

CONTENT

PREFACE	3
I: METHOD- ' DEFINED TIMING '	5
1. PRESENTATION OF THE PROBLEM	6
2. DEFINED TIMING: THEORETICAL FOUNDATION	8
2.1. The ball as the object of perception	10
2.2 Ball behaviour - gravitation - possibility theorem of perception	10
2.3 Contact movement racket face - ball	13
2.4 Gravitation and rhythm	17
2.5 Own and outside speech	17
2.6. Freedom and compulsion	19
3. DEFINED TIMING: PRACTICAL CONSEQUENCES	23
3.1 Movement rhythms and definition zones	23
3.2 Exercise sequence	29
3.3 Medial aids	32
3.3.1 Line system	32
3.3.2 Control sheet	33
3.3.3 Exercise sheet	34
3.3.4 Flow text	36
3.4 Learning categories	37
4. DEFINED TIMING: interaction between theory and practice	38
II: ' DEFINED TIMING ' - TENNIS SCHOOL	43
1 COURSE SEQUENCES - course 1: ground stroke	44
1.1 First lesson	44
1.2 Second lesson	51
1.3 Third lesson	60
1.4 Fourth lesson	68
1.5 Fifth lesson	74
1.6 Sixth lesson	81
III ' DEFINED TIMING ' - OVERVIEW PLANS	87
LITERATURE	101