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THE EFFECT OF CONCEPT MAP TECHNIQUE ON ACCURACY AND SPEED OF SERVING SKILLS IN TENNIS

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ABSTRACT

This study aims to investigate the effects of tennis training using technique concept maps on the speed and accuracy of tennis service skills. A semi-experimental design with pre-test and post-test control groups was used. Population of the study consists of female and male veteran or performance tennis players between the ages of 20-25. The sample of the study consists of a total of 40 tennis players, 23 male and 17 female, between the ages of 20-25, who have previously received tennis training or participated in tennis competitions, among the students taking the Tennis Specialization course at the Department of Coach Education of the Faculty of Sports Sciences of Çanakkale Onsekiz Mart University, using the simple random sampling selection method. For data collection, Dewitt-Dugan service test (Shooting to the Board) was applied to the experimental and control groups before and after the experiment, and thus the service speed and accuracy were measured. After the pre-test measurements, the experimental and control groups were formed by random method. While tennis training was done using traditional and modern methods in the control group, tennis training was done using concept maps technique together with traditional and modern methods in the experimental group. Results showed no significant difference in service accuracy between groups or between pre-test and post-test scores. However, both groups demonstrated significant improvements in service speed in the post-test. Additionally, male players exhibited higher service speeds than females in both groups, while accuracy remained consistent across genders. These findings suggest that concept maps do not enhance service accuracy beyond conventional training but that general training methods effectively improve serve speed, with gender playing a role in speed performance.

Keywords: Tennis, Service, Concept Maps.