



MODERN TENNIS AND ITS CURRENT ISSUES.

Abdumannopova Mukhlisa Fergana

State University Student of the Faculty of Physical Education

Phone: +99893 472 80 75 Email: aliakbarova_yulduz6@gmail.com

Abstract: *Modern tennis is one of the most popular and technically advanced types of sports. This sport requires a high level of physical and mental strength, and also includes complex tactical and technical knowledge. In the modern version of tennis, technologies, training methods and the system of training athletes have changed, and new approaches are emerging at the level of competitions and tournaments. One of the current issues in tennis today is the protection of athletes and their health. Physical overload and the participation of athletes in long tournaments and competitions lead to an increase in injuries and recovery periods. This situation also changes the issues of managing and assisting athletes. In addition, the role of technology in tennis has increased. With the help of technologies such as Hawkeye, lines and decisions are being made with infinite precision. However, there are still contradictions regarding the impact of technology on competitions and the ancient traditions of the sport. Another pressing issue is the global development of tennis. The issue of increasing the popularity of tennis and its wide distribution in different parts of the world, especially among new markets and young athletes, remains important. Interest in tennis is growing in changing social and economic conditions, but in some regions the sports infrastructure and opportunities are still limited. In general, the further development of modern tennis and the solution of problems, new technologies and methods are expected. These changes will help to present tennis as a more attractive and high-quality sport.*

Keywords: *Modern tennis, technology, injuries and health problems, athlete recovery, hawkeye technology, global development, tournaments and competitions, physical training, tennis and economic conditions, sports infrastructure, young athletes, popularity and marketing, sports approaches, the future of tennis, international competitions.*

Introduction

Modern tennis has become one of the most popular and developed sports in the world today. This sport requires not only a high level of technical and physical training, but also includes its own psychological aspects. Tennis competitions, especially at the international level, attract millions of spectators and create great



benefits for professional athletes. At the same time, there are also specific pressing issues of modern tennis. Issues such as the health of athletes, injuries and their recovery processes, the role of technology, as well as the global development of tennis today affect the growth of the sport, its ecological and economic conditions. These issues shape the future development prospects of tennis and create new opportunities to make the sport more attractive and effective. Our goal is to analyze the main problems of modern tennis and find solutions to them.

Modern tennis is one of the most popular and developed sports, played by millions of people around the world today. Tennis competitions have a large international audience, and this sport offers professional athletes high-level awards, as well as the opportunity to become one of the best athletes in the world. The history of tennis dates back to the Middle Ages, but modern tennis took its current form in the 20th century and found its place among global sports. Modern tennis, like other sports, requires complex technical and tactical skills, as well as a high level of physical fitness. In tennis, athletes must constantly improve themselves, learn new strategies and use modern treatment systems to recover from injuries. At the same time, some pressing issues arising in modern tennis are playing an important role in the development of the sport and shaping its future. Injuries and health issues. One of the biggest issues in modern tennis is the health and injury problems of athletes. Tennis, in particular, involves high-speed movements and intense physical exertion, which leads to significant loads on muscles and joints. In addition, physical fatigue and overload during long-term competitions and tournaments increase the risk of injuries in athletes. Such situations can lead to athletes being excluded from competitions and negatively affect their long-term careers. Therefore, injury prevention and recovery processes are one of the most pressing issues in modern tennis. Athlete recovery and treatment system. Effective management of injury prevention and recovery processes is of great importance in modern tennis. Today, advances in the field of medicine and sports physiology, modern recovery methods, as well as innovative methods of physiotherapy and sports massage are of great help to tennis players. Such approaches help athletes recover faster, maintain their health and allow them to show high results in competitions. However, scientific research and the introduction of new technologies are necessary to improve the effectiveness of injury prevention and recovery systems. The role of technology. Technology also plays a major role in modern tennis. Technologies such as Hawkeye, revolutionary innovations in line detection and competition management, have created new opportunities for athletes and referees. With the help of these technologies, referees make their decisions more accurately, which makes the results of competitions fairer. In addition, modern





simulators and monitoring systems help to effectively manage the preparation process of athletes. At the same time, there is an ongoing debate about the impact of technology on the traditional spirit of tennis, as some experts argue that excessive use of technology can reduce the simple and natural aspects of the sport. Tennis and global development. The global development of modern tennis is also one of the pressing issues. In order to popularize tennis and create new markets, the sport needs to be developed in different regions. Especially in regions such as Africa, Asia and South America, interest in tennis is growing, but there is still a lack of tennis infrastructure and the necessary resources to train young people interested in the sport. More investment and training centers are needed to develop tennis globally, discover new athletes and ensure their professional training. Sports and economics. The economic aspects of modern tennis are also very important. Tennis is not only a source of income for professional athletes, but also an important marketing tool for international brands and sponsors. Economic support and investment in the development of tennis is very important, as it allows athletes to create good conditions and hold competitions at a high level. In addition, the popularization and expansion of tennis around the world is economically beneficial, as it creates new jobs, has a positive impact on tourism and the local economy. Psychological aspects and athlete management. The role of psychology in modern tennis science is very large. The psychological preparation of athletes and their mental state during competitions directly affects their success. In tennis, especially in high-level competitions, the athlete's ability to control himself, overcome stress and properly distribute mental strength is important. Therefore, it is necessary to improve the psychological preparation of athletes and their management systems. Modern tennis, with its complexity, is changing with technology and global development. This sport requires a high level of physical, psychological and technical preparation. The current issues of modern tennis - injuries, the role of technology, athlete management, global development and economic aspects - are important factors shaping its future. At the same time, new approaches, scientific research and the introduction of innovative technologies are necessary for the development of tennis. This will help tennis to further strengthen its position as a more attractive and high-quality sport in the future.

Conclusion

Modern tennis is a complex sport that requires not only high levels of physical and psychological preparation, but also advanced technologies. Today, tennis is widespread around the world and is watched with great interest by spectators. However, this sport also faces its own pressing issues. Athlete health, injuries and recovery processes, technological innovations in competitions, global development





and economic factors are the main factors shaping modern tennis. Injuries and health issues are one of the biggest problems in tennis, which can limit the activities of athletes and negatively affect their long-term careers. At the same time, the role of technology in the sport is increasing, which helps to manage competitions with greater precision, but it is also necessary to take into account the impact on the traditional rules and spirit of tennis. The global development of tennis, especially in new regions, creates opportunities for further popularization of the sport and the discovery of new talents. For the further development of tennis, it is necessary to properly train athletes, effectively manage injury prevention and recovery processes, as well as introduce economic and technological resources. Improving education and training systems for new generation athletes, as well as developing programs aimed at popularizing the sport, will be of great importance for the future of tennis. At the same time, many innovations, scientific approaches and strategic decisions are required to solve the pressing issues of modern tennis, improve its quality and ensure its competitiveness at the international level. These processes will help to develop tennis as an even more attractive and successful sport in the future.

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