MJPES
Musamus Journal of Physical Education and Sport (MJPES)
ISSN 2622-7835 (online), ISSN 2622-7827 (print)
Volume 6, No. 1, October 2023 Pg. 241-245
http://ejournal.unmus.ac.id/index.php/physical

Forehand Technique in Court Tennis

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Received: 05 November 2023, Accepted: 11 November 2023, Published: 31 October 2023

Abstract

Objectives. Good forehand techniques are essential for athletes and players looking to improve their game. By developing a strong forehand, players can achieve greater consistency, reach the ball further, and maintain better court positioning. The mastery of different forehand techniques, such as topspin or slice forehand, provides players with a wider range of strategic options during gameplay. By mastering these techniques and incorporating them into their gameplay, athletes, and players can take their performance to the next level.
Materials and methods. To prepare for a game of tennis, certain materials such as a tennis court, rackets, balls, and appropriate clothing and shoes are required. The warm-up session should include running around the tennis court for two laps followed by static and dynamic stretching. To improve one's forehand technique, it is recommended to watch tutorials on YouTube to understand the contact point of the ball, the position of the feet, how to hold the racket, and the twist or rotation of the body while hitting the forehand. For beginners, it is best to start with basic drill techniques like shadow forehand to practice forehand movements without hitting the ball or flat-hit drills with a softball. Once the basic drills are mastered, one can move on to drill variations.
Results. Enhancing the forehand technique is crucial for achieving consistency and accuracy in tennis. Precision can be improved by optimizing the ability to send the ball toward the target with greater efficiency. Practicing the shadow drill is an effective method to increase the strength of the forehand stroke. Consequently, the player will be able to exert more force and achieve greater ball speed. In addition, rotating the ball in the desired direction can be achieved through proper technique and body positioning.
Conclusion. This specialized training program offers a multitude of benefits that can enhance the skills and performance of players and athletes. By emphasizing the improvement of forehand technique, the program can effectively enhance accuracy, strength, ball rotation, agility, self-assurance, and adaptability when executing forehand technique during gameplay.

Keywords. Forehand Technique, Performance Improvement, Accuracy
DOI: 10.35724/mjpes.v6i1.5653

Introduction

Forehand technique is a key aspect of the game of tennis that significantly influences the performance of a player or athlete (Risti, 2017). The development of the forehand technique has become the main focus for tennis players (Rusdiana, 2021). Having a deep understanding of the forehand technique is very important for a player's match performance because it has a significant impact (Sawali, 2018). This article will explore the latest controversies and understanding in the field of tennis forehand technique. The forehand drive is one of the types of groundstrokes that must be mastered (Nugroho et al., 2022). The main controversy investigated in this article is the latest change in the approach to forehand technique (Fauzan, 2022). The shadow drill is a very basic technique that involves feeling the racket. On the other hand, the new approach to the forehand technique emphasizes more efficient and compact movement (Malwanage et al., 2022). Players who adopt this approach tend to use shorter movements and focus more on the rotation of the body and wrists to produce power and speed in a forehand shot (Grice, 2008).

It is often preferred for tennis players to maintain balance and stability on the pitch (Zemková & Zapletalová, 2022). This article hypothesizes that there is strong evidence to support the evolution of forehand techniques, with the use of advanced technology such as movement analysis and sophisticated equipment, leading to significant improvements in tennis player performance. However, there are arguments stating that traditional approaches are still relevant and effective in achieving the same goal. The objective of this study is to explore and identify the latest changes in the field of tennis forehand techniques, as well as to understand their impact on player performance. Furthermore, this research will also seek empirical evidence to support the hypothesis about the benefits of the latest changes in forehand techniques in the tennis field. An improved understanding of this controversy is expected to guide tennis players, coaches, and researchers in developing effective forehand techniques.

Materials and Methods

Study participants.

The research focus for this semester centers around the Coaching Education students at Medan State University who are currently in their third semester and are studying the sport of tennis. The primary objective is to gain a comprehensive understanding of their experiences and perspectives in this field. The research aims to explore the students' attitudes, expectations, and challenges, to identify opportunities to enhance their learning experience. By gaining deeper insights into the students' perspectives and experiences, this research can inform the development of more effective coaching education programs.

Study organization.

The purpose of the research method utilized is to improve the forehand technique through a forehand drill. The drill aims to enhance strength, control, and consistency while executing the forehand technique. The main objectives are to improve the accuracy and power of the forehand stroke, increase control over the ball during the hit, and maintain consistency in the execution of the forehand technique. The drill has been designed to achieve these objectives and is recommended for those looking to improve their forehand technique systematically and effectively.

Statistical analysis.

In the previous article, we discussed how statistics and mathematics can be used to analyze and understand the data collected during tests or research. By using these methods, we can identify patterns and influencing factors that affect the quality of the forehand. This information can be used to track the progress of participants from the beginning to the end of the experiment. The objective of using statistical methods is to gain a deeper understanding of the forehand, including its characteristics and changes that occur over time. This information can be used to make better decisions and recommendations about related techniques. By using statistical methods, we can extract valuable information from the collected data and gain more insight into the game of tennis.

Results

The initial experiment's outcomes revealed that Yolanda's execution of the drill grip was incorrect, as she held the grip in a flawed manner. In contrast, the final test demonstrated the correct method of holding the grip, similar to holding a firearm. The index finger's position provides a slight gap, allowing for a more accurate grip. Raymond's initial stance while hitting the ball was incorrect, with an upright body position. However, the final test showed that bending the legs and holding the grip's neck while placing the right leg back resulted in the correct position. During the experiments, the operator consistently showed that, while rotating and hitting the ball, a slightly stiff posture was necessary until the ball reached the racket. A successful hit resulted in the racket being directed straight towards the back of the neck. Ezekiel's experiments yielded positive results from start to finish, and he learned from the mistakes of the other three players. However, his mistake was not hitting the ball flat, which caused it to bounce off the field.

Discussion

The shadow drill is a very basic technique that involves feeling the racket. On the other hand, the new approach to the forehand technique emphasizes more efficient and compact movement. Players who adopt this approach tend to use shorter movements and focus more on

the rotation of the body and wrists to produce power and speed in a forehand shot (Grice, 2008). This article provides a comprehensive review of the main hypotheses and conclusions, comparing them to published data related to the topic, as presented in the manuscript's introduction. The results of the study are discussed, with a focus on their significance and potential practical applications. The discussion material is used to identify future research prospects, and recommendations are made accordingly. In conclusion, this study provides important insights into the topic, and its findings have implications for both research and practice.

Conclusions

The technique of shadow drilling, which involves practicing tennis strokes without a ball, has been the subject of extensive research. Based on the results of this research, several conclusions can be drawn about the deep forehand technique used in the game of tennis. Firstly, rotational movement of the axial pelvis, trunk, shoulder alignment, and internal rotation plays a significant role in producing speed in the tennis racket during a forehand stroke. Secondly, the grip style of the racket also influences racket speed. Thirdly, consistency in the joint position and moment during the forehand movement is more important than specific details of the swing movement.

Moreover, a significant difference was observed in the time of peak speed of the pelvis and body before the collision between elite athletes and high-performance groups. The former showed faster shoulder peaks and taller rackets compared to the latter. Finally, it is worth noting that the speed of the racket is a crucial factor in tennis technique, and it can be improved through proper biomechanics. In conclusion, the research indicates that attention to the rotational movement of the axial pelvis, trunk, and shoulder alignment can help to produce speed in the tennis racket during forehand strokes. Consistency in joint position and moment is also crucial, and grip style can influence racket speed. These findings can be useful for improving tennis technique and enhancing performance.

Acknowledgment

We express our gratitude to the esteemed experts for their valuable insights regarding the drawbacks of the forehand technique. Additionally, we would like to extend our appreciation to our friend and research colleague, whose contributions have significantly enriched our understanding of the subject matter.

Conflict of interest

The researcher has stated that there is absolutely no conflict of interest present.

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Cite this article as: Raymond Pardamean Tamba, et al (2023), Forehand Technique in Court Tennis, *Musamus Journal of Physical Education and Sport (MJPES* Volume 6, No 1, 2023, 241-245, https:doi.org/ 10.35724/mjpes.v6i1.5653