

# Application of Multi-ball Training in Tennis Teaching in Universities

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**ABSTRACT.** *The use of multi-ball training is of great significance to the development of tennis teaching in colleges and universities. It can enable junior, intermediate, and high-level students to harvest, lay a solid foundation for the improvement of the effectiveness of tennis teaching and training in colleges, and better master the basic technical movements of tennis provide more support for students to shape tennis movements. The following is a specific analysis of the application of multi-ball training in college tennis teaching, hoping to provide some inspiration and reference for the development of tennis teaching.*

**KEYWORDS:** *Colleges and universities, Tennis teaching, Multi-ball training*

## 1. Introduction

Multi-ball training is a method of training with multiple balls. Multi-ball training can effectively increase the speed of students' ball delivery, enhance the strength of students' ball delivery, and can conduct the direction of the ball at different angles and landing points[1]. A good judgment, this has a greater benefit for students to improve their basic tennis skills. In the process of multi-ball training, the teacher can make some technical corrections to the students according to the actions made by the students, and make the students' actions as standard as possible. Based on the advantages of these aspects, the training method of multi-ball training in college tennis teaching is of great significance.

## 2. The Importance of Multi-Ball Training

Multi-ball training is a high-intensity, high-density, and high-energy training method. Generally speaking, it is difficult for many students to persevere. However, students have been in a high-intensity training environment for a long time, and they continue to repeatedly practice a sport. Under these circumstances, students who can consistently complete training will have a great improvement in character and willpower. For students' development has great benefits.

Multi-ball training is more common in ball sports. Multi-ball training can effectively improve students' basic skills. In the tennis training process, the habit of some movements is very important. Many students practice for a long time and work hard, but the ability to hit the ball is difficult to improve. The important reason is that the movement is not standardized and there is a problem with the way of exerting force. The multi-ball training method is actually a mechanized practice that is repeated repeatedly. The training density is relatively high. Students can practice fast reaction and fast shots in this process, thereby enhancing related skills[2].

## 3. Application of Multi-Ball Training in College Tennis Teaching

### 3.1 Vertical Ball Toss Practice

When students first started learning tennis, the first thing teachers should teach was the forehand and backhand hits. At this stage, all aspects of the students are still in the early stages of learning, and the flexibility of the pace and the standardization of movements have great defects. At this stage, teachers should provide more ball feeding training to students, so that students can have their own judgment on the position and height of tennis. In the initial stage of learning, teachers should teach students to develop their own rhythm, and carry out some of their own characteristics under the premise of the correct way. Correction allows students to develop better under the premise of mastering standards.

### ***3.2 Separation Practice***

The practice object of the net thrower's ball-throwing practice is to require some basic students. This contact method is very different from the vertical practice method in situ. This method is actually a kind of skill improvement. The method of throwing the ball by the net player can enhance the student's control of the ball speed and angle, enhance the student's ability to deliver the ball, and can reduce the burden on the teacher during actual training, allowing more communication between the teacher and the student. Improve the effectiveness of training.

### ***3.3 Practice in Receiving and Serving***

Multi-ball training is a intensive mechanized exercise. During the training process, the teacher should make some judgments on the stability of the students' serve, to ensure that the success rate of the serve is improved, so that the students can achieve a Better grades. At the same time, multi-ball training can also play an important role in enhancing the stability of students. In multi-ball training, teachers should direct the students' movements in the first time, so as to ensure that the students' movements are standard and there will be no wrong movements. In multi-ball training, teachers should also pay attention to the warm-up exercise before class, which includes some stretching and systemic exercises, to ensure that the students' physical training is started, this can effectively avoid multi-ball training Mid-body injury.

## **4. Problems That May Arise during the Application of Multi-Ball Training**

### ***4.1 Insufficient Language Guidance in Multi-Ball Training***

When college sports teachers use the multi-ball training method, they need to observe the students' movements and complete the task of sending the ball. Once they detect the problem, they need to adjust it at the first time, and give some guidance and reminders to the students. However, in the actual multi-ball training process, some teachers are too focused on delivering the ball and cannot provide students with more specific targeted guidance. If students repeatedly practice wrong actions, they will deepen their impression of wrong actions and form errors Habit, which shows how to give students proper and correct guidance during the multi-ball training process has become a key issue for college PE teachers.

### ***4.2 Lack of Realism, Prone to Sports Fatigue***

When using the multi-ball training method, teachers can enable students to conduct high-density, high-intensity training, but multi-ball training methods are more different from actual combat. Teachers cannot make students feel the pressure of actual combat. Multi-ball training may also cause students to be bored and other psychological emotions. At the same time, when the maximum load that the students can withstand is exceeded, sports fatigue problems will occur, which will have a negative impact on the tennis teaching effect in colleges and universities.

### ***4.3 Negative Impact on Students' Judgment of Coming to the Ball, Mastering the Action Connection between Shots***

When college sports teachers use multi-ball training for tennis teaching, they can make appropriate adjustments to the tennis position, speed, route, etc. However, the teacher failed to change his position, so that students can successfully predict the ball drop point and the possibility of the route. With the increase of sex, the variability of the ball in actual combat games is higher. Failure to make corresponding adjustments may reduce the ability of students to judge the ball. In addition, the teacher can make appropriate adjustments to the ball delivery line, but the students cannot grasp the action connection between the shots through multi-ball training, and cannot control the actual speed of the game. In the long run, students may have mechanized thoughts and actions. It has an adverse effect on the effectiveness of tennis teaching[3].

## 5. Application and Improvement Strategy of Multi-Ball Training

### 5.1 Give Students Appropriate Language Guidance during the Multi-Ball Training Process

Teachers' language guidance has an important influence on the application of multi-ball training. Based on this, when teachers use multi-ball training methods, they need to correct the wrong actions of students in time to avoid making students get into the wrong habit. Teachers can provide students with more detailed guidance on certain error-prone areas, explain the technical details, help students better understand and master tennis technical actions, and prevent blows to students' self-confidence and interest. In the course of tennis teaching and multi-ball training, teachers need to give students more support and affirmation to increase students' interest and confidence in learning tennis. At the same time, teachers should guide students with patience and gentle attitude. Not only can the students be reminded of the language after the action, but also can be combined with the training work to send out corrective balls to enable the students to perform corrective ball training, and then better correct the wrong actions, which is to improve the technical level of tennis and the teaching effect. Lay a solid foundation for improvement.

### 5.2 Pay More Attention to the Basic Situation of Students

In order to improve the application effect of multi-ball training, teachers need to learn more about the basic situation of students, and then adjust the multi-ball training in a targeted manner to avoid the mismatch between multi-ball training and students' physical conditions and exercise methods. The multi-ball training method is not suitable for students, and the situation will be less effective. Although tennis training is more difficult and intensive, the training efficiency is low, and students are prone to conflict and boredom, which greatly reduces the effectiveness of multi-ball training. Based on this, teachers need to have more communication and interaction with students to understand the actual needs of students. At the same time, they can establish an equal relationship with students, make the tennis teaching atmosphere more harmonious, and allow students to generate more love and recognition for themselves, thereby promoting the improvement of multi-ball training efficiency and tennis teaching effect.

### 5.3 Enrich and Optimize the Delivery Method to Improve the Delivery Quality

The quality of the ball delivery has an important role in the multi-ball training method. If only one teacher delivers the ball, it will not only cause excessive burden to the teacher, but also cannot adjust and enrich the position and type of the ball delivery, and the student cannot conduct more situations. Coping and handling will adversely affect the improvement of students' actual combat abilities. Based on this, after the students have certain skills and basic tennis skills, the teacher can develop the students' ability to deliver the ball, and the teacher can liberate from it, make better observations, and provide technical guidance for the students to send the ball, etc. action. In addition, the combination of multi-ball training and actual combat is also more important. In order to give full play to the advantages of multi-ball training, teachers should jointly apply the two, so that the two methods can complement each other's advantages, and play a role in multi-ball training and students. Lay the foundation for the enhancement of real sense and the improvement of actual combat skills.

## References

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