

## INCREASE THE EFFICIENCY OF TENNIS PLAYERS' MOVEMENT ON THE COURT

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**Annotatsiya.** Maqolada tennisda maydon bo'ylab harakatlanish samaradorligini oshirish yo'llari ko'rib chiqiladi. Tennis sport turi bo'lib, u sportchidan raqibning harakatiga qarab turli yo'nalishlarda tez harakat qilish qobiliyatini talab qiladi. O'yinchi tez harakatlanishi kerak, bunda qaysi yo'nalishda harakatlanish kerakligi haqidagi qaror darhol qabul qilinadi. O'yin vaziyatida sportchining jismoniy imkoniyatlari ko'p funksiyali, ammo eng kam vaqt ichida harakat harakatlarini bajarishni ta'minlaydigan eng muhim sifatlar tezlik qobiliyatlari hisoblanadi. Tezlik qobiliyatlari namoyon bo'lishining elementar yoki asosiy va kompleks shakllari ajratiladi [2,4,5]. Sportchining tayyorgarligini baholashning asosiy parametrlariga quyidagilarni kiritish mumkin: harakat reaksiyasi vaqti, yakka harakat tezligi va harakat chastotasi. Kompleks mashqlarga harakat yo'nalishini o'zgartirish, maksimal tezlikka erishish, sakrashlar, hamlalar kiradi, bular ko'p jihatdan koordinatsion va kuch qobiliyatlarining rivojlanish darajasiga, egiluvchanlikka va boshqa ba'zi omillarga bog'liq. Aynan ularning uyg'unligi kort bo'ylab samarali harakatlanish qobiliyatini belgilaydi.

**Tayanch iboralar:** tennis, harakatlanish, koordinatsiya, tezlik, muvozanat, muvozanat.

**Annotation.** The article discusses ways to improve the efficiency of moving in tennis around the site. Tennis is a sport that requires the ability of an athlete to make quick movements in various directions, depending on the opponent's action. The player must move quickly, and the decision about which direction to move is made instantly. In a game situation, the physical capabilities of an athlete are multifunctional, but the most significant qualities that ensure the performance of motor actions in the shortest time are speed abilities. There are elementary, or basic, and complex forms of manifestation of speed abilities [2,4,5]. The main parameters for assessing the preparedness of an athlete include: the time of the motor reaction, the speed of a single movement and the frequency of movement. By complex – changing the direction of movement, a set of maximum speed, jumps, attacks, which largely depend on the level of development of coordination and power abilities, flexibility and some other factors. It is their combination that determines the ability to move efficiently around the court. Key words: tennis, movement, coordination, speed, balance, balance.

**Introduction.** There are several factors that influence movement in tennis [1,3]. These are: 1. Perception of the situation. How a player sees the ball flying off the opponent's racket determines its direction and speed. 2. Making a decision. Speed of information processing the beginning of the action is to reach the ball, gain maximum speed, hit it. 3. The speed of reaction to a moving object is to see the ball, predict the place of its rebound on your side, predict the location of the ball when it needs to be hit. 4. Starting speed. How fast the player makes the first move. 5. Coordination and speed. The player's ability to move around the court quickly and easily in order to be at the most convenient point in time for a retaliatory strike. For tennis players, as well as representatives of other sports, the speed of braking is of great importance. If the movements are performed from right to left, then the athlete must stop in front of the ball and immediately change the direction of running after hitting.

In order to learn how to transfer kinetic energy from the racket to the ball as efficiently as possible during rebound strikes, a tennis player must assume a body balance position so that he can push off from the court while maintaining his body's center of gravity above the support. This process is called "dynamic equilibrium." Running in any direction and on various court surfaces requires moving the center of gravity of the athlete's body to the very edge of the fulcrum, as a result of which it finds itself in an unstable position or in a position of unstable balance, this allows you to run in the direction in which the center of gravity of the body has moved. However, the center of gravity of the body cannot be far away from the fulcrum, so in tennis, a preparatory movement is used that precedes a rapid change in the direction of movement – a "step apart". This movement allows you to instantly reach a position where the athlete's body is in a state of perfect dynamic balance. It can be considered neutral and, if desired, allows you to move the center of gravity of the body in any direction.

A special quality that affects the effectiveness of movements in tennis is balance – the ability to maintain body balance. There are two main types of balance: static (the ability to maintain a fixed position) and dynamic balance, which is the most important quality for playing tennis. In cases where the center of gravity is located above the point or base of the support, the athlete is in a state of balance or equilibrium. The support is formed due to the area bounded by an imaginary line that connects the front tips of the toes and the back of the heels. Sometimes the feet They are located close to each other or separated and shifted relative to each other, so the player is forced to slightly bend his legs at the hip and knee joints, while maintaining an almost vertical body position. This body position is as stable as possible, from the point of view of the statistical balance of forces, and is considered a model of balance.

To improve our dynamic balance skills, we have selected the following exercises: – playing mini – tennis with the help of ball medicine; – exercises on the "Eight" court; – exercise on the hemisphere; – jumping sideways from right to left "skater" with fixation and in a half-squat on each station.

Another very important ability of a tennis player is the ability to change directions. sideways movement to quickly follow the flying balls cross-country. There are two ways to do this.:

1. Step by step. Placing the feet of the feet at a low height in the same plane with a sharp set aside of the foot that is in front, in order to shift the center of gravity of the body.

2. Cross-step. Placing the feet of the feet with smooth movements at a low height in the same plane, with the intersection of the trajectory of one of the feet of the movement of the other foot. Using the cross-step technique, the player covers twice as much distance in half as many steps and with the ability to leave the hips parallel to the grid. Such methods of movement give the tennis player a stable position and, from a biomechanical point of view, this balance allows him to hit the ball hard without losing balance.

To improve the ability to change the direction of movement in response to unexpected and sharp blows from an opponent, the following exercises can be used: – lunges to the side, forward, backward after performing a "handshake"; – jumps laterally on bent legs at the knee and hip joints; – exercises "hexagon"; – moving with a "side" and "hidden" step between the chips; – exercise on the gymnastic ladder.

In tennis, competitions are held on various surfaces, but maintaining dynamic balance plays the greatest role on the ground. The special feature of moving on this surface is sliding and stretching, otherwise the athlete will have to take three or four extra steps outside the court in order to return back after making a shot from the corner of the court. To learn and improve the sliding

step, you must perform the following exercises: – catching a tennis ball thrown by a coach or partner in the direction behind which you need to run at maximum speed and switch to a sliding step at the moment of catching; – performing rebound strikes in the corners of the court with a sliding step; – alternate lunges using a sliding step when playing a rally.

A very important skill that determines a successful tennis player's approach to the ball is Coordination is the ability to perform coordinated, precise movements that allow you to control the position of an athlete's body when running and performing purposeful actions on the court.

An example is the first starting step. The first or starting step should be It begins with a "handshake" – shock-absorbing movement in the hip, knee and ankle joints, followed by movement, depending on the game situation and the athlete's sense of foresight. The movement at the first , starting step is performed usually with some counter movement or rapid decline the center of gravity of the body relative to the fulcrum. The ability to perform this movement is largely due to the speed and strength qualities of the legs. The main means of increasing the speed and strength of the legs strength and speed-strength exercises can be considered, as well as low-intensity plyometric exercises, such as: – squats with jumping out; – 180-degree jumps; – jumping rope; – jumping onto a platform; – running with knee lifts.

Thus, the factors discussed in this article that determine the effectiveness of movements in tennis, and the selected tools that improve the technique of moving players, depending on different game situations, can be taken into account by coaches who practice with both novice tennis players and qualified athletes.

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