

Table – Indicators of physical fitness

Tests	not involved in sports (n=17)	sports dancers (n=12)	Mean p
Tilt forward from the starting position sitting on the floor, cm	G 19,68 ± 1,60 B 11,29 ± 2,60	22,97 ± 1,08 15,63 ± 1.13	p < 0,05
Standing long jump, cm	G 183,44 ± 1,09 B 203,65 ± 1.12	192,85 ± 1,07 207,60 ± 1,15	p < 0,05
Raising the body for 1 min, count. once	G 47,82± 0,89 B 57,12 ± 0,95	55,61 ± 0,75 62,11 ± 0,77	p < 0,05

With the help of a pedometer, a study was conducted to study the distance covered by dancers in a 15-minute rhythmic sports dance movement, which averaged 8 kilometers.

Conclusion. On the basis of the above research, it is supposed to develop a program of sports dances, which allows to increase the physical fitness of adolescents and increase interest in physical education. Sports dancing as a means of education can not only strengthen the body of the students, shape the physical qualities, develop and improve the coordination of the body, but also develop the expression, creativity and taste of the students.

1. Technique and methodology for teaching exercises of classical aerobics and sports dances: textbook / ed. T.N. Bridge. – M.: Academy, 2018. – 80 p.

2. Sports dances: a reference book / ed. A.N. Mashkov. – M.: Physical culture and sport, 2013. – 180 p.

DEVELOPMENT OF COORDINATING ABILITIES OF TENNIS PLAYERS AGED 17–20

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The ability to coordinate the movements of a tennis player is one of the important factors that determine the competitiveness of a tennis player. This is a complex reaction of a tennis player to speed, strength, endurance, agility, flexibility and other qualities under the control of the central nervous system in space and time [1]. In the literature there are a large number of tennis studies based on the basic theoretical knowledge of tennis, technical and tactical characteristics and the psychological level of athletes [2]. However, there is very little research on coordination training in tennis. Thus, the problem of developing the coordination abilities of tennis players is relevant, since the improvement of their coordination abilities will help increase the level of their technique and training effects, as well as provide professional training in the future. In this regard, the purpose of the study was to evaluate the effectiveness of using the developed exercise program to develop the coordination abilities of tennis players.

Material and methods. The study was conducted at the Heilongjiang Province Tennis Club with a sample of 20 tennis players. The age of the subjects ranged from 17 to 20 years. They were randomly assigned to two groups (table).

Table – Basic information about study participants

Gender	Group	Age	Height (m)	Body weight (kg)
male	experience group	18±0.91	1.70±2.2	55.5±2.66
	control group	18±0.86	1.70±1.95	55.5±3.1
female	experience group	18±1	1.62±3.1	49.8±1.1
	control group	18±0.55	1.62±3.3	50±0.9

The control group participated in each training session of general technical practice, routine training and multi-ball training, and a tennis lesson after finishing any physical training exercises. For 6–8 weeks, one trainer was responsible for the learning and training

process. During training and training, the control group did not engage in physical training. The athletes in each group did not know they were participating in the study, let alone the purpose of the experiment. The experimental group practiced for 30 minutes according to the established training plan after each tennis training class.

Findings and their discussion. In the experimental group, after 6 weeks of coordinated training, the indices of swing skills on the right and left were 75.00 ± 3.59 before the experiment and 89.80 ± 2.21 after the experiment, increased by 14.8 ± 3.21 points, which significantly improved ($P<0.05$). The increase in the number of technical points indicates that during these 6 weeks there is a further mastery of the technique of movements and an improvement in physical coordination, especially with the deepening of coordination exercises, when learning backhands and combining the ball.

Improvement in the ability to coordinate is especially noticeable in the mastery of technique. For example: learn the movement faster and hit the ball more accurately. The control group increased from 75.40 ± 2.55 before the experiment to 87.60 ± 2.73 after 6 weeks of practice. There has also been a significant improvement, to a greater extent an improvement in technical prowess. After 3 weeks, the backhand and ball combination training will be merged with the initial training in the forehand combination. There is no difference in technical skill. In terms of combined ball possession scores, the experimental group and control group have lower technical scores than after the test because combined ball practice is much more difficult than empty-handed swing practice. The total scores of the experimental group are compared with the results of the experimental group 84.57 ± 2.35 . It was significantly higher than in the control group 79.35 ± 1.84 . Coordination exercises significantly improved the combined ball exercise scores ($P<0.05$).

A technical evaluation of the submission is carried out after 6 weeks. The experimental group went through 6 weeks of coordinated training and all technical assessment scores reached 75 points or more, while the control group did much worse on the new technology than the experimental group, with only an average score of 65.32. This shows that coordination training is very helpful in learning a new technology at an early stage of learning a new technology.

Conclusion. Improvement of technical indicators of the experimental group after coordination training is generally higher than that of the control group. Every coach should pay attention not only to tennis skills and competition results during the training period. At the beginning or at the end of each workout, you should arrange a certain number of coordination exercises. It can adjust the boring atmosphere of training, improve the body coordination of athletes, and lay the foundation for future technical training.

In the daily training of tennis players, body coordination exercises should, if possible, be combined with various physical exercises and technical exercises, which contributes to the improvement of coordination abilities and other physical fitness, as well as mastering the skills of the game, technical movements.

1. Xia., Chen Research on the current situation and influencing factors of competitive tennis training of teenagers (10-16 years old) in Hubei Province. Wuhan Institute of physical education, 2015 <https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CMFD&dbname=CMFD201601&filename=1015418727.nh&v=qZ%25mmd2Ft%25md2BQW29wydUu%25mmd2B49Kznu3mqPELuXTQjlfTmsc5xVzq3NkegY1KM1AYB5hXfbvO8>.

2. Sunlanlan. The study of the influence of tennis on the health and fitness of college students]. Shandong Institute of physical education, 2018 <https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CMFD&dbname=CMFD201901&filename=1018321810.nh&v=hpFM1qk5IW2f0Iir1BtKvI9mAxDHN9U3gkTxUAKKwprVog6TCYcf1zArnZi8C1bg>.