Abstract

Title: Tactics and training of men's and women's doubles

Objective: Compare men's and women's doubles game conception on the basis of the count of strokes and I-formations. The completive issue was to find out difference between men's and women's doubles training.

Method: The basis of this comparing was indirect observation of tennis matches. The count of all particular strokes was observed in both categories.

Results: The men's and women's doubles game conception was shown as different. The men's and women's doubles game conception has been changed in last thirty years, when previously the men's and women's game conception had been similar. It is diverged mainly at the number of strokes at each rally, at count of strokes from base line and at count of used I-Formations. For men's doubles, it is crucial to have good service, return, net approach and volleys. For women's doubles, it is crucial to have good service, return, strokes from base line and volleys.

Key words: doubles, game conception, rally, match, stroke, base line, I-formation, service, return, volley