

Impact of Situational Training Approach on the Technical Performance of Junior Tennis Players in Malaysia

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Abstract:

This study explores the impact of a Situational Training Program on the technical performance of 30 Malaysian junior tennis players, divided into Experimental and Control groups (15 players each). Performance was assessed through Groundstroke Depth, Groundstroke Accuracy, Volley Depth, Serve, and the ITN total score. The Experimental group underwent situational training, while the Control group engaged in regular match play over eight weeks. The Experimental group showed significant improvements in Groundstroke Depth ($p = 0.001$), Accuracy ($p = 0.001$), Volley Depth ($p = 0.001$), Serve ($p = 0.01$), and ITN total score ($p = 0.001$). In comparison, the Control group did not achieve similar improvements. Between-group analysis confirmed that the Experimental group outperformed the Control group in Groundstroke Depth, Accuracy, Volley Depth, and ITN total score (all $p \leq 0.02$), though Serve performance showed no significant difference. These findings validate that Situational Training is an effective method to enhance technical skills in tennis players and offers a promising approach for future training programs.