Abstract

The aim of this study was to investigate the effects of some physical properties on the speed of forehand and backhand strokes in tennis. The study group of the study was made by Isparta Suleyman Demirel University, Tennis Courts from 10-12 Age Tennis Players (average age 10.15±37 (years), average height 1.46±06 (m), body weight average of 38.77±6.67 (kg), the mean age of the sport was 4.76±1.16 (years). In the measurement of the ball speed, the forehand and backhand beats are used on a closed tennis court to control the effect of the air. The athletes were warmed until the maximal forehand reached the backhand speed. 3 minutes after the warm up of the athletes, the tests phase was started and forehand and backhand were requested at 8 maximal speed. Sports Radar and Power Madd were used to measure the speed of the ball. The radar used in the measurement of the ball speed was taken from behind the athletes at the moment of the stroke. The strokes were used according to the rules of tennis and the condition of throwing the ball into the field was searched and the strokes were not recorded as value. The feedback of the speed has been reported to the players for maximum effort. All the strokes were taken to the parallel point of the field. In order to make the strokes of the athletes, the ball was provided by two tennis players. For the analysis of the data, descriptive statistics and correlation analysis were used in the statistical package program. Severity was accepted as p<0.05. As a result, sports scientists, coaches 10-12 age group of tennis players in the preparation of the physical features of the physical development of the training program should be given importance. However, with the help of a correct technique, it can be thought that the force development and accordingly the ball speed will increase. Physical development is more likely to be affected by age.