

PREPARACIÓN FÍSICA COMPLETA PARA EL **TENIS**



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E. Paul Roetert
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y United States Tennis Association



Preparacion Fisica Completa Para El Tenis En Forma Or In Shape

Federación mexicana de tenis



Preparacion Fisica Completa Para El Tenis En Forma Or In Shape:

Jóvenes tenistas. Condición física y composición corporal. Daniel Berdejo del Fresno,2011-01-02 Entre los contenidos de este libro se encuentras el marco te rico para comprender el desarrollo de la resistencia fuerza velocidad y flexibilidad en el tenis Por otro lado se abordan tambi n modelos de planificaci n del entrenamiento variables en el juego analisis estad sticos y sobre todo los resultados obtenidos con la metodolog a aqu planteada Qué pasa ,2000 *Directorio argentino de Internet* ,2000 Libros españoles ,1979 **Libros españoles en venta** ,1996 *Libros españoles en venta, ISBN* ,1995 **Preparación física completa para el tenis** United States Tennis Association,Todd S. Ellenbecker,2000 Basado en el programa de entrenamiento de la USTA que combina los ejercicios practicos con el desarrollo de las habilidades en pista Ayudara a aumentar la fuerza potencia agilidad flexibilidad rapidez y aguante del jugador en la pista *Tenis. Preparación física total (Color)* Carlos Vila Gómez,2016-02-19 Este libro presenta la preparaci n f sica del tenis desde una perspectiva global ya que conjuga la teor a general de los sistemas de entrenamiento junto con las nuevas tendencias psicol gicas cognitivas para conseguir un modelo de entrenamiento en el que el tenista desarrolle su propia toma de decisiones dentro de la pista Incluye la preparaci n f sica para el tenis en la piscina y la rehabilitaci n de lesiones **FUNDAMENTOS PRÁCTICOS DE LA PREPARACIÓN FÍSICA EN EL TENIS** Carlos Vila Gómez,2006-07-27 En el tenis actual una buena preparaci n f sica debe completarse con el consabido tacto psicol gico No puede haber un rendimiento t cnico ptimo si no se complementa con una buena t cnica t ctica estrategia Si hacemos un jugador que llega a todo pero comete un porcentaje elevado de errores no forzados su control de la velocidad de desplazamiento su fuerza o bien sus fundamentos t cnicos no son los correctos Un entrenamiento f sico espec fico para la mejora de la condici n f sica tiene como objetivo la eficacia del juego del tenista para hacer frente a las exigencias f sicas que requiere el juego Se procura mejorar la resistencia para que fisiol gicamente el organismo se adapte mejor al esfuerzo y cuando realice un trabajo de m xima intensidad durante un cierto tiempo se retrase la deuda de ox geno al aporte sangu neo para desarrollar el m sculo card aco a expensas de las cavidades y para predisponer al cuerpo para una mejor adaptaci n a las otras cualidades de ejecuci n El libro dividido en cinco cap tulos se inicia resaltando la importancia de la psicolog a en el campo deportivo para optimizar el rendimiento de los atletas ya que el 50% de la potencialidad de un deportista depende de su preparaci n mental El segundo cap tulo se centra en la preparaci n f sica y sus cuatro componentes esenciales fuerza resistencia velocidad y flexibilidad presentando tanto las bases te ricas como su preparaci n f sica concreta Seguidamente explica c mo periodizar y planificar la temporada seg n los microciclos los macrociclos y los mesociclos presentando el ejemplo concreto de un mesociclo de 10 semanas Por ltimo y pensando en c mo facilitar a los entrenadores su trabajo y el control de sus deportistas el libro incluye una serie de tablas fichas de control y plantillas de tests para el seguimiento evolutivo f sico t cnico de los tenistas Preparación física para el tenis Federación mexicana de tenis,2014

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