

TAKTIČNI KONCEPTI IN 5 IGRALNIH SITUACIJ

V tej predstavitvi bomo...

- Predstavili taktične koncepte v igri posameznikov
- Razložili temeljne značilnosti taktike vrhunskih igralcev
- Predstavili temeljne taktične principe in cilje za naprednejše igralce v 5 igralnih situacijah

TAKTIČNI KONCEPTI V IGRI POSAMEZNIKOV

Taktični koncepti

- Obstaja nekaj temeljnih taktični konceptov, ki jih bi morali teniški igralci upoštevati s ciljem uporabe zmagovalnega taktičnega načrta,
- Ti taktični koncepti so določeni z dimenzijami teniškega igrišča, ki je vedno enako,
- Tako kot za tehniko obstajajo znanstveno utemeljeni principi, enako velja tudi za strategijo in taktiko,
- Igralci uporabljajo 10 temeljnih taktičnih konceptov pri razvoju sposobnosti odločanja (ang. decision-making skills) pri igri posameznikov.

Zmagovalni taktični koncepti v igri posameznikov

- Koncept 1 – igray zanesljivo in upoštevaj %,
- Koncept 2 – upoštevaj cone,
- Koncept 3 – razumi tarče,
- Koncept 4 – zmanjšaj število sprememb smeri,
- Koncept 5 – igray v sredino,
- Koncept 6 – napadi krajšo žogo,
- Koncept 7 – dvojni interval,
- Koncept 8 – D.N.O. (defensive, neutral, offensive),
- Koncept 9 – zadrži linijo,
- Koncept 10 – variraj.

Koncept 1 - igraj zanesljivo in upoštevaj %

- Enostaven načrt je zmanjšati število neizsiljenih napak in povečati število točk dobljenih z izsiljenimi napakami tekmeca,
- Neizsiljene napake so napake, kjer tekmelec ne vrši pritiska na igralca,
- Izsiljene napake so najpogosteje izgubljene točke zaradi pritiska tekmeca,
- V igri posameznikov so 3 najpomembnejši udarci, kjer želimo visoko zanesljivost: servis, retern in prehodi k mreži,
- Indeks napadalnosti (ang. aggressive margin).

Koncept 2 – upoštevaj cone

- Uporabi predstave: semafor,
- Rdeča cona - osnovna črta: zanesljiva igra z čim manj napak,
- Rumena cona - sredina igrišča (mid-court): napad ali prehod,
- Zelena cona – pri mreži: zaključni, odigraj v stran.

Koncept 3 - razumi tarče

- Bližje mreži pomeni tudi večji potencialni kot (130° pri mreži, 19.6° na osnovni črti),
- Višina je enako globina – cilj je 1-2 m okno nad mrežo,
- Stranske črte – predstava o notranji črti znotraj igrišča (pr. pri napadih), ne ciljaj stranskih črt,
- Zanesljive točke – so vnaprej določene tarče (pr. ko si izven igrišča in pod pritiskom, odigraj visoko in dolgo v sredino, da si pridobiš čas za vračanje).

Koncept 4 - zmanjšaj število sprememb smeri

- Razlika v kotu med paralelo in diagonalo je zelo majhna (19.1°),
- Možnost napake pri spremembi smeri narašča pri globoki žogi, ki prihaja diagonalno.

Koncept 5 - igranj v sredino

- Najboljša napaka je predolga žoga
- Kadar treniraš uporabi koncept 2 odskokov – navidezna podaljšana stranska linija, kamor mora doskočiti 2. odskok žoge,
- Igranje v sredino bo tekmeču zmanjšalo prostor in možnost, da igra udarce pod kotom.

Koncept 6 – napadi krajšo žogo

- Določi kaj je za tebe krajša žoga (število korakov, da dosežeš dobro pozicijo za volej), od trenutka, ko tvoj napad doskoči,
- Napadi na tekmečevo slabšo stran, torej na stran, kjer igra višje ter globlje,
- Gibaj se skozi udarec in napadi znotraj varnostnih črt,
- Učinkovitost na mreži pomeni, če dobiš 2 od 3 točk (66%).

Koncept 7 – dvojni interval

- Uporabi dvojni interval v naslednjih situacijah:
 - Napad in volej,
 - Nizek in visok volej,
 - Prvi in drugi passing,
 - Servis in volej.
- Poudari pomen, dobiti točko z drugim udarcem (pr. prvi passing na slabši volej tekmeca in drugi passing zaključni udarec).

Koncept 8 - D.N.O.

- Kadar si na osnovni črti igraš v skladu s svojo pozicijo: obrambno, nevtralnno, napadalno,
- 1.vidik – naš položaj:
 - Obrambno je za osnovno črto =D,
 - Nevtralnno je na osnovni črti = N,
 - Napadalno je znotraj igrišča = O,
- 2.vidik – naša situacija:
 - V kakšni situaciji izvajamo udarec (udarec v teku).

Koncept 9 – zadrži linijo

- Ko si pod časovnim pritiskom ne spreminjaj smeri udarca,
- Uporabi velike („safeline“) tarče,
- Na nizke voleje blizu mreže je po pravilu HPT igrati paralelo,
- Pravilo kvadarata 1m X 1m.

Koncept 10 - variraj

- Spremeni taktiko in ritem, ko je potrebno in uporabi:
 - Več ali manj spina,
 - Slajz bekend,
 - Višji lok nad mrežo,
 - Ostani na osnovni črti dlje,
 - Spreminjaj hitrost žoge,
 - Napadi res zelo kratke žoge,
 - Udari prvi servis kot svoj drugi servis,
 - Vzemi si več časa med točkami.

Vprašanja

- Video – Tennis Canada – Singles Tactics -

Delavnica na igrišču 1

Temeljni taktični principi in cilji za naprednejše igralce v 5 igralnih situacijah

- Taktika serviranja,
- Taktika reterniranja,
- Taktika igre na osnovni črti,
- Taktika napada in igre pri mreži,
- Taktika v obrambni situaciji.

Delavnica na igrišču 2

- Koncept 1 – igray zanesljivo in upoštevaj % tenis,
- Koncept 2 – upoštevaj cone,
- Koncept 3 – razumi tarče,
- Koncept 4 – zmanjšaj število sprememb smeri,
- Koncept 5 – igray v sredino,
- Koncept 6 – napadi krajšo žogo,
- Koncept 7 – dvojni interval,
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- Koncept 10 – variraj.

Temeljne značilnosti taktike vrhunskih igralcev

Glavne značilnosti taktike vrhunskih igralcev

Variacija udarcev

- Topspin zagotavlja bistveno višjo kakovost udarcev,
- Igralci so sposobni spreminjati količino topspina pri posameznem udarcu,
- Sedaj udarjajo žogo bolj ravno (nižje, globoko in hitreje,
- Reterin in passing sta postala udarca s katerimi igralci lahko zaključujejo točke,
- Natančnost in zanesljivost se nista poslabšali z uporabo „novega“ topspina.

Glavne značilnosti taktike vrhunskih igralcev

Pokrivanje igrišča

- Igralci so sposobni pokriti celotno igrišče zelo učinkovito,
- So sposobni igrati natančno in hitro z vseh delov igrišča,
- So sposobni tekmece spraviti pod pritisk.

Glavne značilnosti taktike vrhunskih igralcev

Dvoročni bekend

- Je spremenil strategijo igre: igra na osnovni črti prevladuje,
- Problem servis mreža igralcev, ker igralci z dvoročnim bekend reternom lahko igrajo udarce v različnih višinah,
- Igralci z DB vršijo pritisk na tekmece z vseh položajev,
- Igralci z DB lahko rešujejo različne situacije z bekend slajzom ali volejem,
- Igralci z DB lahko uporabijo „drive“ volej na sredini igrišča,
- Igralci z DB praktično nimajo slabosti na igri na osnovni črti.

Glavne značilnosti taktike vrhunskih igralcev

Igra na osnovni črti je hitrejša in bolj napadalna

- Značilno boljša kondicijska pripravljenost igralcev,
- Tehnična kompetentnost,
- Sodobna tehnologija loparjev,
- Uporaba sodobne teorije gibanja in treniranja (biomehanika, anatomija, metodologija, psihologija...).

Glavne značilnosti taktike vrhunskih igralcev

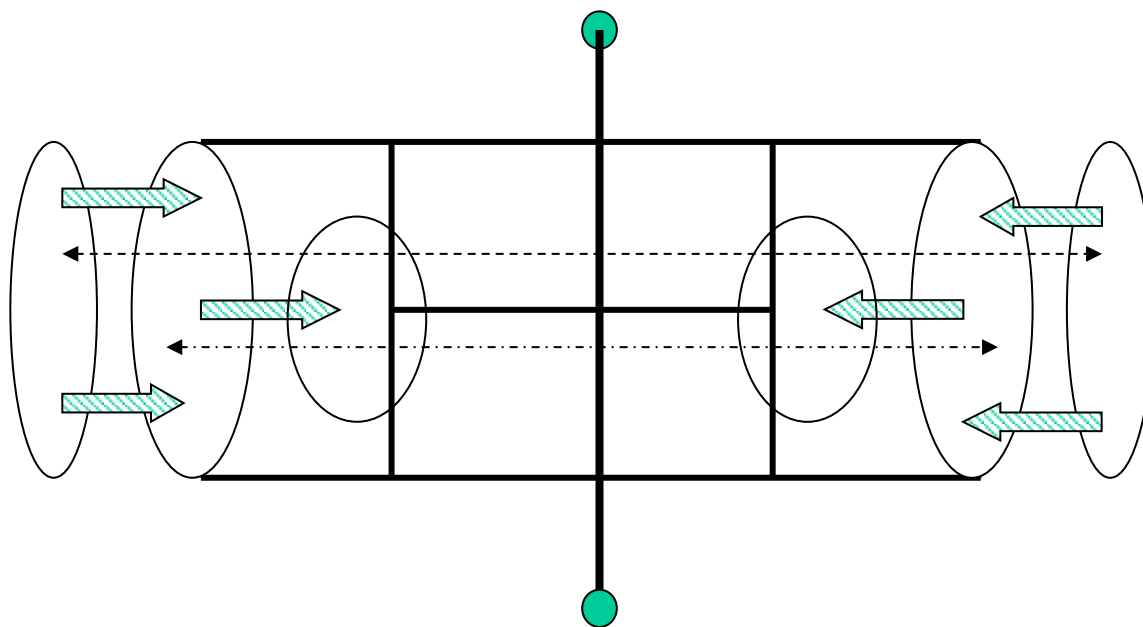
Nove temeljne strategije vrhunskih igralcev

- Večina igralcev vrši pritisk na tekmeca in želi zaključiti točko z zaključnim udarcem.

Glavne značilnosti taktike vrhunskih igralcev

Nova pozicija igralcev na osnovni črti

Razdalja med igralcema se je zmanjšala.



Glavne značilnosti taktike vrhunskih igralcev

Igralni stil

- Profesionalni igralci so danes izjemno kondicijsko pripravljene in močni,
- Večina igralcev igra zelo hitro, se giblje hitro in pokriva igrišče in so taktično zelo napadalni,
- Obrambnih igralcev v profesionalnem tenisu ni več.

Glavne značilnosti taktike vrhunskih igralcev

Igralni stil

- V sodobne tenisu je razlik med igralnimi stili vedno manj,
- Še vedno je nekaj igralcev, ki temeljijo svojo igro na servisu in voleju, vendar so sposobni igrati tudi na osnovni črti,
- Enako se dogaja s specialisti za peščena igrišča,
- Svojo igro bazirajo na osnovni črti, vendar so sposobni učinkovito igrati tudi na mreži,
- Zato je vedno več vsestranskih igralcev in vedno manj „čistih“ servis mreža igralcev.

Tactics at top level

Introduction

- At top level, the players are so proficient at executing a game style and the corresponding tactics that the opponent and the environment become of secondary importance.
- The main objective is to simply impose their games on the opposition.

Serve tactics

Where and what to serve?

- Many different styles and types of serves on the circuit
- Up until a few years ago, there were many different serve and volleyers.
- Sampras, Rafter, Edberg, Ivanisevic, Henman, Cash, and Becker all with different service styles and used to different effect with different results.
- Rafter, Henman and Edberg have been the most successful servers of their type due to their quick movement and a style of serve that allows them to create great position at the net.

Serve tactics

Where and what to serve?

- Most modern players tend to go for the aces, why?
 - In part to the increasing effectiveness of the return and
 - The slower court surfaces on the world circuit.
- But what if they have a bad day?

First serve tactics

Main features at top level

- In men's tennis, power abounds.
- Very few cannot hit first serves at least 110 miles per hour (mph).
- Regardless of their game style or surface preference, most players can hit aces and unreturnable serves.
- The big servers are those that can consistently hit first serves over 120mph.

First serve tactics

Main features at top level

- The number of players in the upper end of the serving spectrum has continued to rise, with several players capable of serving speeds over 135mph
- There seems to be little advantage of even harder serves once speeds of around 125mph can be reached.
- Andre Agassi commented that he would rather have 141mph on his racket, than a 120mph ace go by him.
- Very few Grand Slam titles are won by players that do not have a serve that is an effective weapon.

Second serve tactics

Main features at top level

- Bigger second serves is the most visible development of modern tactics at top level
- Second serves of 110mph and higher are more and more common.

Serve tactics

Percentage

- The percentage of points won is a telling statistic.
 - Among the top players it is usually over 80%.
- The percentage of first serves in is equally important.
- Players have raised the speed of the second serve in order to reap the same benefits.
- The fact that they are likely to throw in a few more double faults is a matter of calculating the risk vs. the possible gain, and each individual has to find the correct balance.

Serve

Tactical points

- When in doubt serve to the weaker side.
- The body serve is often under-used by big servers. Use it, because it gives the receiver a third variable to contemplate.
- A receiver with an extreme Western grip tends to have difficulty returning wide serves on the forehand.
- A hard slice down the centre in the ad court will make the receiver move more than a flatter serve.
- Chart the serving patterns to ensure that the player has a reasonably “random” pattern.
- Varying the starting position can pay benefits.

Return of serve tactics

Importance

- On average, approximately 30 games are played in a best-of-three-set tennis match.
- With an average of 8 points being played per game, that totals 240 points.
- Based on an average of 6 shots per point on clay courts, that means 1440 shots per match, i.e. 720 shots per player
- With each player to play 3 shots per rally, one out of three of these shots is either a return or a service.
- This means that 15% of all shots are returns.
- On clay courts 30 - 33 % of all points are already over immediately after the return.

Return of serve tactics

Importance

- On hard courts, there is an average of 5 shots per point that in turn, makes for 1200 shots per match, i.e. 600 shots per player.
- This means 2.5 shots per player per point.
- Out of these, one is either a return or a service, which means that about 20% of all shots are returns!
- On hard courts 37 - 42 % of all points are over immediately after the return!
- An additional 11% of all points on clay courts and 17% on hard courts end with the third shot.

Return of serve tactics

Importance

- Approximately 6% of all points on clay courts and 11% on hard courts end with the fourth shot. And an additional 7% of all points on clay courts and 9% on hard courts end with the fifth shot. Only the remaining 8% of all points on clay courts and 5% on hard courts end with the sixth shot.
- As the number of shots per rally increases, the number of points that are decided decreases. The beginning of every point is, therefore, particularly important.

Return of serve tactics

Importance

- Just as the return outcome depends to a great extent on the quality of the service, the outcome of the third shot (the second shot played by the server), depends on the quality of the return!
- The third shot, together with the fourth shot (the second shot of the receiver), determine the outcome of 17% of points on clay courts and 28% on hard courts. This either positive or negative outcome depends, according to a very high probability, on the quality of the preceding service or return (mid-court winners, put-away volleys, etc.).
- **This means that altogether about 50 - 70 % of all points in a match depend on the quality of either the service or of the return!**

Return of serve tactics

Importance

- The return contributes to about 25 - 35 % to the overall success or failure rate!
- That is approximately one third of the match!
- In today's tennis, the quality of the return is of crucial importance for the outcome of the match!
- The outcome of the fifth or the sixth shot (which, after all, account for 15% of all shots) depends, in the majority of cases, on the previous shots which, in turn, are very strongly influenced by the service and the return.

Return of serve

Tactical points

- The tactics used in returning are affected by the type, speed, and overall quality of the serve; the height of the bounce; and the technical abilities of the receiver.
- The DHB return and the ability of one-handed players to play shoulder high balls offensively have changed the nature of traditional serving patterns.
- Have a specific plan on every return even though you may have to resort to emergency shots on many fast serves and be ready to move in after you hit a good return.

Return of serve

Tactical points

- Keep in mind that a short, high ball is exactly what most players are looking for to attack. A second serve fitting this description makes the return of serve one of the best opportunities to be offensive.
- If either serve is generally weak, an effective receiver will move in and punish the server.
- Aiming the ball down the centre is under-rated on both returns and baseline play. Players tend to do better moving to the ball, rather than moving out of the way of the ball.
- If the ball is served quite wide, it is not the best shot to return the ball down the line to a server staying back. The same geometry applies to returning serve as baseline rallies.

Baseline game

Tactical points

- The primary issue is one of optimal positioning.
- The number of professional players that are able to play consistently near the baseline is very limited, despite the thinking that the tempo of the game is becoming ever quicker.
- The experience of many male American players is that they have had to move back off the baseline to avoid losing points outright; hit the ball hard enough to survive in the point; and to have some forward momentum when the opportunity to attack arises.
- A relentless pursuit of the ideal contact point is very apparent in most professional players on slower surfaces.

Baseline game

Tactical points

- A related concept is the role of defence in today's game.
- A blocked shot or floating slice was the common defensive shot in the past.
- Many, if not most current players throw up high slow topspin as the defensive groundstroke of choice.
- Interestingly, there is so much offence being used in the game, that there is also a great deal of defence as well. It is certainly possible that there are less neutral shots being played now than before.

Baseline game

Tactical points

- There is less running around the backhand than existed just a few years ago.
- This is due largely to the evolving ability of players to change direction of the ball with ease, particularly when hitting backhands down the line.
- Good examples include Kuerten, Williams (both), Agassi and Corretja.

Approaching the net

Tactical points

- The approach shots has largely changed in the men's game.
- Players are very good at moving in to finish shorter, high balls.
- They are far less proficient at handling low, short balls.
- Approaching to the forehand is risky at best against most players since they have three options (down the line, crosscourt or topspin lob) and can execute all of them well.
- Hitting mid-court balls wide to either SH or DH backhands tends to reduce the options of the defender.
- Do not forget the benefits of hitting down the centre. The slice is very effective against two-handed and extreme grip players.

The advanced net game

Introduction

- In men's tennis, the serve and volley exists and is effective.
- Many baseline players are adding volleying skills to their arsenals.
- The best volleyers avoid pushing volleys to the open court. They hit more offensive volleys, particularly backhand cross-courts (e.g. Rafter) that are very effective.
- Just getting the ball deep is not good enough at the professional level.

The advanced net game

Where to volley?

- The modern game has changed the focal point for the first volley.
- Fifteen years ago the quicker courts made life a little easier for the attacking player but most of the same principles still apply.
- But where do you volley when you are playing on a high bouncing clay court or a slow hard court?
- What if you are playing against an opponent who uses heavy topspin? Or a hard hitting, flat returner like Andre Agassi?
- Are your players hitting too many simple volleys out?
- Simplicity when volleying can often make a huge difference to a player's consistency at the net

Tactical importance of the first 4 shots: Practice tips

- Rallies very often do not last even 4 shots
- But some coaches think that we should use a lot of drills where the ball is stopped after the fourth shot.
- The first 4 shots in a rally are very important, but this doesn't mean that a rally which can be finished with the 5 or 6 shot should be stopped after the 4.
- It would be a pity not to grab the opportunity to play that winner, passing shot under pressure, ... because these are very often the shots that will make the difference in important matches.
- If players should only practice short and aggressive rallies, they should continue to play the fifth or sixth shot only if they have created a situation where they can finish the point.
- A player should also practise long rallies as well. In preparation for tournaments played on slower courts this is of particular importance.

The advanced net game

How to intercept the passing-shot?

- The answer is experience.
- There are several common positions to which most players like to hit their pass. I.e., Sampras always went down the line on a wide running FH. Philippoussis, on the other hand, almost always goes crosscourt on the same shot.
- Use anticipation (read a player's intention). I.e., if the 'passer' has a low ball inside the baseline and takes a large swing he is clearly not going to lob, therefore, a quick step forward will improve the net player's chances of reaching a good pass.
- An attacking player only needs one or two of these shots to go over to frustrate a baseliner, who in return, will tend to aim closer to the lines, likely producing more errors.