



TECHNIQUE IN PLAYING FOOTBALL-TENNIS – IMPORTANT ASPECTS

Anamaria GHERGHEL¹

Corina ȚIFREA²

Abstract

Football-tennis is a sport invented in 1922, which can be played both individually and, on a team, (one, two or three players on a team; double or triple mixt - men and women). It is a complex sport due to it engages all groups of muscles and at the same time implies technical and tactical skills. Football-tennis is not only used as a pastime game, but it is also played aiming to achieve peak performance, the difference being made by the technical skills of those who practice this sport discipline in a competition system.

Keywords: sports events, participants, street running, organization, race

JEL Classification: I20, I29, M3

DOI: 10.24818/mrt.20.01.01.08

1. Introduction

Football-tennis is a sport invented in 1922, which can be played both individually and, on a team, (one, two or three players on a team; double or triple mixt - men and women). It is a complex sport due to the fact that it engages all groups of muscles and at the same time implies technical and tactical skills.

Football-tennis is not only used as a pastime, but it is also played in order to achieve peak performance, the difference being made by the technical skills of those who practice this discipline in a competition system.

2. The current level reflected in literature

The current publications, both national and international, are not as abundant and instructive as one might need, therefore, this paper is going to present all the aspects related to techniques and tactics of the game in order to provide helpful materials for those who would like to study these aspects in the future.

¹ Anamaria Gherghel, National University of Physical Education and Sports, anamaria.gherghel@yahoo.com, Telephone: 0734.388.760

² Corina Țifrea, National University of Physical Education and Sports, c.tifrea@yahoo.com, Telephone: 0722.780.759



Moreover, competitively speaking, Romania has got great results for all categories in World Cups, European Cups and World Championships.

The Addressed Issue

The Technique is represented by a system of motor structures specific for each department in sports which is effectuated rationally and economically in order to obtain a maximum efficiency in a competition.

According to those mentioned above, one can tell that the techniques of playing football-tennis are determined by the sum of the acyclic motor structures based on space and time perceptions specific to this kind of sports which can lead to maximum results in competitions when used correctly.

To determine the techniques during a football-tennis game there are specific motor skills (implied technical procedures) which can be used if we take into account the higher nervous activities, the biomechanics of kicking and, last but not least, the physical possibilities of the players in order to solve as effective as possible the situations which can occur in attack or in defense during a game.

We will make a systematization of the techniques taking into account the succession of the game phases, more exactly the attack phase and the defense phase, which alternate continuously:

I. Individual actions of attack which have the role to pass the ball over the net in order to put the opponent into difficulty, making them unable to play the ball and consequently to lose the point.

a. Serving: volley kick, drop kick (ball hitting the ground before being kicked); short/ long diagonal serve, long service line (back boundary line); T-shaped serve, inside/ outside effect kick, upward effect kick;

b. Passing the ball: forward with high or short trajectory

c. Attacking: short / long diagonal kick, long service line, short kick, roundhouse kick, spike kick;

a. Serving

- ✓ **Volley kick:** The player faces towards the opponent's side, with their legs slightly opened, the leg to hit the ball being positioned backwards for the impetus movement and the process of hitting the ball. The other leg has the role to balance the body which is leaning forward. The ball is held in one hand, then it is released. The falling ball is kicked with a going forward movement using the interior or exterior side of the foot, or with the laces side of their shoes. Then the player steps forward on the leg which hit the ball. After serving the ball the player takes his/ her side of the court area to get engaged in his/ her defense actions.



- ✓ **Drop kick:** It is considered a more difficult procedure because of the immediate kick of the ball right after it bounces back. The bouncing depends on the elasticity of the ball and its trajectory is determined by the support leg and the moment of kicking.
- ✓ **Short/ long diagonal serve** is made on the left foot of the right-footed opponent. Its aim is to floor the opponent making it almost impossible for him to return the ball over the net and score.
- ✓ **T-shaped serve** has the aim to surprise the opponent who tends to be located most of the time in the left side of the court in order to defeat his/ her left-side clumsiness. In this way you are able to realize an ace – serve, which is very difficult to make in football-tennis.
- ✓ **Outside effect serve** aims to drag the opponent out of the playing area towards the left side as far as possible, making him/ her serve from the left side of his/ her court and, consequently, letting him/ her just only one possibility to send the ball back which is on the diagonal. If the ball is sent in the right side of the opponent's court, it will make it more difficult for the adversary to recover the ball with the left foot. Due to this effect the return of the ball on the main leg is more difficult on the right side of the court.
- ✓ **Inside effect serve** is usually realized from the right side of the court and aims to drag the opponent out of the court towards the right forcing him to attack back only on the diagonal.
- ✓ **Upward effect serve:** The player is positioned with his back to the net, having his support leg parallel to the net and the one who is going to make the attack movement moves his/ her leg forward kicking the ball in the air at the head level. The trajectory of the ball is high to allow a correct execution of the serve. One must hit the ball in the middle with the interior side of the foot and with the leg in extension. After the serve the leg steps forward and the player is ready for the defense.

b. Passing the ball

Passing the ball represents an action of the game which allows a player to send the ball towards the other player on the same team who realizes the attack in order to get the points. It is the most used individual action because it enables the players to make an attack. You can pass the ball to your partner in order to build the attack or you can pass the ball directly to the kicker.



Figure 1. Passing the ball with the interior side of the foot

✓ **Passing forward (with high or short trajectory)**

- The body is slightly leaned forward with arms keeping the balance and the head and the eyes pointing the ball and the court area. Kicking the ball with the inside foot can be executed on the spot or in motion. The proper execution is made with one leg, the other leg - the support leg, being in extension at all its joints – the chain of triple extension which is the simultaneous extension of the gluteus maximus, quadriceps femoris and triceps surae.
- The kicking leg makes a flexion of 79° from the knee joint, hip flexion on the pelvis (through the action of iliopsoas and biceps femoris) and dorsiflexion in ankle joint realized by anterior tibialis.
- The foot is limited by the joint of the big toe (halluces), the heel bone (calcaneus) and the intern malleolus. The impetus of kicking with the interior side of the foot is right on the direction of the ball making a bottom-up movement.
- The leg which executes the kicking is in external rotation from the hip, so that the longitudinal plan of the leg could be on the ball's direction, and the knee of the leg which executes the kicking is flexed from the knee joint making a 79° angle between the hip and the ankle, having the leg at a height of 45 cm above the ground and making a 10° angle through the help of the triceps surae.
- So, the leg which executes the kicking realizes a pendulation from the hip towards the exterior with the help of the gluteus maximus, medius and minimus, while the other leg is in extension oriented toward the direction of the ball.



- The kick starts with the flexion of the kicking leg, whilst the muscles that support the ankle and the knee joint are contracted during the contact with the ball. Right after the serve the movements continue in order to prepare the tactics for the attack.

c. Attacking



Figure 2. Attacking in football-tennis

- ✓ **On short and long diagonal**
 - *Attacking on short diagonal on the right* is executed at a 2-metre distance from the net leading the ball towards the exterior side of the court area. The player is positioned with the back to the net and kicks the ball with a back-forward movement, hitting the ball which is in the air at the level of his chin. The player hits the ball with the exterior side of the foot right in the middle having the leg stretched and executing a quick twist of the ankle. The kick is effective as long as the four important factors are met: the rotation at the end of the movement, the leaning over during the execution to have enough force, the quickness of the execution and the up-down direction of the hitting.
 - *If the attack is realised towards the left* side of the court area, the position of the hitting is the same, but the kicking of the ball will be made with the interior side of the foot giving the ball an effect towards the interior. During the action the leg is closed and the body rotates in the kicking direction of the ball which is hit above its centre.



- ***The attack on long diagonal on the right side*** is also executed at a two-metre distance from the net hitting the ball right in the centre. The player's position in this attack is with his/ her back to the net. The leg is brought forward, hitting the ball which is in the air at the level of his/ her chin. The ball is quickly hit with the foot right in the middle having the leg stretched. The kick is effective as long as the four important factors are accomplished: the rotation at the end of the movement, the leaning during the execution to have enough force, the quickness of the execution and the up-down direction of the hitting.
- ***If the long diagonal attack is made on the left side of the court*** the position of the kicking remains the same except for the fact that the hitting will be realised with the interior side of the foot sending the ball towards the interior of the playing area. During the action the leg is closed and the body rotates in the kicking direction of the ball which is hit above its centre.

✓ **Long service line (right, left, center)**

Long service line towards right is executed at a distance of two meters from the net, hitting the ball right in the middle and in the direction of the body. The player's position in this attack is with his/ her back to the net. The leg is brought forward, hitting the ball which is in the air at the level of his/her chin. The ball is hit with the foot right in the middle having the leg stretched and being in the same direction with the executant's body. The kick is effective as long as the four important factors are accomplished: the rotation at the end of the movement, the leaning during the execution to have enough force, the quickness of the execution and the downward direction of the hitting.

If the attack is made towards the center the position of the hitting is the same, the kicking of the ball will be realized from the middle of the court with the leg stretched in the same direction with the executant's body. During the attack the leaning towards the ball will accelerate the hitting and also will imprint a higher force to the ball. The kicking will be made from up to down right in the middle of the ball.

- ✓ **Short service line:** represents a technique used to surprise your opponent. It is realized through a downward movement of the stretched leg. The player mimes the attack and stops the ball near the net. The movement of amortizing the ball near the net is executed with the exterior side of the foot or with the laces side. The position of the attacker is the same as in the actions presented above, but the player will use the speed of the ball passed by the partner to amortize the ball near the net or at a distance of 1m. The player must lean over the ball during the execution to make the attack effective.



- ✓ **Roundhouse kick:** represents a technique used to surprise the opponent and change the pace of the game. It can be short, long or central. It is realized with a downward movement on the leg concomitant with the imprinting an exterior-interior effect through hitting the ball with the exterior side of the foot right in the center of the ball. Consequently, when the ball bounces against the ground it will bounce back to the one who kicked it or will stop in the net due to the effect just imprinted. The hitting position is the same as mentioned above, but this time the player will use the speed of the ball sent by the partner, the effect of the serve and the leg which must be closed. The kick will be realized by leaning towards the ball in order to obtain the proper effect. It can be made from any side of the court.
- ✓ **Slice kick:** represents another technique which can be used to surprise your opponent and change the pace of the game. It can also be short, long and central. The leg is moved from up to down and at the same time the ball is imprinted with an exterior effect being hit with the exterior side of the foot right in the center. Consequently, when the ball hits the ground, it will go out of the court area due to the effect just imprinted.
- ✓ **Spike kick**



Figure 3. Spike kick

Spike kick represents one of the most strenuous movements and cannot be executed by anybody because it requires a very good mobility, the ball must be hit when it is up, over the head. The movement cannot be performed without a proper vigour.



- It is a decisive strike which cannot be recuperated by the opponent because it is executed in short, near the net, and it bounces off the ceiling or the lateral wall, and if it is executed towards the interior of the court area, the ball will hit the opponent after it bounces strongly off the ground.
- Kicking of the ball is realized upward above the head, through a mobility of the coxofemoral joint. The player is with the back to the net and when he or she gets the ball they must coordinate the speed of the ball's descending with its height in order to hit the ball at the right moment. The final movement, which is also the most important part of the action, is given by the rotation of the body on the support leg. The ball is spiked above with the laces side or the lateral side of the foot and with the leg perfectly stretched to be given the descending effect.

✓ **Scissors kick**



Figure 4. The scissors kick attack

II. Individual and collective defence actions: are realised either through the rejection of the adversarial attacks or through saving the ball and taking over the attack and blocking the opponent.

- Taking over:** from the serve, from the attack or from the net
- Blocking:** the opponent can be blocked individually or collectively (which is very rare)
- Diving:** can be lateral, forward or backward



Figure 5. Blocking in Football-tennis

III. Mutual elements of attacking and defense without a ball

- The positioning on the court area in order to execute the attack, the passing of the ball or the blocking of the opponent.
- The movement on the court area: walking, running, side steps, cross steps, jumps.

Conclusions

1. The technique represents the key element of this sport because without this various range of technical executions this game would not be a game practiced at a high level of performance but only a pastime.

2. Football-tennis is both an individual as well as a team sport being an ideal way to exercise, to spend your free time and last but not least a way to gain performance.

3. Developing this sport and gaining higher and higher levels of performance must be an important aim.

4. It is also imperiously necessary to permanently understand and emphasize the applicative character of this game both as a performance sport as well as a free time activity.

References

1. Ciolcă, S.M, Fotbal, *Curs de aprofundare. Pregătire antrenori*, Editura Fundația România de Măine, București, 2006
2. Cojocar, Adin-Marian, Cojocar, Marinela, *Volei – Curs în tehnologie IFR*, Editura Fundația România de Măine, București, 2012



3. Cojocaru, V., *Fotbal - Noțiuni generale*, Editura Axis Mundi, București, 2001
4. Croitoru, D., *Volei*, Editura ANEFS, București, 2000
5. Ghițescu, G., Badea, D., Teodorescu, S., Țifrea, C., S., Stănescu, M., *Jocuri Sportive*, Editura Discobolul, București, 2010
6. Grigore, G., *Fotbal în sală-Tehnica jocului*, Editura Universală, București 2012
7. Scott, M.T., Scott, T.J., Kelly, V.G., *The validity and reliability of global positioning systems in team sport: a brief review*, J Strength Cond Res 2016; 30:1470-1490
8. Texeira, J.M., Mesquita, I., *Caracterização do ataque no Voleibol de Praia de elite em função das zonas de ataque e da sua eficácia. Estudos CEJD*, 2004
- 9.