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**The Effect of Intended Skills Exercises Supporting the Actual Model
in Developing the Performance Accuracy for the Front and Back
Grounds Strikes in Tennis**

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Abstract

The purpose of the current study was to investigate the effect of intended skills exercises (supporting the actual model) in developing the accuracy of performing the front and back grounds strikes in tennis, and to defect appropriate technique amongst.

The sample consisted of (55) female students at the faculty of physical Education at the Yarmuoke university distributed into (3) groups.

The results revealed that intended exercises had appositve effect on developing the accuracy of the performance level for the front and back ground strikes in tennis, and the practice on the play ground and living the real demands of performance had appositve effect, in addition using the helping tools had appositve effect on performance.

It was recommended to vary the methods and techniques of the exercises supporting the actual (real) skills performance, and to perform and practice on a real play ground and to make use of any helping tools to develop the performance accuracy.

Keywords: Tennis, skills exercises, the front and back grounds strike. -

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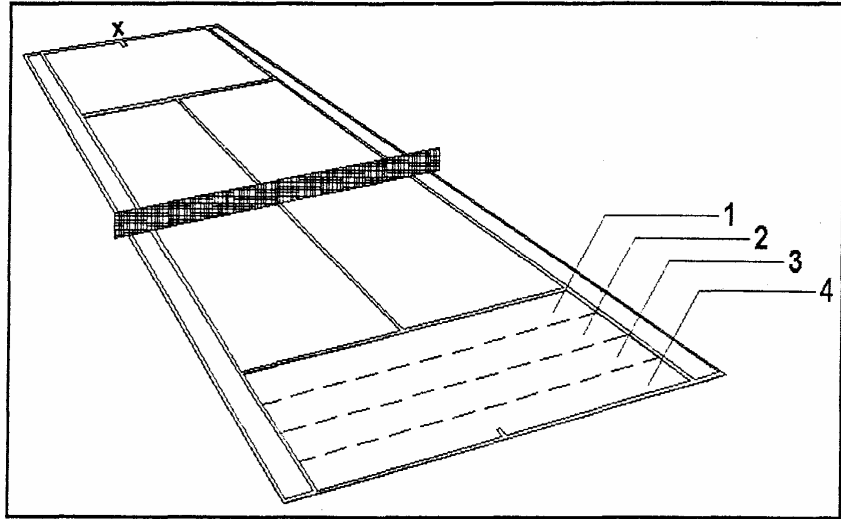
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