NAMIZNI TENIS

PRAVILA

- **OPREMA**
  - Majice
  - Kratke hlače
  - Športni copati in nogavice

PRAVILA

- LOPAR ZA NAMIZNI TENIS
- ŽOGICA ZA NAMIZNI TENIS
- MIZA
- MREŽA
- DEFINICIJE
- PRAVILEN SERVIS

PRAVILA

- PRAVILNI ODBOJNI UDARCI
- VRSTNI RED IGRE
- PONAVLJANJE
  - Igra se mora ponavljati
  - Igra sme biti prekinjena
- TOČKA
- NIZ

PRAVILA

- DVOBOJ
- VRSTNI RED SERVIRANJA, BRANJENJA SERVISA IN MENJAV STRANI
- NEPRAVILEN VRSTNI RED SERVIRANJA, BRANJENJA SERVISA IN MENJAV STRANI
- IGRIŠČE

ORGANIZACIJA TRENINGOV

- **VLOGA TRENERJA**
- **NAČRTOVANJE SEZONE**
  - Načrtovanje dela za celo sezono
  - Oblikovanje programa in priprave
  - Načrt dela med sezono
  - Evalvacija in načrt za naslednjo sezono
  - 8-tedenski začetni program treningov
  - Nadaljevalni program

ORGANIZACIJA TRENINGOV

- **8-tedenski začetni program treningov**

  1) splošna predstavitev opreme, prijemov in osnovnih udarcev,

  2) vaje za obvladanje loparja in igre z žogico, predstavitev forehand udarca in vadba(na primer podajanje žogic)

  3) nadaljevalne vaje za obvladanje loparja in igre z žogico, predstavitev backhand udarca (oziroma sprejema backhand udarca) in vadba backhand udarca; kasneje izmenjaje forehand in backhand udarci,

  4) predstavitev forehand in backhand push udarcev (udarcev s potiskanjem) in vadba s podajanjem ali odbijanjem žogic (podaja jih trener), demonstracija in vadba pravilnih gibov nog,

  5) poudarek na pravilnem delu nog, igre za usklajeno gibanje in odbijanje, igra s podajanjem in simulacija igre,

  6) predstavitev forehand in backhand servisa in returna (BH in FH vračanje),

  7) predstavitev tekmovalnih pravil in priprava na turnirsko igranje,

  8) tekmovalna igra.

ORGANIZACIJA TRENINGOV

- **Nadaljevalni program**

1) ponovitev vseh že osvojenih udarcev,

2) poudarek na pravilnem delu nog, igre za usklajeno gibanje in odbijanje, igra s podajanjem in simulacija igre,

3) spoznavanje tehnik serviranja in returnov (vračanja),

4) predstavitev zahtevnejših tehnik (FH in BH blok udarci, loop udarci in FH/BHrezane žogice), osvajanje ustrezne tehnike za udarjanje in vračanje visokih žogic,

5) poudarek na ustrezni tehniki udarcev in priprava na turnirsko igranje,

6) osvajanje spretnosti pri igri posameznikov (lahko tudi dvojic) in igranje za točke,

7) ponovitev in urjenje,

8) tekmovalna igra proti kolegom iz ekipe, drugim ekipam SO, ali pa športnikom primerljivih zmožnosti, ki ne trenirajo v okviru programov SO.

TRENING

- ogrevanje,
- teoretični del – predstavitev oz. ponovitev določene veščine,
- praktični del – vadba posamezne veščine in uporaba le-te v igri,
- vaje za pridobivanje spretnosti,
- ohlajanje in pogovor (pripombe, obvestila ...)

TRENING

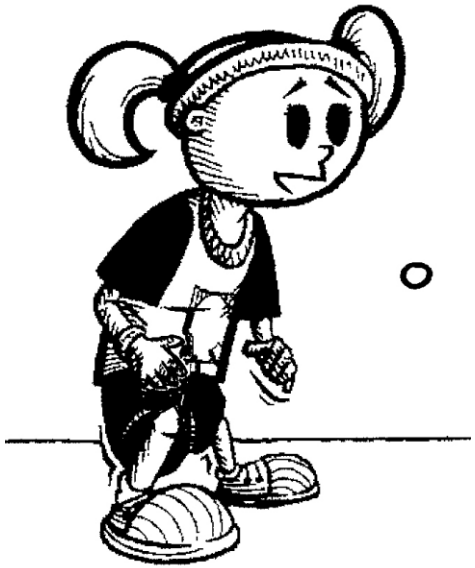
- **OGREVANJE IN RAZTEZANJE (10-15 min)**
  - Pasivno ogrevanje
  - Splošno ogrevanje
  - Specifično ogrevanje
  - Raztezanje

TRENING

- **PREDSTAVITEV NOVE VEŠČINE (10-15 min)**
  - **Osnovne spretnosti in nadgradnja**
  - **Osem osnovnih spretnosti/veščin, ki jih mora osvojiti igralec**
    - usklajeno delo oči in rok
    - držanje loparja in zamahovanje
    - pravočasnost udarca
    - forehand udarec
    - backhand udarec
    - servis
    - return
    - pravilno gibanje in delo nog

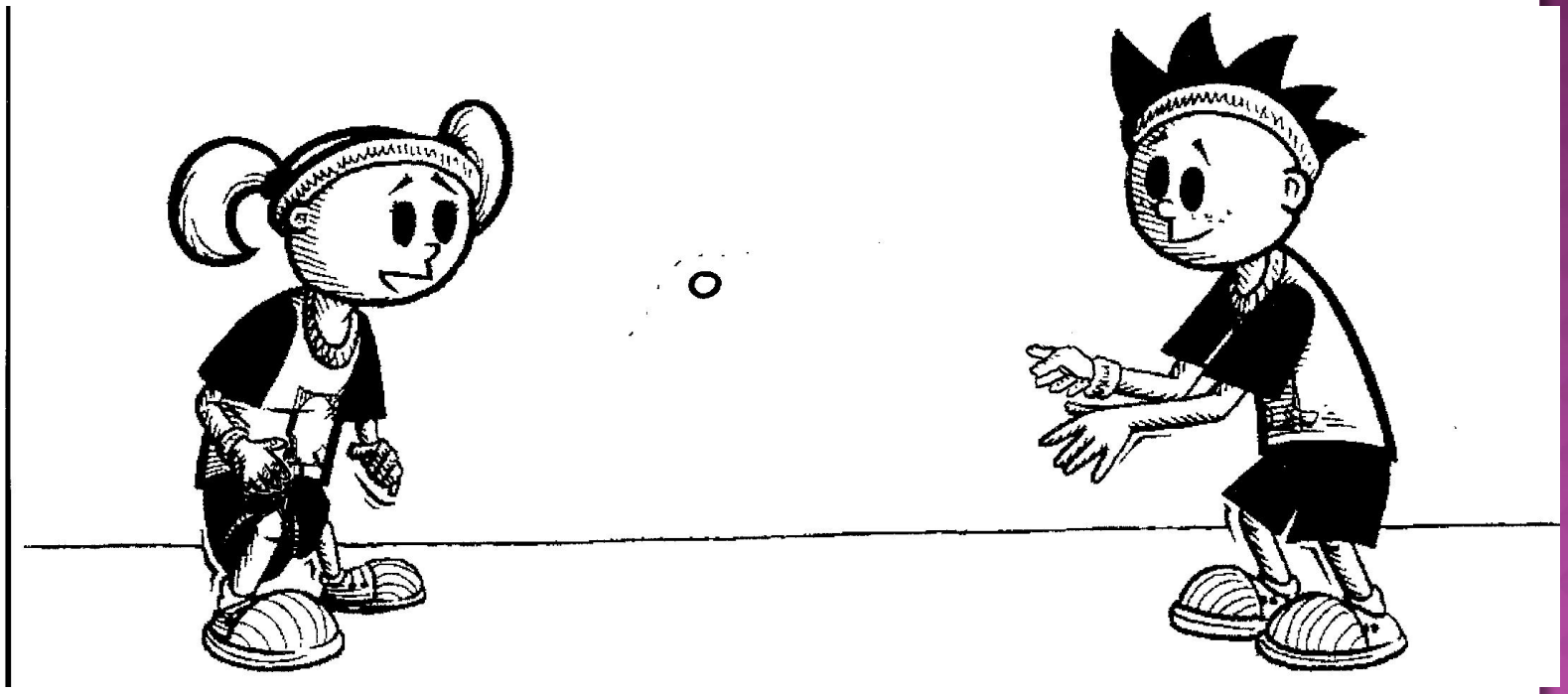
TRENING
1. KOORDINIRANO DELO OČI IN ROK

- **1. Vaja zamahovanja z rokami**



TRENING
1. KOORDINIRANO DELO OČI IN ROK

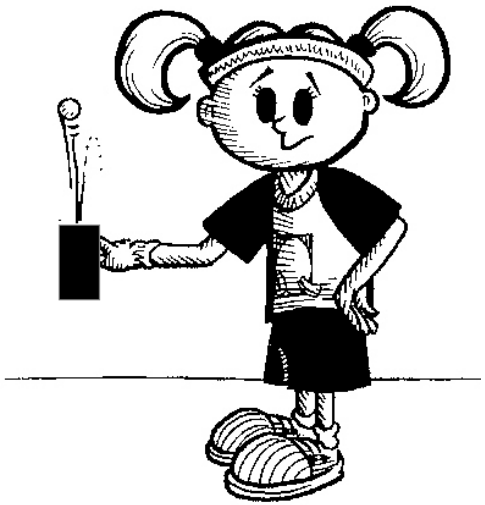
- 2. Metanje in lovljenje žogic



TRENING
1. KOORDINIRANO DELO OČI IN ROK

3. Žogica iz roke

4. Lovljenje v lonček



TRENING
1. KOORDINIRANO DELO OČI IN ROK

Ključna navodila:

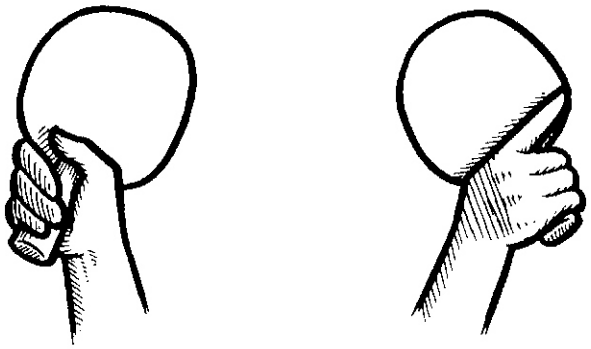
POZORNOST OČI JE USMERJENA NA ŽOGICO.

GLAVA JE PRI MIRU.

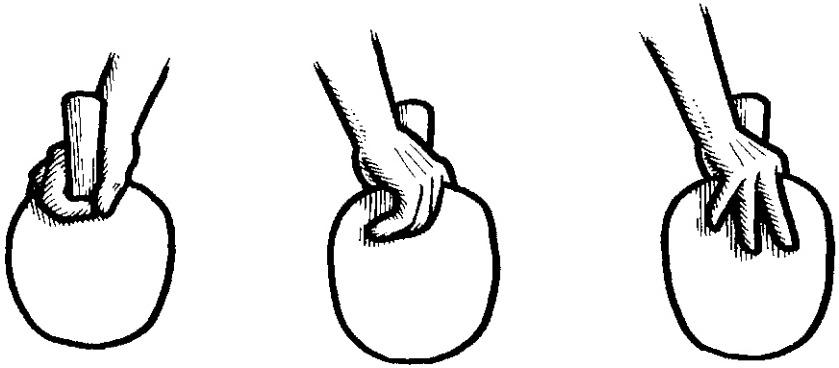
ZAPESTJE JE MIRNO.

TRENING
2. VODENJE LOPARJA - PRAVILEN PRIJEM LOPARJA

- Osnovni prijemi
  - Klasična drža

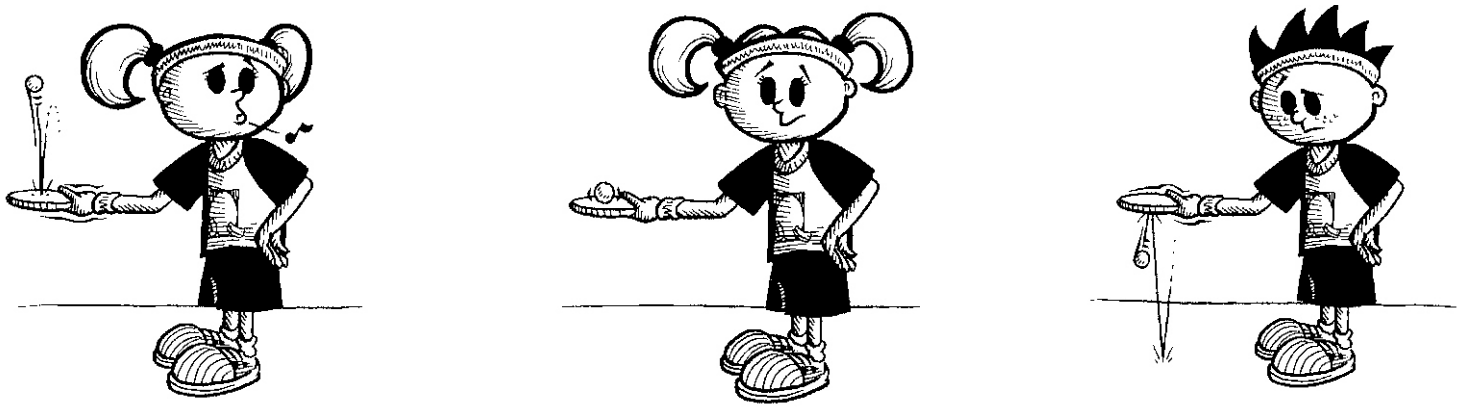


  - Peresna drža

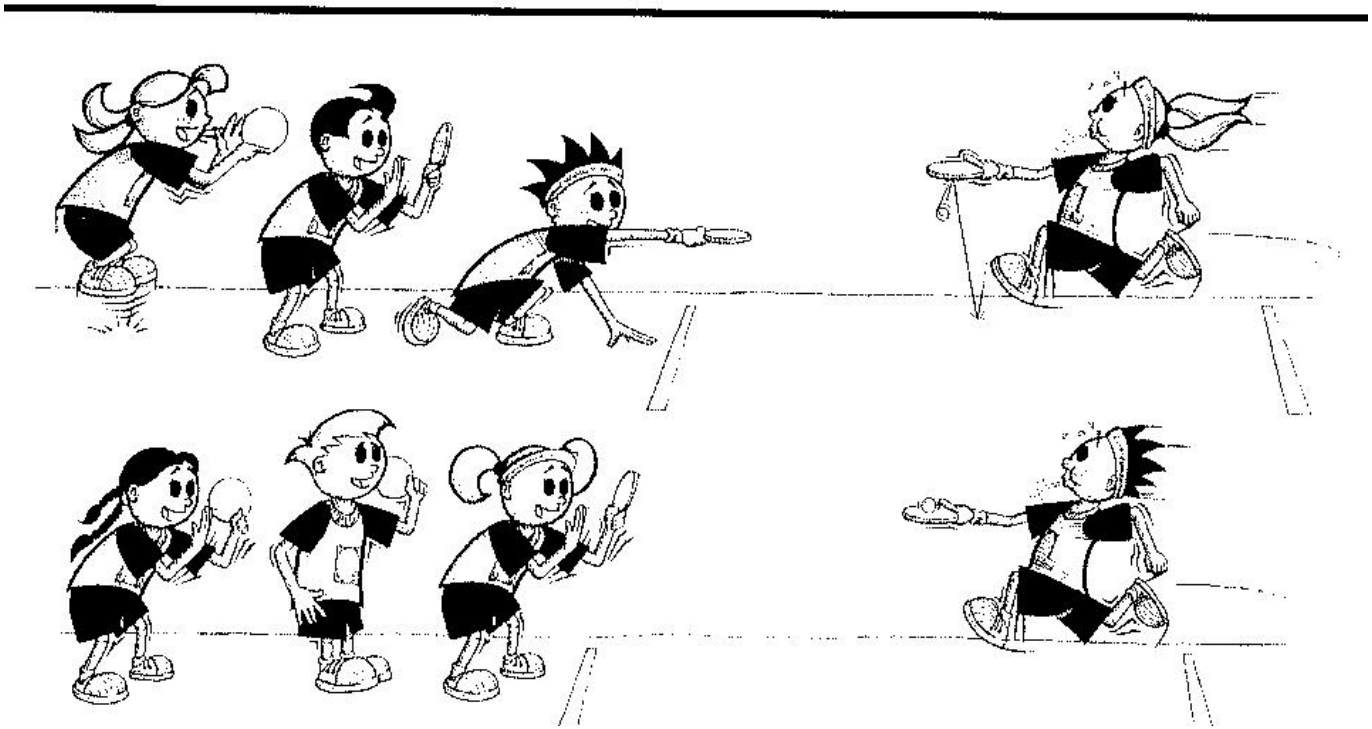


TRENING
2. VODENJE LOPARJA - PRAVILEN PRIJEM LOPARJA

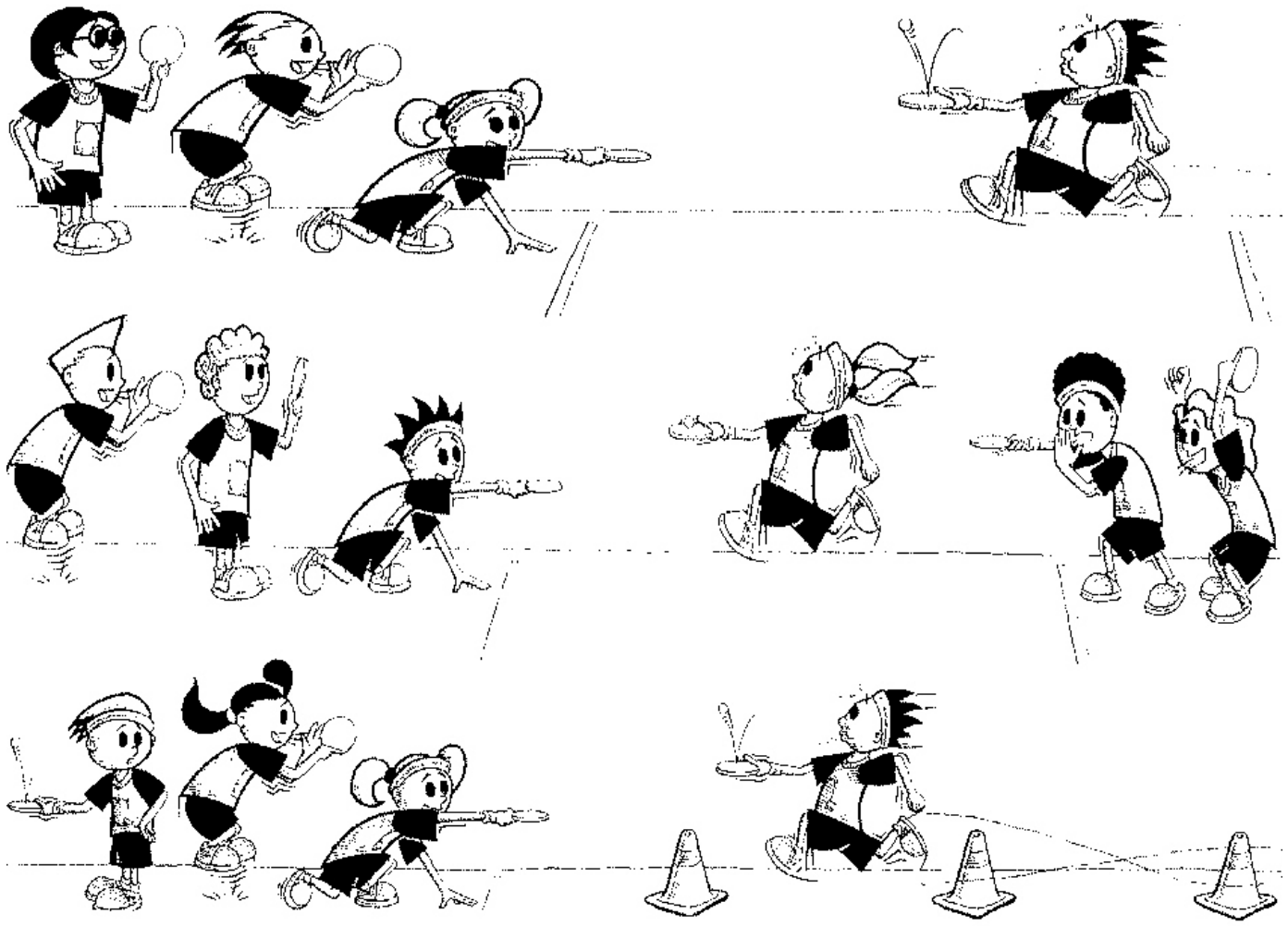
- Vaje
  1. Odbijanje žogice navzgor
  2. Odbijanje žogice navzdol



TRENING
2. VODENJE LOPARJA - PRAVILEN PRIJEM LOPARJA

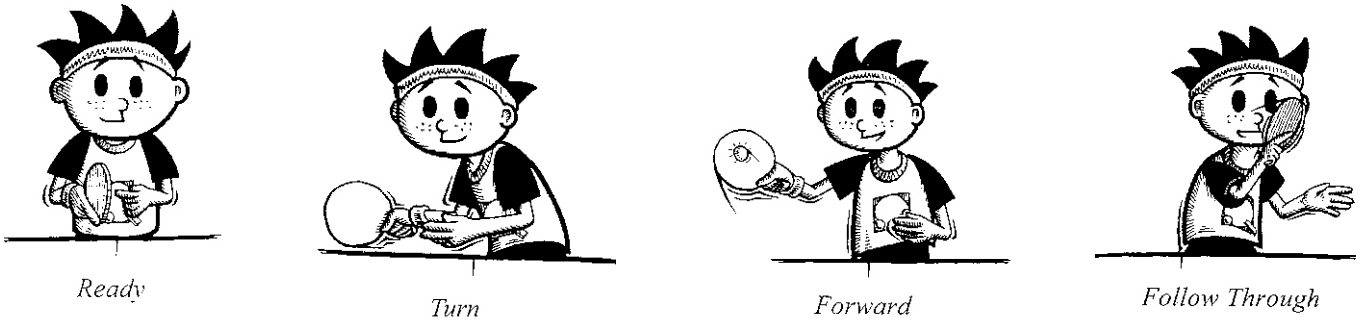


TRENING
2. VODENJE LOPARJA - PRAVILEN PRIJEM LOPARJA

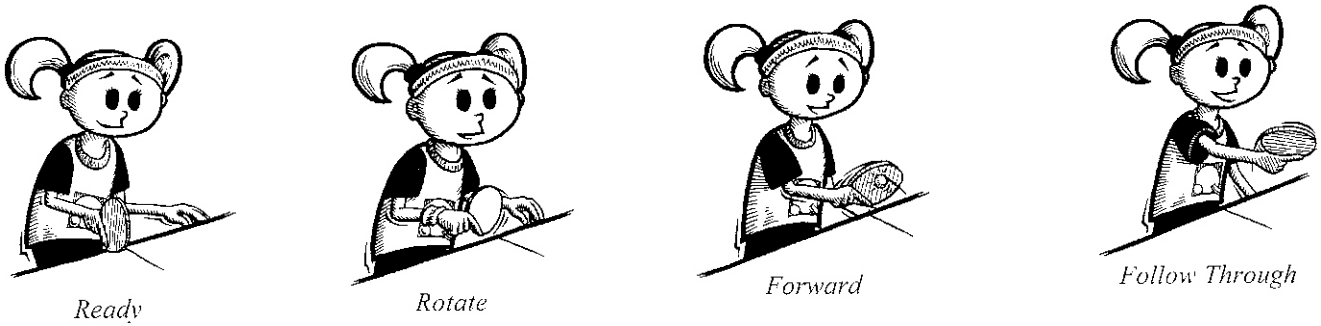


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

- Forehand udarec

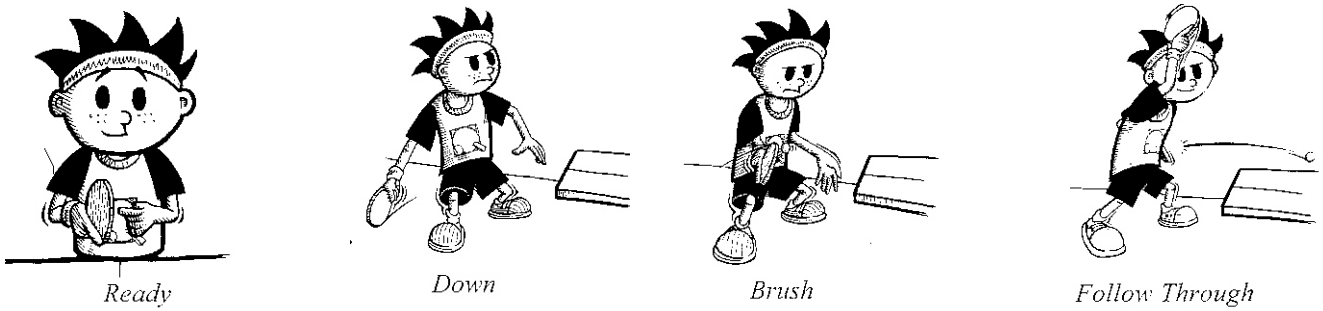


- Backhand udarec

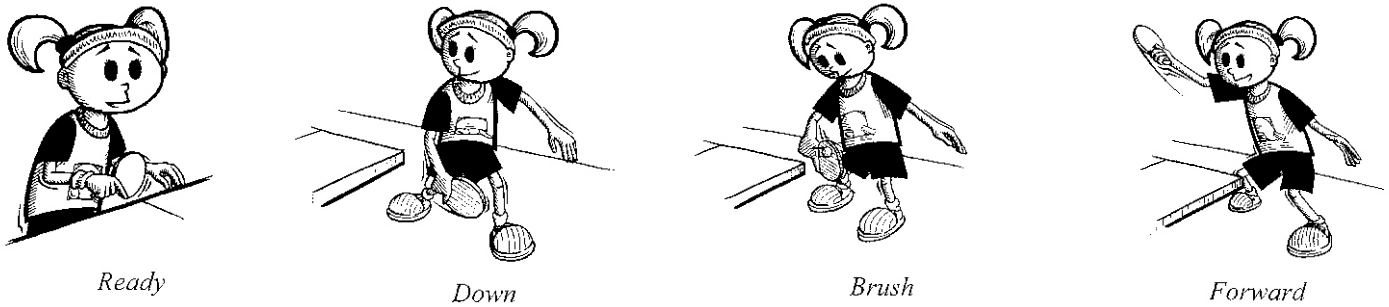


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

- Topspin forehand udarec

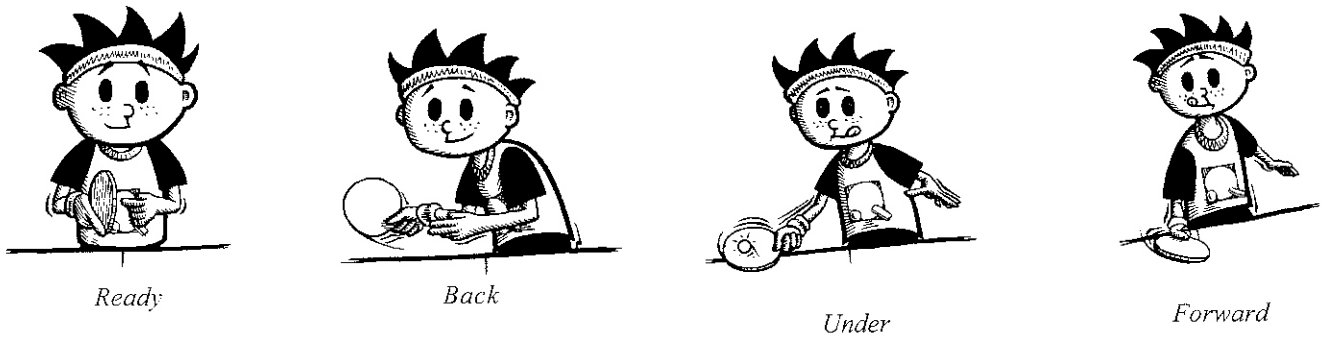


- Topspin backhand udarec

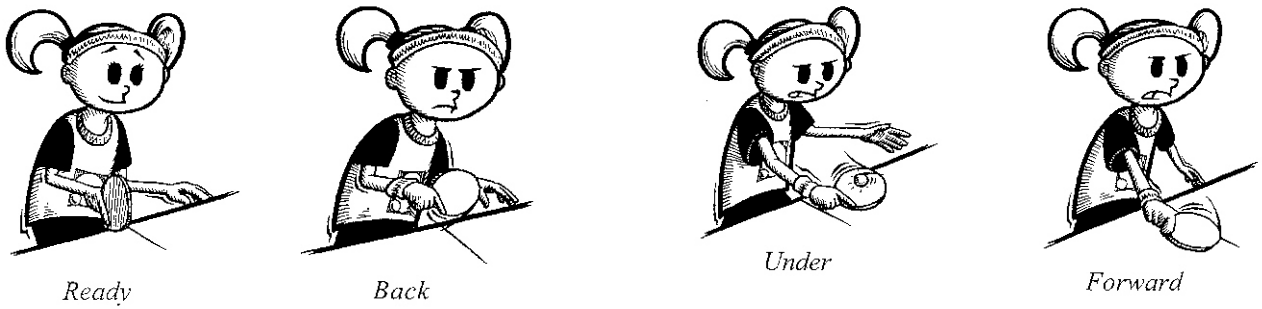


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

- Forehand udarec s potiskanjem (push)

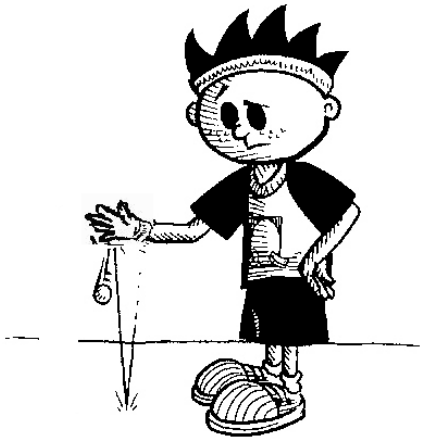


- Backhand udarec s potiskanjem (push)

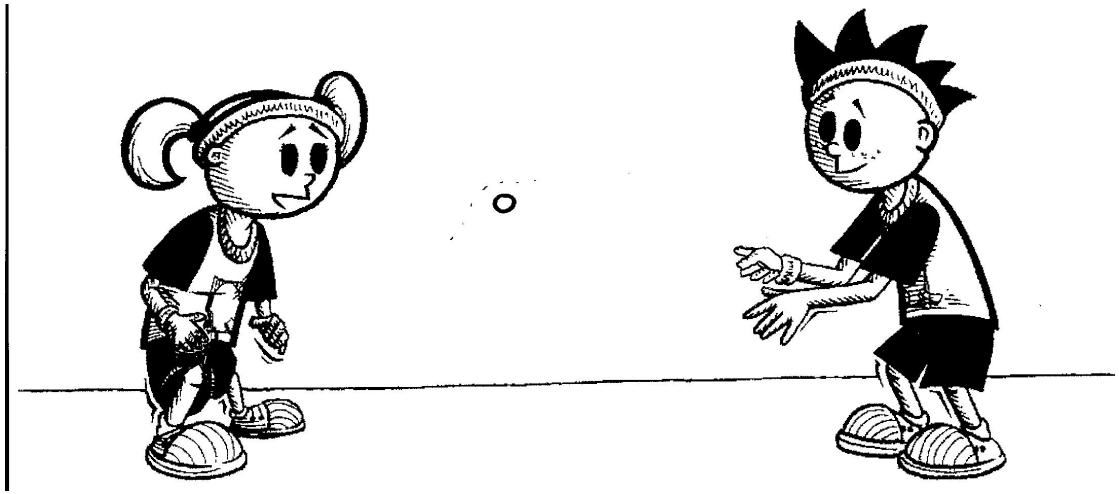


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

- Vadba za začetnike
  1. Vaja zamahovanja z rokami

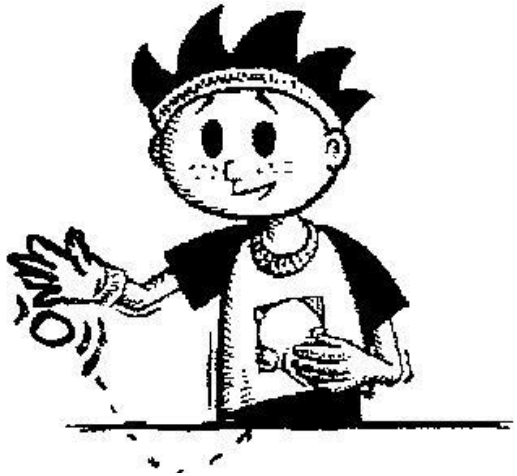


  2. Metanje in lovljenje žogic

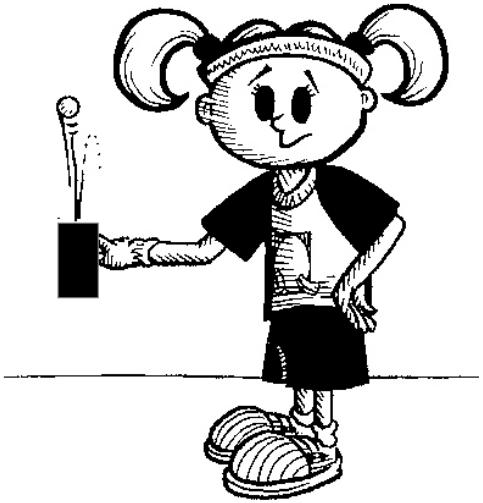


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

3. Žogica iz roke

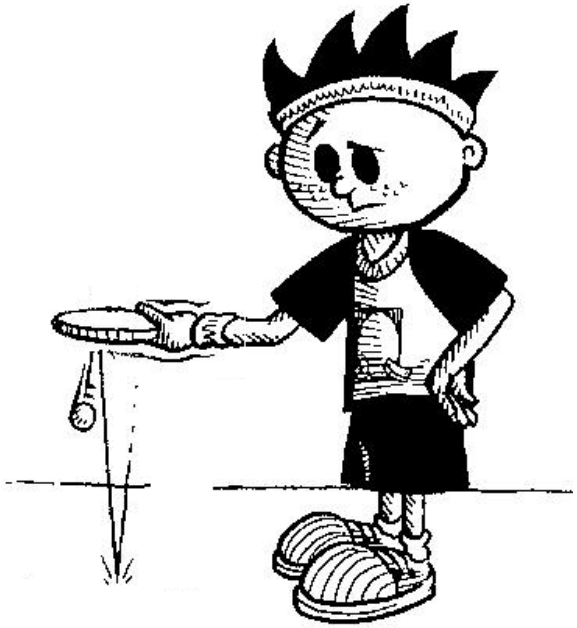


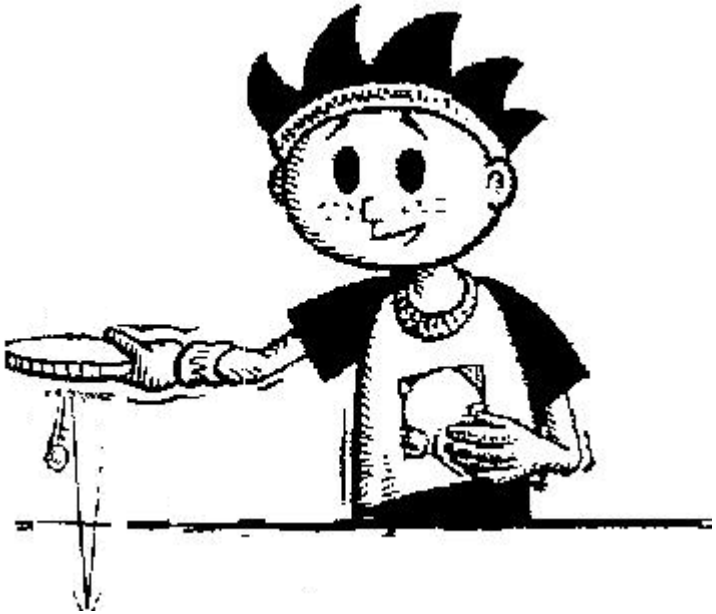
4. Lovljenje v lonček



TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

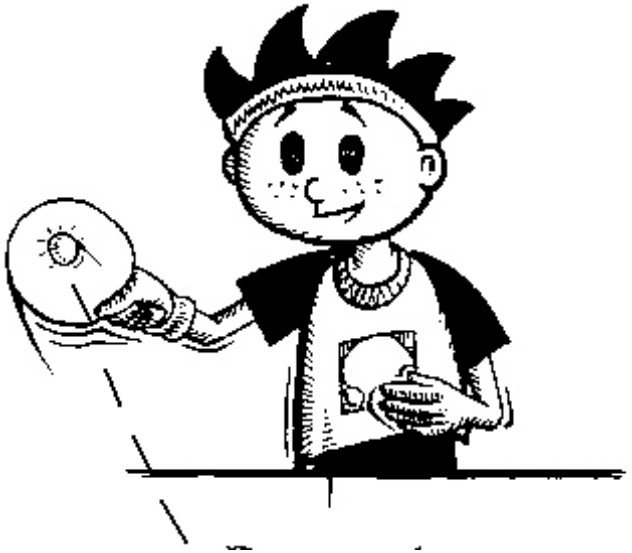
5. Udarci z loparjem





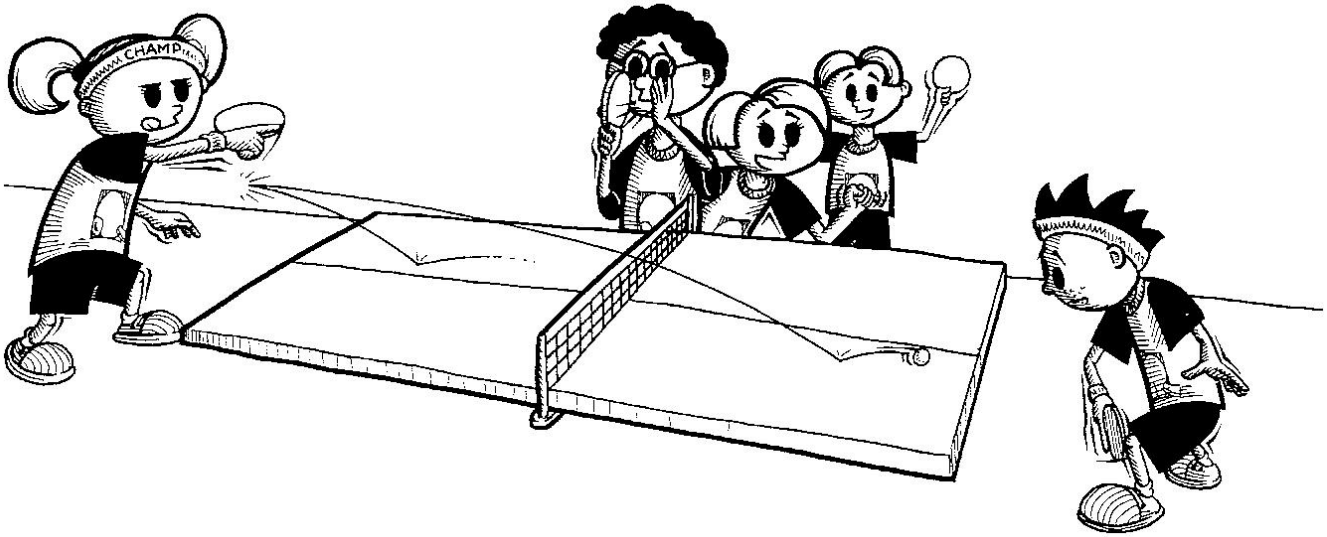
TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

- Nadaljevalna vadba
  1. Imitacija
  2. Izvajanje forehand in backhand udarcev z žogico iz proste roke



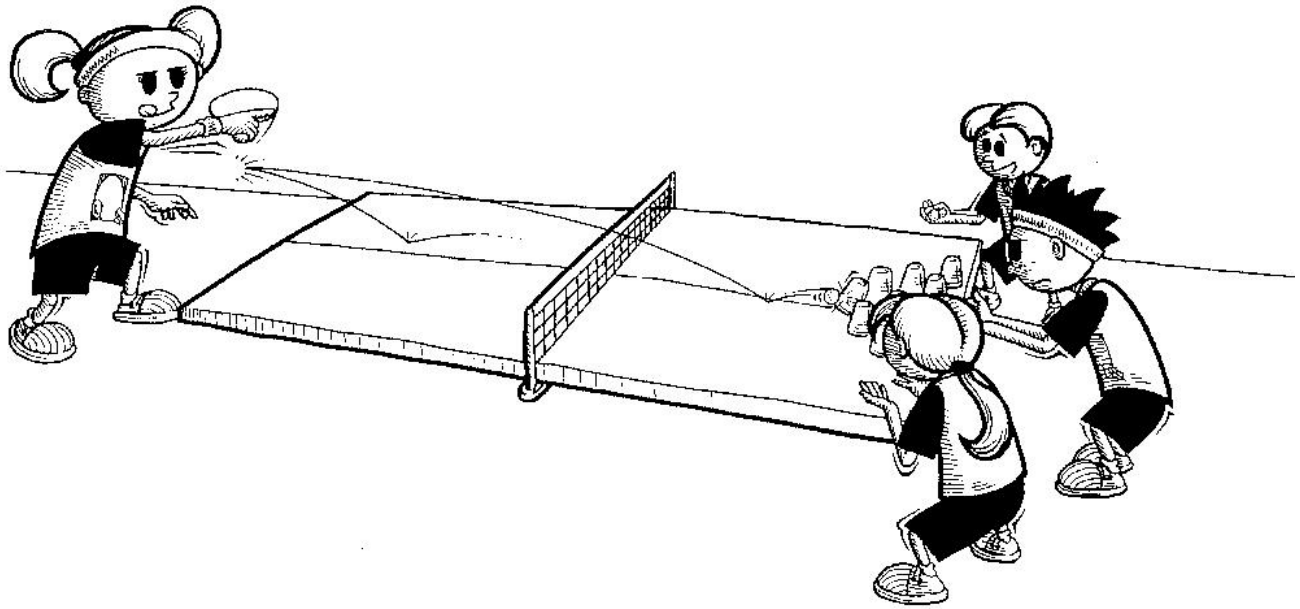
TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

3. Odbijanje podanih žogic



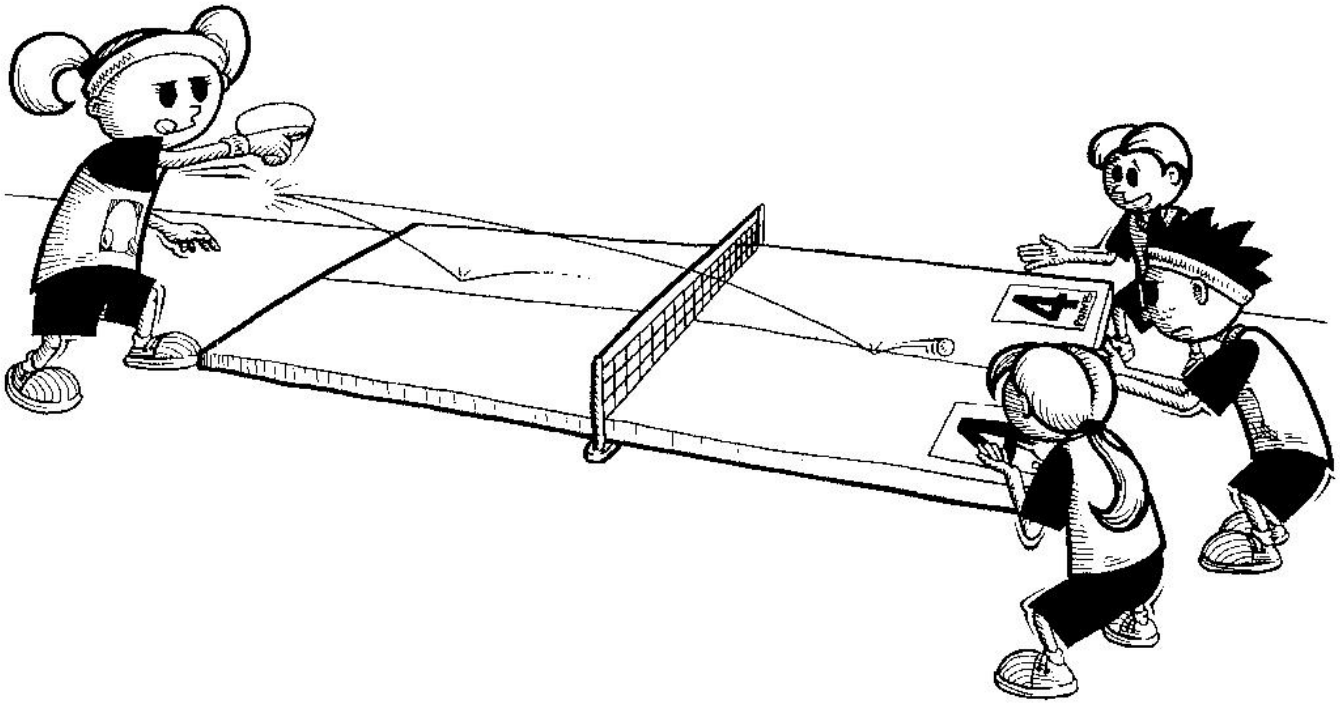
TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

3. Odbijanje podanih žogic



TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

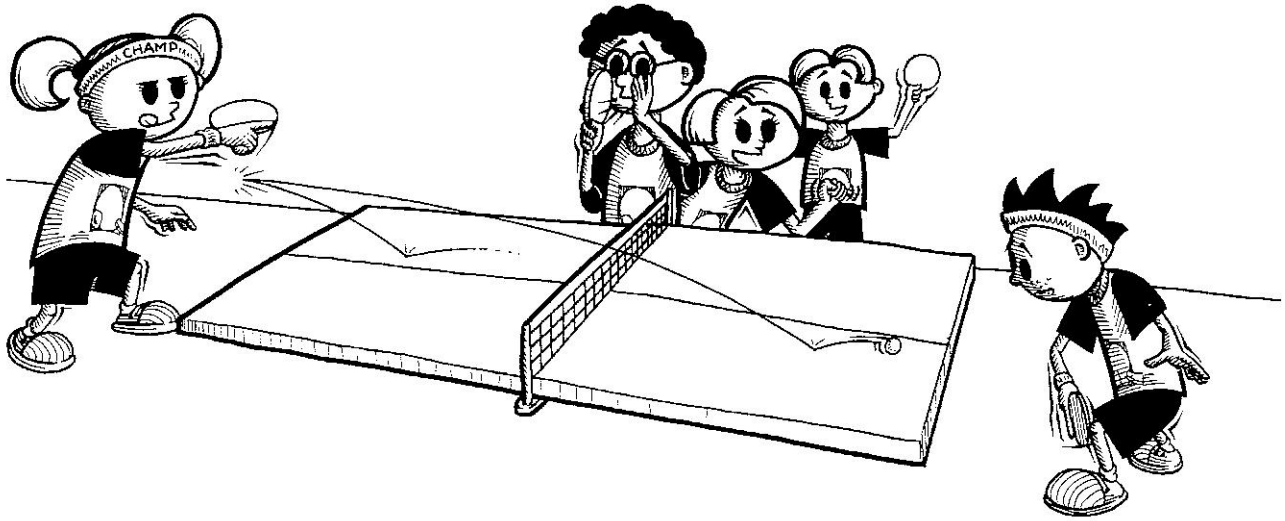
3. Odbijanje podanih žogic



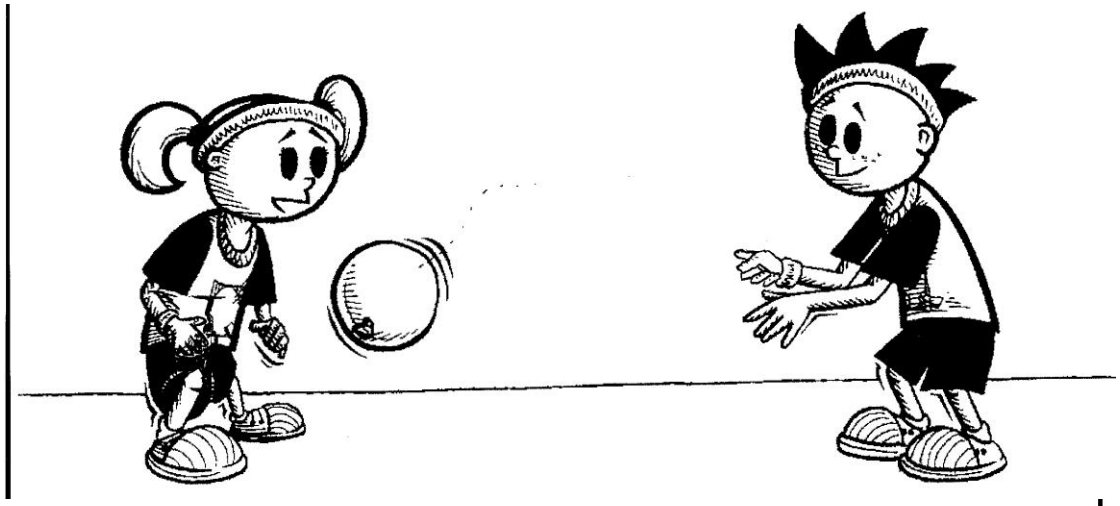
TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

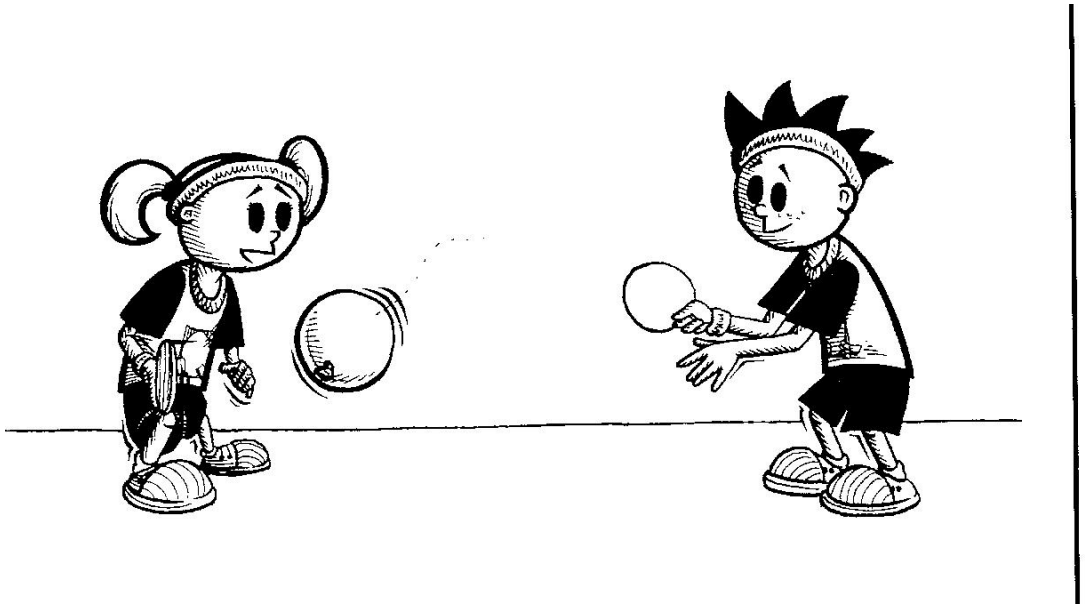
4. Skupinski trening z več žogicami

5. Igra med dvema igralcema (ali učencem in trenerjem)

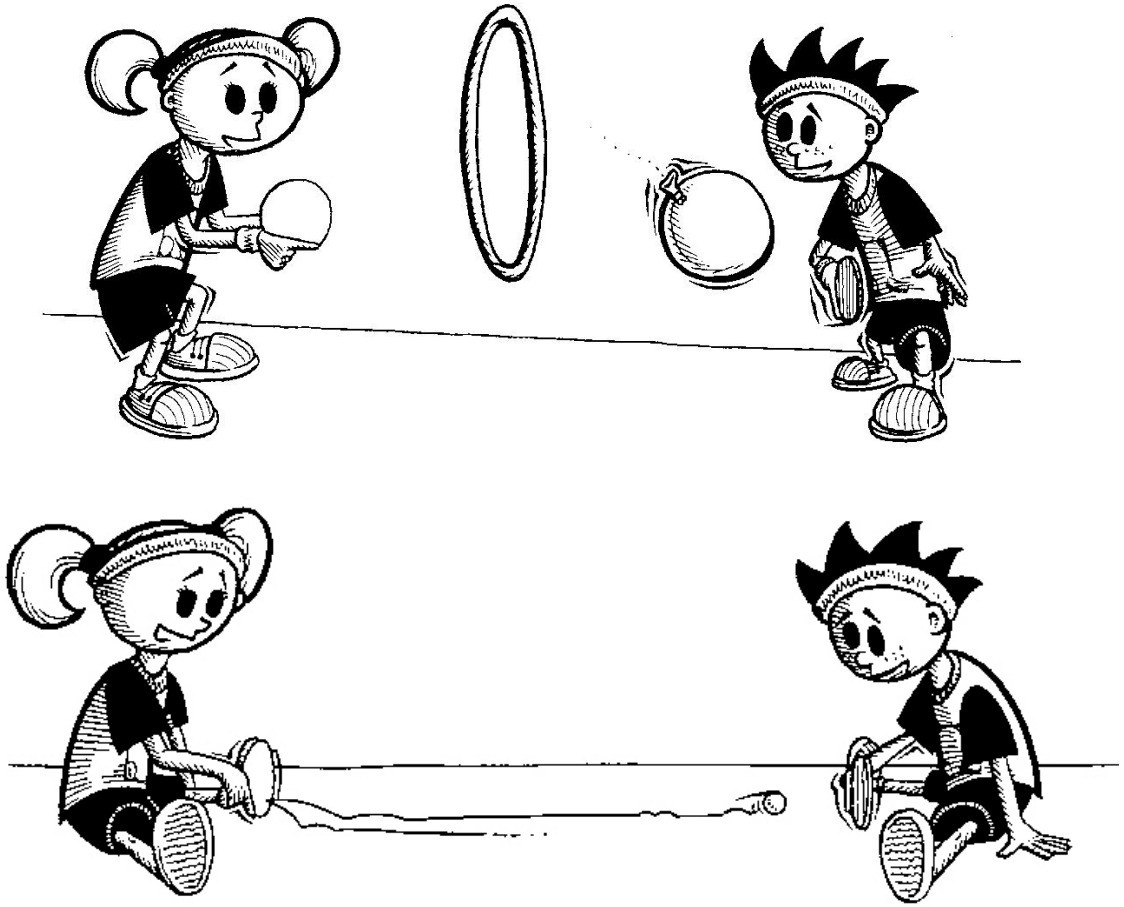


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

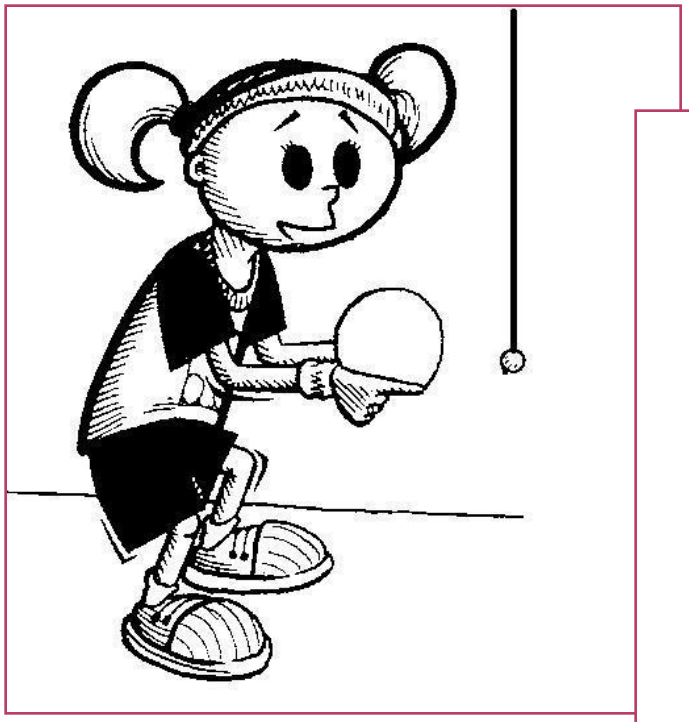


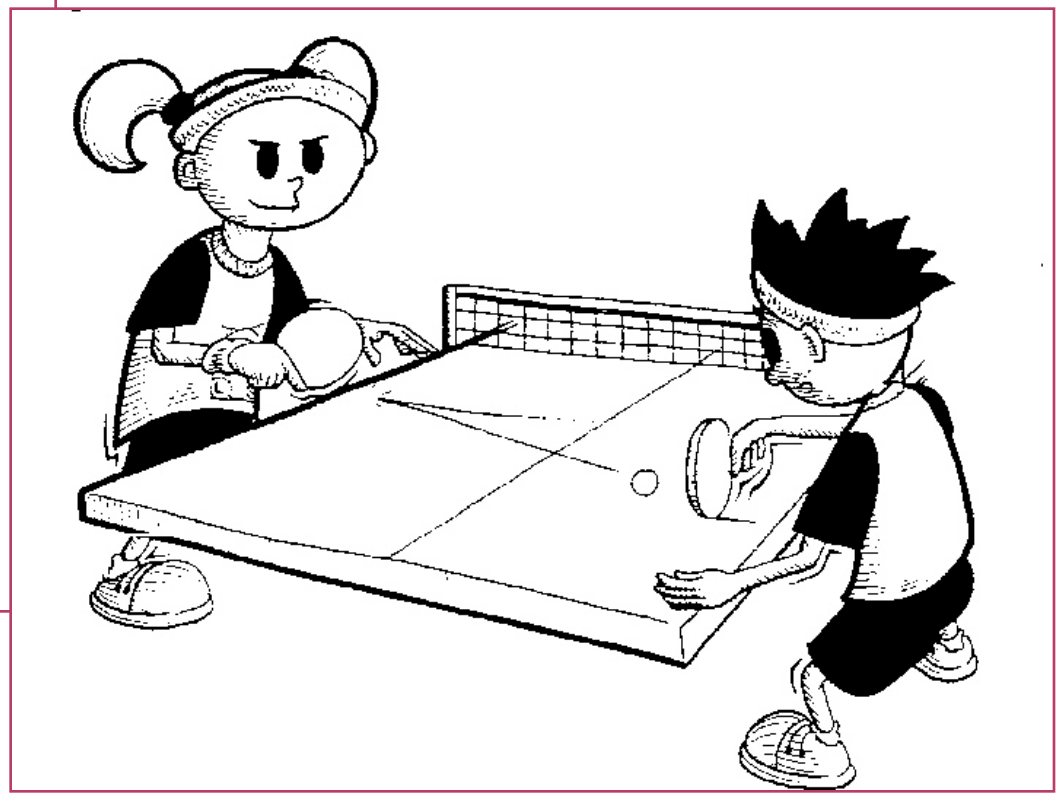


TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

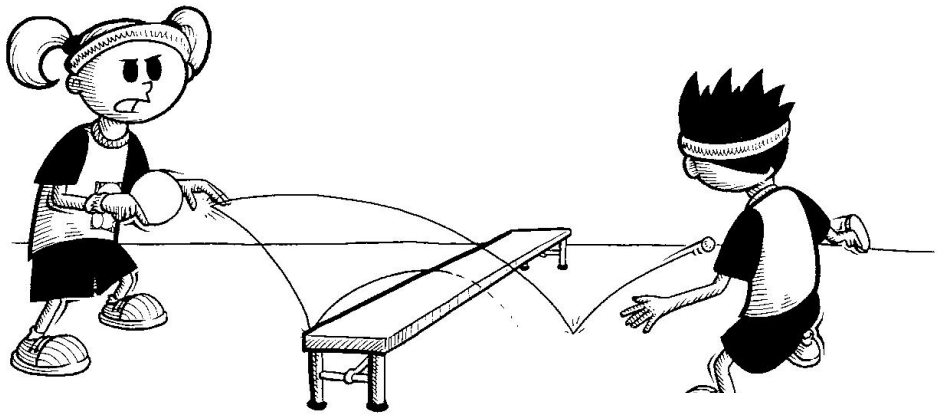


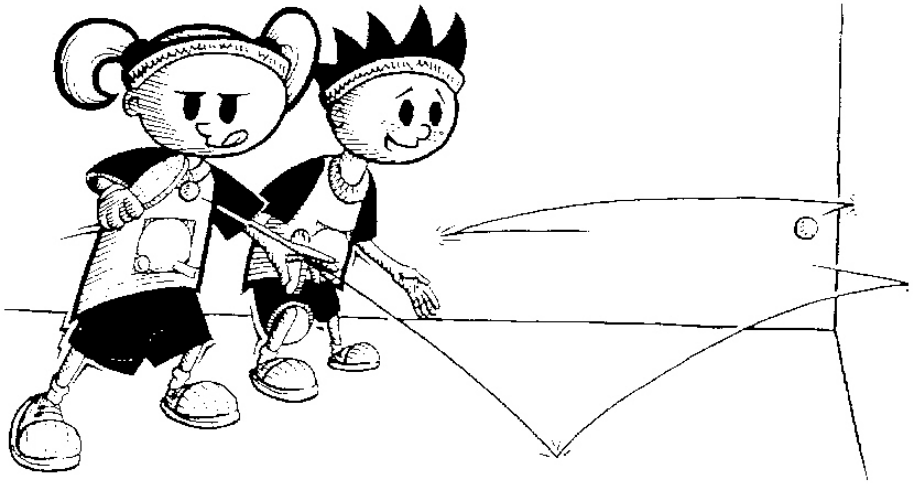
TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI





TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI





TRENING
3. OSNOVNI FOREHAND IN BACKHAND UDARCI

Ključna navodila:

POZORNOST OČI JE USMERJENA NA ŽOGICO.

GLAVA JE NA MIRU.

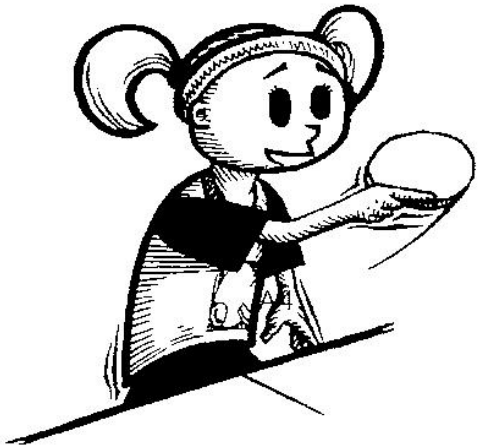
ZAPESTJE JE MIRNO.

TRENING
4. SERVIS

- Osnovni servis

Backswing

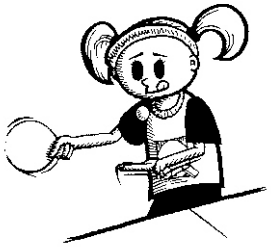
Foreward Movement

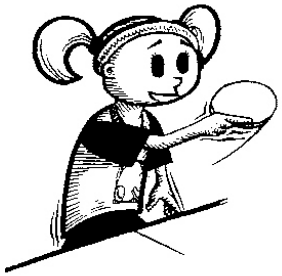


Follow Through

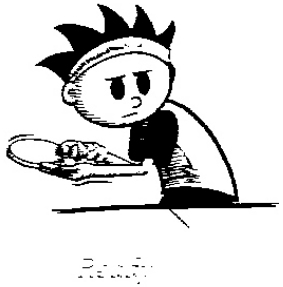
TRENING
4. SERVIS

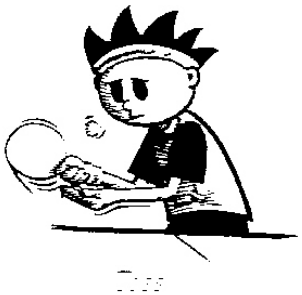
- Forehand topspin servis

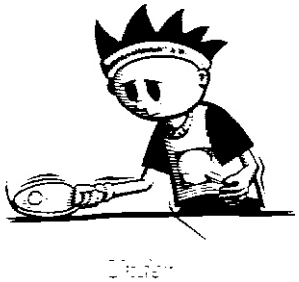


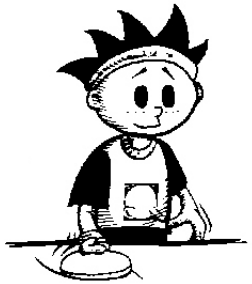


- Forehand backspin servis



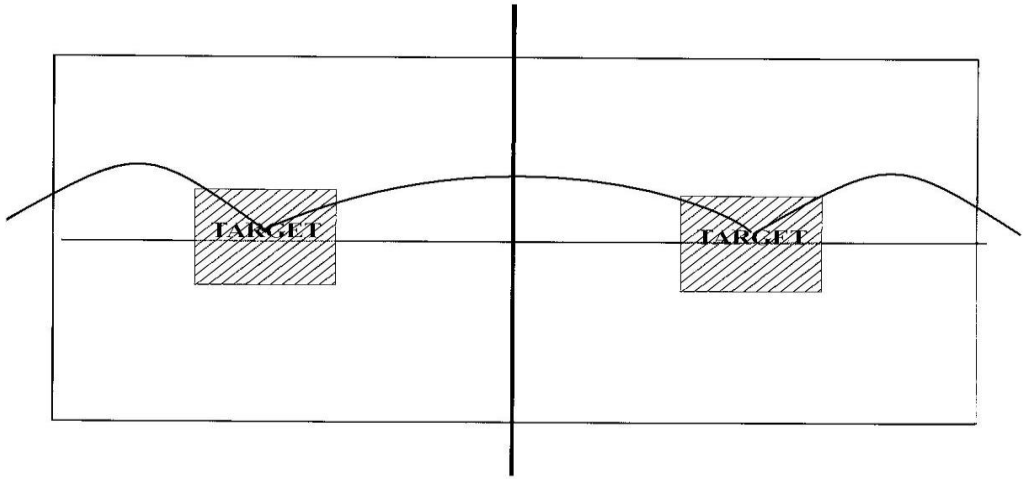






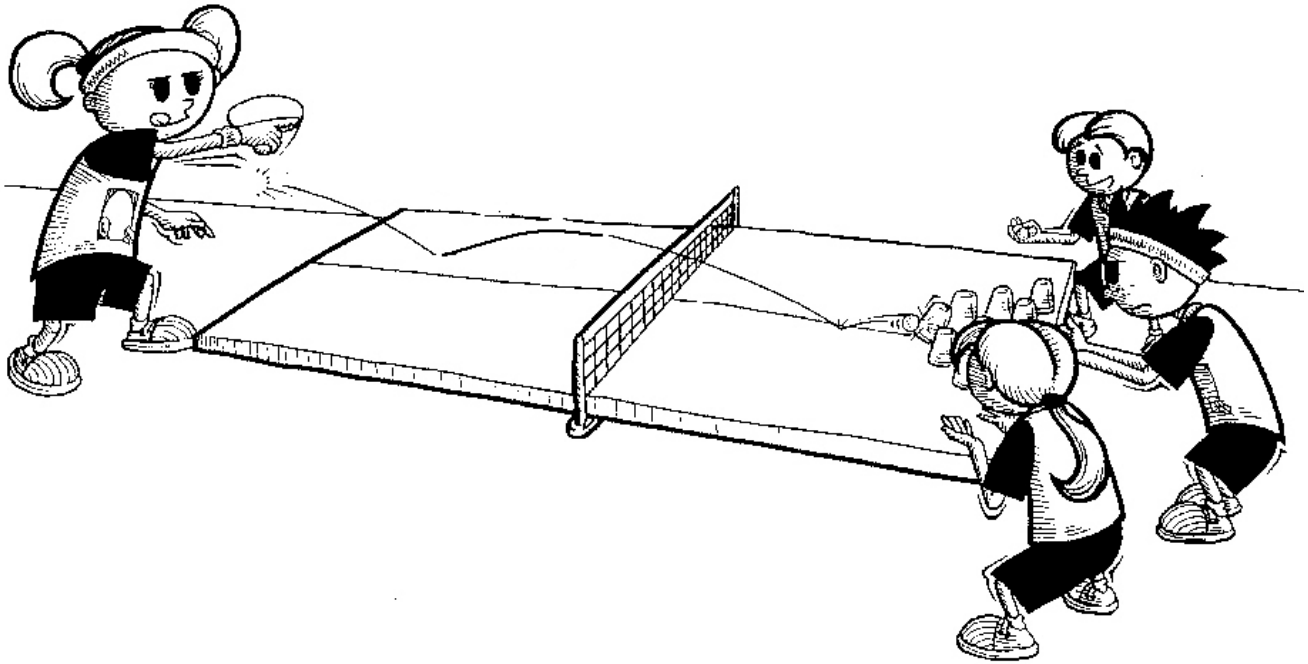
TRENING
4. SERVIS

1. Vaja: žabica
   - brez tarč in brez loparja
   - brez tarč in z loparjem
   - s tarčami brez loparja
   - s tarčami z loparjem



TRENING
4. SERVIS

2. Vaja: Ciljanje lončkov



TRENING
4. SERVIS

Ključna navodila:

SPROSTIMO SE.

ŽOGICO NENEHNO SPREMLJAMO.

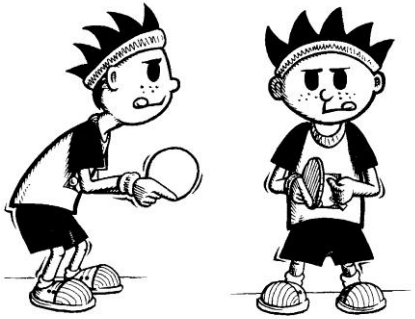
SMO V STANJU PRIPRAVLJENOSTI .

TRENING
5. GIBANJE IN UDAREC

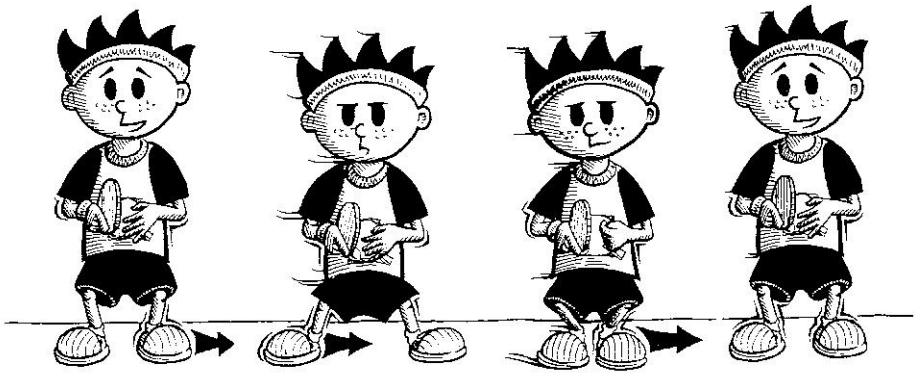
1. Priprava – postavimo se v sproščeno pripravljalno prežo na blazinice stopal.
2. Primerno gibanje vstran.
3. Spremljanje in sledenje žogici in določanje njene hitrosti ter rotacije.
4. Ohranjanje ravnotežja in pravilen položaj za udarec.
5. Izvedba udarca in ohranjanje ravnotežja vse do konca zamaha.
6. Vračanje v nevtralno držo in priprava na naslednji udarec.

TRENING
5. GIBANJE IN UDAREC

- Začetni položaj

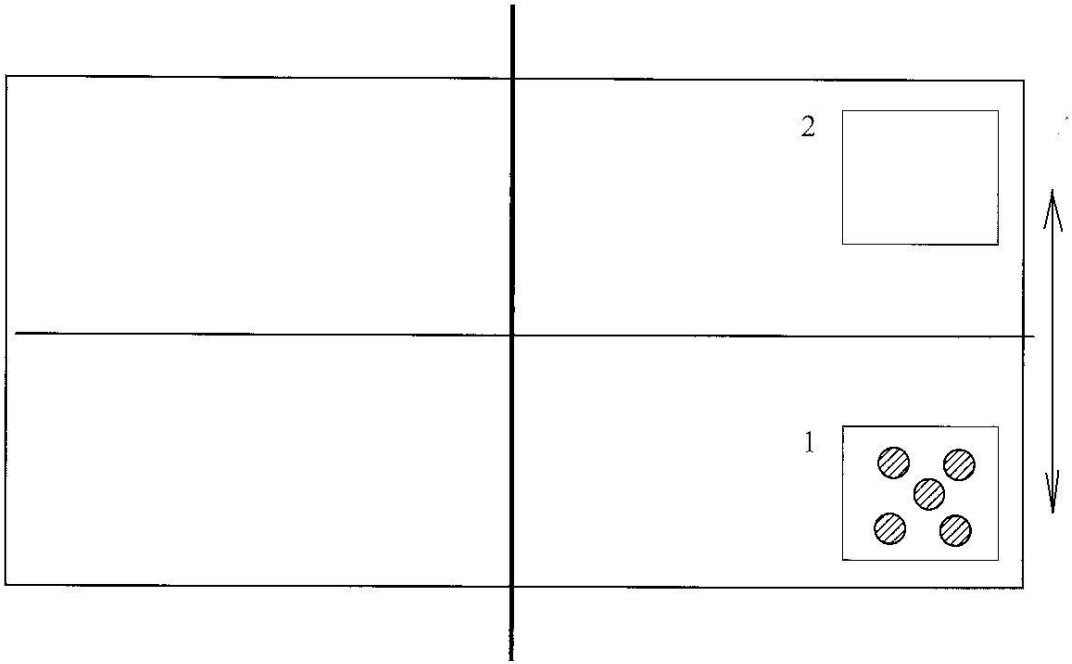


- Gibanje



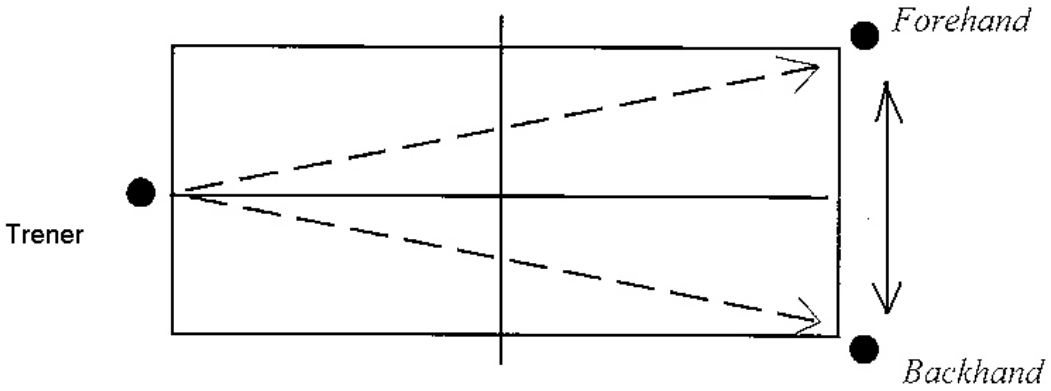
TRENING
5. GIBANJE IN UDAREC

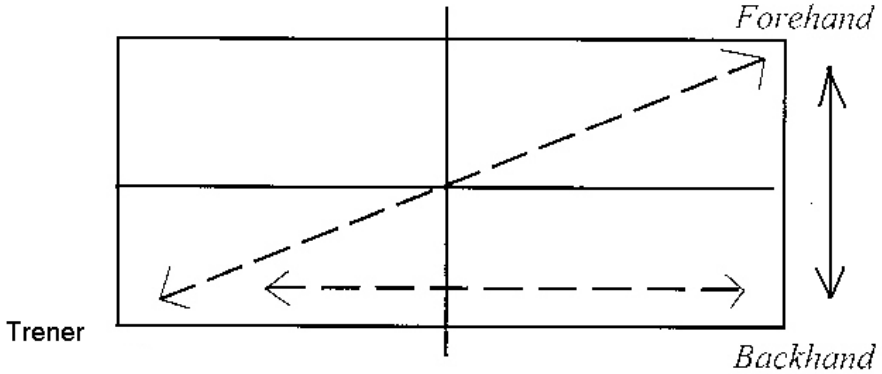
- Prestavljanje žogic



TRENING
5. GIBANJE IN UDAREC

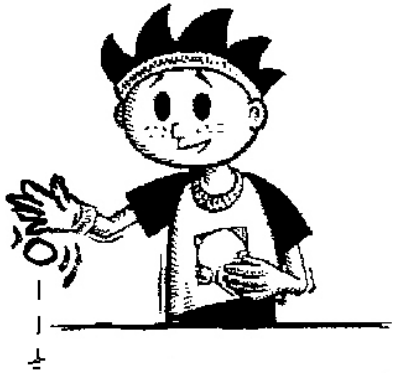
- Gibanje z udarcem



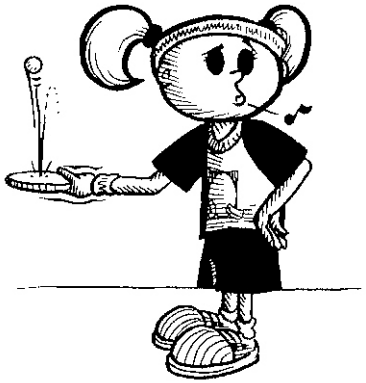


DISCIPLINE
1. ELEMENTI NAMIZNEGA TENISA

1. Odbijanje žogice z rokami (brez loparja)

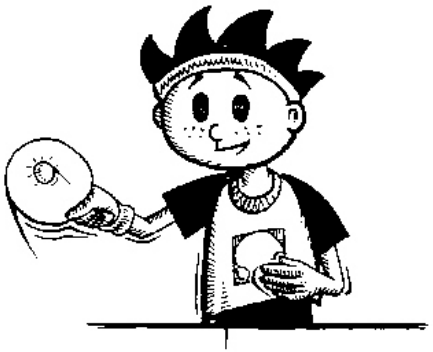


2. Odbijanje žogice z loparjem



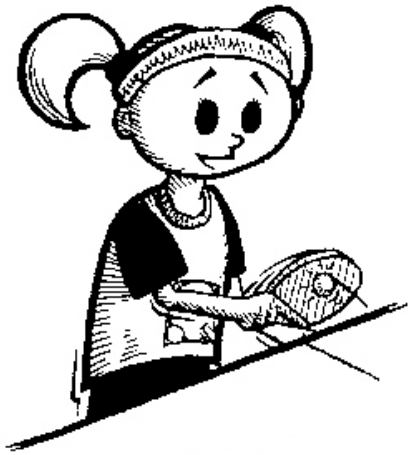
DISCIPLINE
1. ELEMENTI NAMIZNEGA TENISA

3. Forehand odboji



Forward

4. Backhand odboji



DISCIPLINE
1. ELEMENTI NAMIZNEGA TENISA

5. Servis

DISCIPLINE

2. Tekmovanje posameznikov
3. Tekmovanje dvojic
4. Tekmovanje kombiniranih dvojic po programu Unified Sports
5. Tekmovanje športnikov na vozičku
6. Izvajanje elementov v okviru MATP-ja

TOČKOVANJE PRI ELEMENTIH NAMIZNEGA TENISA

Elementi namiznega tenis	št. točk
Odbijanje žogice z rokami (brez loparja)	
Odbijanje žogice z loparjem	
Forehand udarci	
Backhand udarci	
Servis	
Vsota	