennis is a sport for intelligent people!