

Criteria for selecting tennis coaches in Upper Egypt

Prof. Dr. Adel Mohamed Abdel Moneim Makki ¹ , Prof. Dr. Randa Shawky Sayed²
Prof. Dr. Mohamed Shamandy Yassin ³ . Researcher / Tasnim Abu Alam Mohammed Hassan⁴

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Prof. Dr. Adel Mohamed Abdel Moneim Makki ¹

Professor of Sports Administration, Faculty of Physical Education, Aswan University

Prof. Dr. Randa Shawky Sayed ²

Professor of racquet games , Faculty of Physical Education for Girls, Zagazig University

Asst. Prof. Dr. Mohamed Shamandy Yassin ³

Assistant Professor of Training, Faculty of Physical Education, Aswan University

Researcher / Tasnim Abu Alam Mohammed Hassan ⁴

Researcher at Faculty of Physical Education, Aswan University

Abstract :

This research aims to identify the criteria for selecting tennis coaches in Upper Egypt , The researcher used the descriptive survey method for its suitability and the nature of the study , The research sample was chosen in a stratified random way from among the chairmen of the boards of directors of the clubs or some of their representatives in the selection of tennis coaches in Upper Egypt , Results , The tennis coaches are selected according to the following axes in order (competencies for physical, skillful and tactical preparation - competencies for preparation and planning for the training program - personal and subjective competencies - social educational competencies).

Key wards : Criteria , tennis coaches , Upper Egypt

Introduction:

Within a few years, the game of tennis has become a major media space in all parts of the world. People have known and loved it and followed the news of its champions even in foreign magazines that specialized in tennis only.

This game deserves because it gives youth and vitality and maintains fitness and can be practiced by all ages and of both sexes, as it is practiced in an open healthy atmosphere and this undoubtedly helps

to create balanced minds and bodies free from diseases, as well as the spirit of honest competition , And that this game requires effort from the beginner when learning its basic principles, so he must have the ability to catch his eye and focus while learning or watching instructional films, and this game also contains the most important sports movements, for example, we find that it contains the flexion, rotation and extension of the body, as well as it strengthens the muscles of the hand And the leg and abdomen as it benefits all the vital organs of the body.

Physical preparation in the game of tennis takes the first place, starting with general physical exercises that prepare the body as a whole, in addition to focusing on the muscle groups that will carry the greatest burden during the game, which in the end leads to adjusting the technique, and that modern training depends on science as a basis for obtaining good results. Gone is the time when some coaches were able to bring their athletes to a high level based on individual practical experiences , Therefore, the coach must take into account when developing his training curriculum that it differs among the young and advanced beginners. Each stage has its own duties, objectives and contents, and this fact applies to all sports. There is a difference between each game and another depending on the special characteristics of the age stage from which training begins for the game.

The scientific means that are elaborate in tests and measurements are the objective aspect that respects the mind and the commercial science. Likewise, through tests, many talents that are suitable for playing tennis and progressing in it can be revealed. (10:5)

Hanafi Mahmoud Mukhtar (2000) indicates that the sports coach is the person who is responsible for conducting the executive lines of the training process and organizing and coordinating it in specific, targeted scientific programs. (4:26)

Hanafi Mahmoud Mukhtar (1998 AD) mentions that the coach, as an educational figure, undertakes the task of the teacher and the coach together, and has a direct impact on the development of the personality

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of the athletes. One of the factors affecting the increase or decrease of the intensity of emotions for the player in training and competitions (0 (3: 47)

Bastawisi Ahmed Ali (1999 AD) indicates that the sports coach must be at a high level that qualifies him to occupy the place of the educator and teacher and to gain love and appreciation from the players, as he is viewed with great love, reassurance and respect (0 (2: 32)

Muhammad Hassan Allawi (2002 AD) confirms that the most important personal characteristics of the coach are (emotional stability, responsibility, emotional harmony, empathy, creativity, decision-making ability, flexibility, self-confidence and ambition). (7: 21)

The researchers believes that the profession of sports training does not have a specific cadre within the functions of the state in the Arab Republic of Egypt, and there are no limits or job competencies through which one can choose who is appointed or assigned to the job of a sports trainer, and this is a real problem for trainers in our society, especially in Upper Egypt. The current coach is chosen by the boards of directors of youth and sports clubs and institutions

Either he is a former player or a coach who has obtained a training course that qualifies him to be a coach. This course takes several weeks, during which the applicant obtains a training certificate that gives him the authority to train. Through her experience in the field of training ground tennis, this is one of the shortcomings in the field of training and that the subject The study of the sports coach and the training competencies of the tennis coach did not receive enough attention from the researchers.

The researchers believes that the scarcity of trainers from Upper Egypt who participate in training in clubs as well as national teams may be due to the lack of applied training competencies in the field of tennis. And the variables associated with his qualification and performance in the training process .

Research objectives:

This research aims to identify the criteria for selecting tennis coaches in Upper Egypt.

Research questions:

What are the criteria for selecting tennis coaches in Upper Egypt?

Research plan and procedures:

Research Methodology:

The researcher used the descriptive survey method for its suitability and the nature of the study.

Research community:

The research community represents the heads of the boards of directors of clubs or some of their representatives in selecting tennis coaches in Upper Egypt.

The research sample

The research sample was chosen in a stratified random way from among the chairmen of the boards of directors of the clubs or some of their representatives in the selection of tennis coaches in Upper Egypt.

Data collection tools:

The researcher used the data collection tools to obtain data related to the subject of the research, the most important of which are the following:

1- Analysis of references and previous studies:

The scientifically standardized and personal interviews were conducted to obtain the information that is useful for the research. The personal interviews were with professors of the faculties of physical education and the heads of the boards of directors of the clubs or some of their representatives in selecting the tennis coaches in Upper Egypt.

2- Questionnaires:

The researcher used the questionnaire as a data collection tool.

The researchers followed the following steps in designing the questionnaire:

1- A reference survey of related studies and research and scientific references related to the subject of the study.

2- The standardized personal interview.

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3- Suggesting the axes of the questionnaire form according to the objectives of the study through the reference inventory and from the results of the personal interview. Axes and phrases appropriate to the research topic.

4- Drafting phrases that express the axes of the questionnaire.

5- The questionnaire was presented in its initial form to a group of (10) experts specialized in the field of sports training and tennis training, in order to get acquainted with:

The appropriateness of each phrase to its axis and its relevance to the subject of the study.

- The integrity of the wording and the accuracy of the expression of the phrases.

- The adequacy, comprehensiveness, relevance and objectivity of the phrases.

Pilot study

The researchers conducted an exploratory study on a sample of (15) chairmen of the boards of directors of clubs or some of their representatives in selecting tennis coaches in Upper Egypt, and it was chosen randomly from the original community and outside the research sample, in the period from 1/26/2023 to 2/6 2023 with the aim of achieving:

The extent of clarity and understanding of the research sample for the phrases.

- The time required to carry out the study procedures.

The time required to answer the questionnaire.

The researcher concluded:

Clarity and understanding of most of the phrases in the survey sample, so the researcher clarified the incomprehensible ones.

- The time required to answer the questionnaire was (20 minutes) and was calculated by applying the following equation: minimum time + maximum time on 2: $17 + 23 / 2 = 40 / 2 = 20$ minutes.

Main study:

The researchers applied the basic study on the research sample of the chairmen of the boards of directors of the clubs or their

representatives in selecting the tennis coaches in the period from 4/7/2022 to 4/8/2022

Statistical :

The researchers used the appropriate statistical treatments for the nature of the study percentage , Correlation coefficient, Estimated score, SMA .

Results :

Table (1) The estimated degree and percentage of the first axis phrases "specific to physical, skill and tactical preparation"

N0.	agree	To some extent	not agree	Estimated score	The ratio %
1	29	1	-	148	98.67
2	30	-	-	150	100
3	30	-	-	150	100
4	28	2	-	146	97.33
5	29	1	-	148	98.67
6	29	1	-	148	98.67
7	28	2	-	146	97.33
18	29	1	-	145	96.67
19	29	1	-	148	98.67
20	30	-	-	150	100
21	29	1	-	148	98.67
22	29	1	-	148	98.67
23	29	1	-	148	98.67

It is clear from Table No. (1) the estimated score and percentage of the first axis phrases “particularly with regard to physical, skillful and tactical preparation.” They numbered (23) phrases, where the estimated score ranged between (144) to (150), with a percentage ranging from (96%) to (100). %).

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Table (2) The estimated score and the percentage of the second axis phrases, which are related to the preparation and planning of the training program

N0.	agree	To some extent	not agree	Estimated score	The ratio %
1	30	-	-	150	100
2	30	-	-	150	100
3	29	1	-	148	98.67
4	29	1	-	148	98.67
5	28	2	-	146	97.33
6	28	2	-	146	97.33
7	29	1	-	148	98.67
8	29	1	-	148	98.67
9	27	3	-	144	96
10	28	2	-	146	97.33
11	29	1	-	148	98.67
12	29	1	-	148	98.67
13	29	1	-	148	98.67
14	29	1	-	148	98.67
15	30	-	-	150	100

It is clear from Table No. (2) the estimated score and percentage of the phrases of the second axis “particularly related to the preparation and planning of the training program.” They numbered (15) phrases, where the estimated score ranged between (144) to (150), with a percentage ranging from (96%) to (100). %).

Table (3) The estimated degree and percentage of the statements of the third axis "self-personality".

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N0.	agree	To some extent	not agree	Estimated score	The ratio %
1	30	-	-	150	100
2	30	-	-	150	100
3	29	1	-	148	98.67
4	29	1	-	148	98.67
5	28	2	-	146	97.33
6	28	2	-	146	97.33
7	29	1	-	148	98.67
8	29	1	-	148	98.67
9	27	3	-	144	96
10	28	2	-	146	97.33
11	29	1	-	148	98.67
12	29	1	-	148	98.67
13	29	1	-	148	98.67
14	29	1	-	148	98.67
15	30	-	-	150	100

It is clear from Table No. (3) the estimated score and percentage of the phrases of the third axis, "self-personality", which numbered (16) phrases, where the estimated score ranged between (142) to (150), with a percentage ranging from (94.67%) to (100%).

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Table (4) The estimated degree and percentage of the phrases of the fourth axis "social education"

N0.	agree	To some extent	not agree	Estimated score	The ratio %
1	29	1	-	148	98.67
2	29	1	-	148	98.67
3	27	3	-	144	96
4	30	-	-	150	100
5	29	1	-	148	98.67
6	29	1	-	148	98.67
7	29	1	-	148	98.67

It is clear from Table No. (4) the estimated score and percentage of the phrases of the fourth axis, "Social Education". They numbered (7) phrases, where the estimated score ranged between (144) to (150), with a percentage ranging from (96%) to (97.3%).

Discussion :

It is clear from Table No. (1) the estimated score and percentage of the first axis phrases "particularly with regard to physical, skillful and tactical preparation." They numbered (23) phrases, where the estimated score ranged between (146) to (150), with a percentage ranging from (96%) to (100). %. Where it occupied the phrase No. (2), which is "concerned with the special physical preparation in accordance with the requirements of tennis."

And phrase No. (3), which is "attention to the principle of gradualness in the training load and its conformity with the players' training condition and their own capabilities." And phrase No. (12), which is "taking into account the individual differences between the players," and phrase No. (16), which is "taking into account the arrangement of the elements of physical fitness within the training unit." And phrase No. (17), which takes into account the selection of physical

exercises that serve the skillful and tactical part." And phrase No. (20), which is "he is familiar with rationing training loads for the exercises used." "The first rank among the phrases of the first axis, "particularly in physical, skillful and tactical preparation," as the estimated score for phrases reached No. (2), (3), (12), (16), (17), (20) , with a percentage of (100%).

While phrase No. (14), 0, which is "formation and acquisition of individual tactical skills," ranked last among the phrases of the first axis, as the estimated score for phrase No. (14) was (144), with a percentage of (96%).

As shown in Table No. (3), the estimated score and percentage of the phrases of the second axis, "particularly in the preparation and planning of the training program." They numbered (15) phrases, where the phrase No. (1), which is "preparing an annual plan for training tennis players," and the phrase No. (2)) and it is "the annual plan is clear and can be implemented throughout the sports season" and phrase No. (15) which is "the temporal and temporal distribution of settings is taken into account during the design of the training program" ranked first among the phrases of the second axis "particularly to the preparation and planning of the training program" where the estimated score reached (150) , with a percentage of (100%), while phrase No. (9), which is "the ability to maintain the regularity and continuity of training," ranked last among the phrases of the second axis, with a score of (144), with a percentage of (96%).

It is clear from Table No. (4) the estimated score and percentage of the phrases of the third axis "self-personality" and there are (16) phrases, where each of the phrases No. (9) occupied, which is "He can solve the problems that he encounters in different training situations" and the phrase No. (14) Which is "the ability to assume responsibility towards the team and management" ranked first among the phrases of the third axis "self-personality", as the estimated score for the two phrases No. (9), (14), and (15) reached a percentage of (100%), while

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the phrases ranked No. (7), which is “the ability to deal with the sports media interested in the affairs of the team,” ranked last among the phrases of the third axis, “self-personal,” as the estimated score for phrase No. (7) was (142), with a percentage of (94.67%).

The researcher believes that the coach's relationship with the players inside and outside the training unit is of great importance in their ability, readiness and acceptance of the exercises that he uses in all parts of the training unit. Good and continuous motivation for them, during and after the completion of the training unit.

The researcher attributes this to the fact that the sports coach in general and the tennis coach in particular must be characterized by high confidence in himself and his abilities, and he must be characterized by the ability to show competition between the players and stimulate their motivation to get the maximum out of them during the performance of the training load, which positively affects the output of the unit. Thus, the desired goal of the training process is achieved, and work clearly with all players without discrimination or distinction between the players so as not to negatively affect their psychological and mental state, and thus their physical, skill and tactical training status.

Bastawisi Ahmed Ali (1999) indicates that the sports coach must be at a high level that qualifies him to occupy the place of the educator and teacher and to gain love and appreciation from the players, as he is viewed with great love, reassurance and respect (2: 32).

From the foregoing, the researcher has answered the question that states: "What are the criteria for selecting tennis coaches in Upper Egypt"?

Conclusions:

In light of the aim of the research, its questions, scientific transactions, and the statistical method used, the researcher concluded:

1- The tennis coaches are selected according to the following axes in order (competencies for physical, skillful and tactical preparation - competencies for preparation and planning for the training program - personal and subjective competencies - social educational competencies)

2- The most important thing that distinguishes a tennis coach is the emphasis on conducting physical tests and measurements to determine the player's training condition physically, skillfully and tactically before, during and after the training season, while what distinguishes him from a personal point of view is that he is serious in implementing parts of the training unit.

3- The tennis coach must be characterized by a behavior that is respected and accepted by the juniors and has a good relationship with them inside and outside the club. In terms of personal competencies, he is also able to assume responsibility towards the team and management in all cases.

4- The most important characteristic of a tennis coach from a social point of view inside and outside the court is to avoid favoritism and bias between players as much as possible.

Recommendations:

The researcher recommended the following:

1- All sports clubs must publicize the sport of tennis mainly with the availability of all the capabilities that help in the spread and advancement of the sport of tennis.

2- The need for a tennis coach to be chosen according to the following criteria and axes in order (competencies for physical, skillful and tactical preparation - competencies for preparation and planning for the training program - personal and subjective competencies - social educational competencies)

3- The Technical Committee of the Egyptian Tennis Federation should use the results of this study when selecting the tennis coaches for the national teams.

4- The need to establish and organize a group of workshops and training courses to refine and qualify tennis coaches at the level of the Arab Republic of Egypt.

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