

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Acquisition of basic skills - Basic Strokes

COURSE CODE:

N441

CREDITS (E.C.T.S.)

6

TEACHING PERSON:

NAME	Mavvidis Alexander	
POSITION	Assoc. Professor	
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OTHER INSTRUCTORS	Mantis K., Athanailidis I.	

SECTOR OF THE COURSE	Sports Training Theory and Application
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YEAR OF TEACHING: 1ST [] 2ND [] 3RD [X] 4TH []

SEMESTER: FALL [X] SPRING []

COURSE TYPE: OBLIGATORY [X] ELECTIVE []

COURSE DURATION:

PER WEEK	6
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DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

Sports Training Theory and Application	Tennis
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LANGUAGE OF TEACHING: GREEK [X] ENGLISH []

AIM OF THE COURSE (acquired skills & learning outcome)

- Improving basic strokes technique
- Distinguishing mistakes and avoiding them
- Control performance during stroke and rally for both strokes vertical and diagonal to the net
- Using basic strokes from various spots of the court and choosing the right technique
- Improving performance technique at lob and smash Basic status theory of moving during special ground strokes
- Training slice Forehand & Backhand, spin Forehand & Backhand up to a certain performance level, looking for improvement at 7th and 8th semester.

COURSE CONTENTS (outline – titles of lectures)

1. Training Forehand stroke technique from open stance.
2. Comparing forehand from open and close stance. Students perform both stroke techniques and check the differences
3. Forehand & Backhand at vertical & diagonal target. The different techniques of body involvement and strokes technique.
4. Forehand & Backhand at various spots of the court. Performing the same stroke e.g. forehand from basic line and a little further away from service line.
5. Training forehand in backhand site (in site out)
6. Training of two handed backhand
7. Improving two handed backhand
8. Comparing one hand Backhand versus two handed. Students perform both stroke techniques and check the differences.
9. Improving volley technique. Potential change of students racket grip for a better volley.
10. Long and classic volley in conjunction. Drills after a powerful serve or a ground stroke with both kind of volley's.
11. Half volley. Drills after a powerful serve or a ground stroke with a half volley or a long volley
12. Lob and smash as a unit. Students must be able to perform more than 2-3 repetitions of this unit
13. Improving lob and smash strokes
14. Theme (1st Advancement) discussion about the answers
15. Mistakes and corrections of basic strokes technique (theory)
16. Mistakes and corrections of basic strokes technique (praxis). Videotape of the stroke movement, contrast with watching another videotape, feedback on the court. Using special drills as a target for correcting mistakes.
17. Mistakes and corrections of the volley (theory). Showing transparencies, conversation, experimenting with proper ways for correction.
18. Mistakes and corrections of the volley (praxis)
19. Mistakes and corrections of the serve (theory).. Showing transparencies, conversation, experimenting with proper ways for correction
20. Mistakes and corrections of the serve (praxis)
21. Control performance during stroke and rally for both strokes vertical and diagonal to the net, low level difficulty
22. Control performance during stroke and rally for both strokes vertical and diagonal to the net, medium level difficulty

23. Control performance during stroke and rally for both strokes vertical and diagonal to the net, high level difficulty
24. Forehand crosscourt rally. Point of ball impact in front of the body towards the net. Placement of the body. Recovering at the starting point of the centre on the basic line
Advanced drills of basic strokes with target training footwork technique at tennis.
25. Backhand crosscourt rally. Point of ball impact in front of the body towards the net. Placement of the body. Recovering at the starting point of the centre on the basic line.
26. Improvement of other taught strokes like lob and smash.
27. Drills for the footwork in ground strokes
28. Drills with ground strokes and putting them together with volley, serve, lob etc.
29. Drills for match simulation and increased difficulty of the half volley.
30. Theme (2nd Advancement) discussion about the answers
31. Special drills for beginners of the racket swing to produce rotation for executing Forehand & Backhands spin.
32. Introduction with special ground strokes of Forehand & Backhand spin and slice
33. Introduction with special serve
34. Tactics for using the serve
35. Tactics for using the serve and return of serve.
36. Tactics for using the ground strokes
37. Tactics of using the basic strokes. Match progression with the use of every stroke from various spots of the court with different target.
38. Scientific research for the issues of tennis technique at world journal references.
39. Find and analyse an article about technical issues from international book references.

TEACHING METHOD (*lectures – labs – practice etc*)

Theory of technique – teaching of the various strokes using oral presentations and practical training

ASSESSMENT METHOD(-S)

1. Written examination (50%)
2. Practical assessment (50%)
3. Progress bonus: Anyone who achieves an 8 or above for at least 2 times, then he/she retains that grade both in theoretical and practical assessment
4. Coursework bonus: Anyone who obtains an “excellent” he/she gets a bonus mark ranging between 0.5 and 1

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Improve the ground strokes technique
2. Make Diagnosis skills about to get around mistakes in technique.
3. Play cross and long line forehand and backhand continual.
4. Improve the technique of lob and smash.
5. Know about theoretical movement in the top-spin and slice

LEARNING OUTCOMES – CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
To improve technique of basic ground strokes	Individual training-discussion	Implementation with tests on target in tennis court	60
Diagnosis skills about to get around mistakes in technique	Technique's video analysis and corrections per student	Written advance examination of learning and discussion	30
Cross and long line Hit control in the groundstroke's	Lecture about technique of this skill and practice	Implementation with tests on target in tennis court	30
Technique improvement in lob and smash	Demonstration and teaching of these skills and practice	Play only with the two strokes and practice's control	20
Theoretical knowledge about movement in the top-spin and slice	Lecture about Ball rotation round his axis and ball's path of motion. Introduce in specialized strokes	Written advance examination of learning and discussion	40
		TOTAL	180

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Mavvidis A (2012). "Tennis and technique", Athens: TELETHRION.
2. Koronas K. (1996). "Tennis technique and methodological teaching – special laws". Thessaloniki: CHRISTODULIDIS.
3. Mavvidis A. (2005). "Teaching and training for tennis": Athens, TELETHRION