

1500 EJERCICIOS

PARA EL DESARROLLO DE LA TÉCNICA,
LA RAPIDEZ Y EL RITMO EN EL

TENIS

Alessandro del Frio

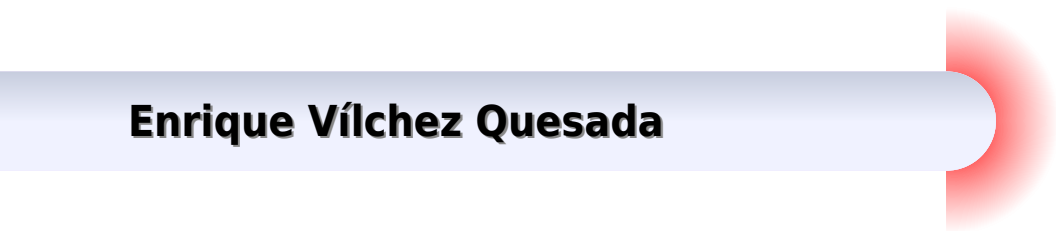
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EDITORIAL
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1500 Ejercicios Para El Desarrollo De La Tecnica Y Rapidez

Enrique Vílchez Quesada



1500 Ejercicios Para El Desarrollo De La Tecnica Y Rapidez:

MIL 500 EJERCICIOS PARA EL DESARROLLO DE LA TÉCNICA, LA RAPIDEZ Y EL RITMO EN EL TENIS Alessandro del Freo, 2007-04-24 El tenis es un deporte accesible a todo el mundo desde el nivel de competitivo de los grandes clubes hasta los amateurs para quienes es un simple pasatiempo Debido a este interés universal por el juego se consigue una renovada visión de los aspectos técnicos de este deporte Este libro escrito por Alessandro del Freo es una importante contribución a la metodología implicada en el entrenamiento del tenis desde un punto de vista científico Los ejercicios han sido diseñados para aumentar la actuación física y técnica así como la habilidad indispensable para poder resistir el intenso ritmo de este deporte con precisión destreza y creatividad La estructura del método de entrenamiento que plantea es completa y fácil de seguir Los capítulos están divididos de forma que se desarrolla un procedimiento sistemático de entrenamiento lo que significa que el entrenador podrá utilizar el manual con facilidad cuando los tenistas progresen gradualmente El libro presenta y desarrolla ejercicios para perfeccionar la técnica de derecha el lanzamiento de revés la volea el smash con desplazamientos hacia delante hacia atrás y laterales ejercicios combinados de derecha y de revés de derecha y de smash de revés y de smash y de volea y smash El autor ha ilustrado los diferentes ejercicios con figuras precisas que acompañan al texto escrito y que plasman las diferentes posiciones de los jugadores en los distintos momentos del juego Los golpes del tenis. De la iniciación al alto rendimiento Juan Pedro Fuentes García, Ruperto Menayo Antúñez, 2009-03-18 Se presenta una obra con un marcado carácter práctico accesible en todo momento al técnico que desarrolla su labor profesional en este ámbito El recorrido realizado a lo largo de los diferentes capítulos muestra aquellas variables a tener en cuenta durante el proceso de adquisición de la competencia motriz relacionada con los golpes del tenis desde las primeras etapas de aprendizaje hasta los niveles más elevados de rendimiento Los contenidos se enfocan desde una perspectiva científica basada en estudios previos y avalada por el respeto hacia los principios biomecánicos aplicados a la técnica deportiva del tenis estudiados por diferentes autores Groppe 1984 Dent y Pankhurst 1998 Crespo 1999b Subijana 2008 Elliott Reid y Crespo 2007 que establecen los parámetros más idóneos a la hora de aprender o entrenar la técnica de los golpes En relación con dichos principios cabe señalar que son tomados como referencia en la explicación de los temas expuestos en la obra pero que en ningún caso son utilizados hasta el detalle que puede ofrecer esta disciplina por lo que se refiere a la descripción de variables cinemáticas o cinéticas que pueden caracterizar a cada uno de los golpes mostrados De hecho la obra se ha concebido y elaborado con la firme pretensión de lograr la accesibilidad a los contenidos que la conforman no sólo por parte de aquellas personas relacionadas con el ámbito científico sino también y respetando en todo momento las premisas propias de la ciencia por parte de cualquier persona vinculada desde otros ámbitos al deporte del tenis *Iniciación a los deportes individuales, de raqueta y de lucha, a través del juego* Julio Ángel Herrador Sánchez (Coord.), 2011-10-13 Aunque para la redacción del texto hemos seguido el modelo tradicional es decir Descripción y desarrollo del juego material empleado organización de los participantes reglas y variantes

hemos incluido como novedades la aportación de una extensa bibliografía de referencia o complementaria presentamos en la portada de cada uno de los deportes una frase relacionada con los mismos incluimos un apartado interesante relacionado con los beneficios para la formación humana y deportiva Desarrollo Físico Motor Desarrollo Psicológico y Desarrollo Técnico Individual Por último para facilitar la comprensión del texto presentamos cada uno de los juegos con una representación gráfica mediante la fotografía

Bibliografía española ,1999-03 **Boletín de la Biblioteca Municipal de Guayaquil** ,2006-11 *Preparación de los deportistas de alto rendimiento - Teoría y metodología - Libro 2.* Vladimir Nikolaevich Platónov,2015-09-11 La serie que se propone al lector compuesta por cinco libros y titulada Preparación de los deportistas de alto rendimiento teoría y metodología es una versión complementada y reelaborada del manual Teoría general de preparación de los deportistas en el deporte olímpico que salió en los últimos años en diferentes países del mundo España 2001 Brasil 2004 Italia 2004 Rusia 2005 Ucrania 2012 En el presente libro se estudia el problema de adaptación en el deporte y se presentan las bases generales de preparación de los deportistas Se estudian los interrogantes de adaptación del sistema muscular del tejido seo y conectivo del sistema de suministro energético de la dirección de los procesos de fatiga y recuperación de la formación de las reacciones adaptativas a largo plazo dentro del sistema de preparación anual y a muchos años de las cargas de entrenamiento y competición etc

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