

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Acquisition of special skills at tennis - Special Strokes

COURSE CODE:

N442

CREDITS (E.C.T.S.)

8

RESPONSIBLE FOR THE COURSE:

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 [] SPRING [X]

COURSE TYPE: OBLIGATORY [X] ELECTIVE []

COURSE DURATION:

PER WEEK	4
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DIRECTION

SPECIALIZATION

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

AIM OF THE COURSE

Understanding the technique of special serves, racket swing analysis, body, feet, etc
Acquisition of feeding skill with a racket
Understanding the way a ball spins around its axis at special strokes. Introduction at special strokes, which require more spin of the ball around its axis, like drop-shot, volley-stop, lob slice & spin, half volley with slice & spin.
Moving towards the net
Scientific research for the issues of tennis special strokes technique at world journal references

COURSE CONTENTS

1. Learning special slice serves. Showing and training the movement under easy circumstances (racket grip, against a wall, etc.) special drills for tossing the ball. Changing the racket grip for those it is necessary.
2. Learning special serves of spin and twist. Showing and training the movement under easy circumstances (racket grip, against a wall, etc.) special drills for tossing the ball. Changing the racket grip for those it is necessary.
3. Mechanical analysis of special strokes. Analysing transparencies, and framed photos of the special movements. Conversation within the lesson.
4. Improving of the slice and spin ground strokes. Performing strokes under advanced level
5. Smash with a backward jump, BH smash. Training for proper backwards footwork, backward jump and catching the ball, striking with the palm, racket, etc.
6. First Test . Written test with 5 questions which must be properly analysed according the theory of previous lessons.
7. Practice training at the slice serve
Perform this serve during a match specially from the right court side
8. Practice training at the top-spin serve. Perform this serve during a match specially from the left court side.
9. Playing only with one (second) serve and an imagery left-handed opponent
10. Tactics of returning the serve. Training return at different targets, with various ball speed and changing the return stroke.
11. Testing special serves – corrections. Individual correction for every student from all the group with teachers guidance. About 15 minutes for every student
12. Learning volley stop and drop shot technique. Drills for beginners with a lot ball spin. Placing a target back and near the net where the students are trying to aim with easy balls at the beginning
13. Learning the lob slice & spin technique. Drills for beginners with a lot ball spin. Placing a target back and near the net, where the students are trying to aim, with easy balls at the beginning.
14. Learning to react at lob slice & spin strokes. Striking the ball after bouncing on the ground (run backwards and round the ball).
15. Training the students to move towards the net.
16. Advanced level drills, “half volley - long volley”
17. Training the students to move towards the net I.
18. Training the students to move towards the net II. “lob – passing shot and continuing
19. Training for moving towards the net and dealing with situations near the net, after a return from a serve
20. Second test. Written test with 5 questions which must be properly analysed according the theory of previous lessons of this semester.
21. Training for feeding I. Feeding the ball at a specific target with two feeding methods. Making a test for individual success evaluation
22. Training for feeding II. Feeding the ball at a specific small target with two feeding

- methods. Making a test for individual success evaluation
23. Training for feeding II (with spin and slice)
 24. Improving in the strokes
 25. Testing students for “the strokes”. Examine the whole students group for the strokes applying specific tests
 26. Testing students in the area of competitiveness. Creating a students championship and observe with simultaneously evaluation from the rests of the students

TEACHING METHOD

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. Understanding the technique of special serves, racket swing analysis, body, feet, etc
2. Acquisition of feeding skill with a racket
3. Understanding the way a ball spins around its axis at special strokes. Introduction at special strokes, which require more spin of the ball around its axis, like drop-shot, volley-stop, lob slice & spin, half volley with slice & spin.
4. Moving towards the net
5. Scientific research for the issues of tennis special strokes technique at world journal references

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
Understanding technique of basic ground strokes	Individual training- discussion	Video analysis - discussion	60
Acquire the ability to feed with racket	Lecture in basic disciplines – practice per student	Written advance examination of learning and discussion	40
Understanding ball's operation around his axis in special strokes. Introduction in special strokes that require augmented ball's rotation around axis of drop-shot, volley-stop, lob slice & spin, half volley as slice or spin	Lecture about biomechanics of ball's rotation. Practice according to the special strokes	Written advance examinations, answer's discussion, practice on special strokes	40
Acquire the ability of transition towards the net	Demonstration and teaching of these two strokes- understanding exercises	Play only with the two strokes and control's tests	40
To acquire the ability of research according to the special technique, in worldwide literature	Oral presentation of research study in 15 minutes	Evaluation of presentation	60
		TOTAL	240

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