

RECREATION OF TENNIS PLAYERS 3-5 YEARS ACCORDING TO THE PROGRAM 10S

*Brunova V. S., Undergraduate of group 91111
Volga Region State University of Physical Culture, Sports and Tourism,
Kazan, Russia*

Abstract

The scientific article reveals the importance of understanding the recreation of young tennis players 3-5 years old. Indeed, at the moment, this topic has not been fully studied, but is just beginning to take root in the lives of future athletes and coaches. This leads to frequent changes in training methods, which allows us to analyze and find more and more information about safe and effective training. As a result, we will be able to raise a healthy and strong generation. Also, the player's further life depends on the understanding of the preparation process, because at this stage the initial formation of the personality and the development of motor skills take place.

Introduction. During the study, we studied scientific and methodological literature, conducted observations on the territory of the Kazan Tennis Academy, and also conducted a survey among ITF representatives. The problem of recreation of tennis players 3-5 years according to the program 10s is still **relevant**.

The purpose of the research: To review safe introduction of young tennis players 3-5 years old to the world of tennis.

Tasks of the research:

- 1) to analyze the literature on the research topic;
- 2) to make sure of the positive impact of the 10s program on the child's body;
- 3) to draw conclusions about the effectiveness of the program 10s.

Methods of research: study and synthesis of literature, analysis, observation.

The results of the research and their discussion. Based on the works of Anikina T.A., Zefirova T.L., Rusinova S.I. etc., the child's body is an unstable, fragile system. And inappropriate planning of any loads can lead to health problems, and possibly to chronic diseases, which leads to disruption of the development of the body system[3].

The tendency to start a sporting path at an early age can significantly harm its formation. Therefore, it is important to approach the planning of training in an appropriate way, to take into account the psychological characteristics, the peculiarities of the sensitive periods of a particular age, and the level of preparedness of the trainee, writes E.I. Vasilyeva[1].

The main goal of physical education (according to Valentina Shebeko in the book "Theory and Methods of Physical Education of Preschool Children") of children is the uniform development of the functional systems of the growing organism[6].

Based on the fact that at a young age, children perceive speech poorly, it is recommended to use mainly visual teaching methods in the training process:

the use of visible or observable things, says Zhuravleva A.Yu .. And also the kinesthetic way of teaching: physical participation, the very practice of the game. But at the same time, we must not forget about learning with the help of audio: speech, music, sounds[5].

Also, Zhuravleva A.Yu. noted at the webinar "Specificity of classes with children 3-4 years old" that students of this age are able to maintain concentration for about 5-15 minutes. after this time, increased fatigue is noted with prolonged preservation of the same posture and performance of the same type of movements. Therefore, it is recommended to train for 45-60 minutes. with a constant change of exercises and a variety of bright equipment. This will make the child more interested[7].

With regard to physical activity, children are more prone to aerobic activity (low-intensity exercise), where the strengthening of the respiratory, skeletal muscles, as well as the heart muscle occurs. This leads to an increase in its efficiency and a decrease in resting heart rate, A.A. Yuzhakov.

Having chosen the type of training according to physiological capabilities, one can begin to form a motor skill. A motor skill is the optimal degree of mastery of an action technique, characterized by automated (Zh.K. Kholodov on minimal control from the side of consciousness) movement control, high strength and reliability of performance.

Also, when teaching preschool children, it is recommended to use the game training method. According to the doctor of psychological sciences N.N. Poddyakov, its essence lies in the extensive use of outdoor games, game exercises and techniques in the consolidation and development of motor skills. This method can be both practical and exist as a separate teaching method.

The game allows the child to be interested and satisfy his basic needs. At the same time, he develops other types of activity: learning and work.

The main features of children's play are: freedom and independence of the child in the process; self-regulation of actions, actions; emotional richness of the game; lack of materially expressed results; adaptation of the child in society, etc.

So, through this method, being involved in the play process, the child acquires new skills. Learning happens unconsciously and has a gentle character.

Also, when preparing young tennis players, their physiological capabilities should be taken into account. The age from 3 to 5 years in children is a period of intensive growth. On average, a child stretches 7-10 cm. A feature of the physical development of children of this age is a change in body proportions. In most cases, the length of the limbs increases, outstripping the growth of the body, writes S.A. Esakov. Therefore, the training program must be adapted to the growing body of the young athlete. In this regard, the increase in muscle mass is low, it lags significantly behind the rate of increase in body length. Therefore, in the training process, it is not recommended to include heavy power loads in order to exclude the possibility of damage to the joints, slowing down the growth of the limbs[4].

In preschool age, the tone of the flexor muscles exceeds the tone of the extensors. It is difficult for children to keep an upright position when standing and a straight back position while sitting for a long time. And they are also characterized by high excitability and low inhibitory processes of the nervous system, this leads to poor coordination motor actions[2].

If we talk about expedient training, then children better tolerate short-term dynamic loads with short intervals, longer cyclic exercises of low intensity and speed-strength

exercises (Viktor Nikitushkin, F. Suslov " Sport of the highest achievements. Theory and methodology ").

Based on observations, children are characterized by high physical activity. It is required for the adequate formation of the child's body, minimizing morbidity and developing immunity to adverse environmental conditions.

Therefore, in order to improve physical qualities, it is not recommended to deprive a child's body of such activity and give a heavy power load, which does not correspond to a special system of physical exercises. Since there is a possibility that such training will only negatively affect the development of a young athlete.

Conclusion.

Based on the specifics of the child's body, its characteristics, a special selection of physical activity is required. In which play (recreational) methods of teaching or upbringing motor skills should prevail, as the 10s program suggests to us. The child should not be focused on exercise and must be in the game. This will allow you to smoothly introduce children aged 3-5 to sports.

References

1. Vasilieva, E.I. Physical development of children: teaching aid for students / comp .: E.I. Vasilieva; GBOU VPO ISMU of the Ministry of Health of Russia. - Irkutsk: ISMU, 2012 .- p 25.
2. Volkova K. I. Development of coordination abilities of senior preschoolers on the basis of a differentiated approach / Volkova K. I., Voronina L. V., Malozemova I. I. - Yekaterinburg: Ministry of Education and Science of the Russian Federation Federal State Budgetary Educational Institution of Higher Education «Ural State Pedagogical University» Institute of Pedagogy and Childhood Psychology Department of Theory and Methods of Teaching Natural Science, Mathematics and Informatics during Childhood. -2017 - Pp. 14-15.
3. Dorokhov R.N. Children. Sport. Health. (Issue 10): Interregional collection of scientific papers on the problems of integrative and sports anthropology. /

under the general editorship of Doctor of Medical Sciences, Professor R.N.Dorokhov. - Smolensk: SGAFKST - 2014 -p. 188.

4. Esakov S. A. Age anatomy and physiology: a course of lectures / Esakov S. A.- Izhevsk: Federal Agency for Education GOUVPO "Udmurt State University" Faculty of Biology and Chemistry Department anatomy and physiology of humans and animals. -2010 – Pp. 15, 46.
5. Zhuravleva A.Yu. "Specificity of classes with children 3-4 years old" // Indicators of physical development as an objective readiness of the child to start playing tennis. Assessment of basic movements and the formation of physical qualities, Moscow, Youth Sports School "Tennis Park".
6. Shebeko V. Theory and methodology of physical education of preschool children / Shebeko V. - Minsk: Higher school, 2015. - Pp. 511.
7. <https://tennis-i.com/tennisnaya-entsiklopediya/roditelyam/detskij-tennis-po-play-stay-i-detskie-sorevnovaniya-po-tennis-10s.html>, 01.11.2021 г.