

## MODERN TENNIS AND ITS CURRENT ISSUES

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**Abstract:** *This work provides a comprehensive analysis of the development trends of modern professional and amateur tennis, technical and tactical approaches, the physical and mental preparation of athletes, as well as sports infrastructure and marketing issues. The possibilities of using digital technologies, video analytics, fitness monitoring and artificial intelligence in tennis are also considered. The work also covers such pressing issues as the training system for young tennis players, gender equality, the fight against doping and changes in sponsorship relations. This topic is aimed at in-depth study of modern approaches in the field of sports, which will serve the further popularization and qualitative development of tennis.*

**Keywords:** *Modern tennis, technical-tactical approach, tennis player training, digital technologies, sports psychology, tennis infrastructure, training of young athletes, fight against doping, gender equality in sports, tennis marketing, sponsorship and sports, innovation in sports, physical training, competition system, artificial intelligence in sports.*

**Introduction:** Today, among many types of sports, tennis stands out for its wide popularity, international competitions and economic potential. Especially in modern times, tennis has become one of the most interesting and rapidly developing areas not only for athletes, but also for coaches, analysts, sponsors and spectators. The main factors influencing the development of tennis include technological innovations, healthy competition, training systems for the younger generation, and methods of monitoring the psychological and physical state of athletes. At the same time, there are still problems in this sport that are waiting for a solution: the problem of doping, gender equality, imbalances in the financing and sponsorship system, as well as premature fatigue and injuries of athletes, among others. This work provides an in-depth analysis of the current state of modern tennis, the main directions of development, existing problems and proposals for their elimination. The topic is relevant in sports science and practice and aims to identify ways to improve it, which will serve the sustainable development of tennis.

The history and state of modern tennis. Tennis has its roots in 19th-century England, but today it has become a global sport. The Grand Slam tournaments - the Australian Open, the French Open (Roland Garros), Wimbledon and the US Open - attract millions of spectators around the world. Hundreds of tournaments are held throughout the year through the ATP (men's) and WTA (women's) tours. Tennis has separate sectors for youth, amateurs, people with disabilities (paratennis) and veterans. Technological innovations and their role. Hawk-Eye technology helps referees determine the point of contact of the ball with the ground. Wearable Devices - track athletes' heart rate, running speed, calorie consumption and other indicators. Coaches use video analytics to deeply analyze the game of their students and the actions of their opponents. Artificial intelligence (AI) is used in some statistical analysis, strategic planning and individual training plans. Physical and mental preparation of tennis players. Modern tennis players develop endurance, strength and speed of movement through high-intensity physical training. Psychologists are involved in the mental preparation of athletes - stress management, motivation, self-confidence and concentration are the main areas. Individual rehabilitation and recovery programs - massage, cryotherapy, yoga and meditation are widely used. Current problems faced by tennis players during their careers. Doping: some athletes use banned substances to achieve high results. This situation negatively affects the image of tennis. Injuries: constant tension in the knee, back, elbow and ankle areas is the most common problem for tennis players. Psychological pressure: public attention, large awards, constant travel negatively affect the mental state of athletes. Early fatigue and early termination of activity: as a result of the high pressure of professional tennis, some young athletes end their careers at the age of 25-30. Social and economic issues. Tennis is often seen as a sport for the rich - training, equipment, coaches and travel are expensive. Although there is interest in tennis in low-income countries, the infrastructure and facilities are lacking. Gender equality issues: The WTA is creating more opportunities for women, but prize money still differs in some tournaments. Sponsorship and commercial interests: Big brands such as Nike, Adidas, Rolex are active in tennis. While this provides financial support to athletes, in some cases commercial interests can conflict with the principles of sport. Training of young tennis players and the system of sports schools. Modern tennis schools provide specialized training from childhood. A tennis federation also operates in Uzbekistan, professional coaches and tickets are issued for international competitions. Modern training for young people: techniques, tactics, reflexes and quick adaptation to the situation are studied separately. Infrastructural development is necessary in schools, universities and sports centers to popularize tennis. Life after tennis

players. After their careers, tennis stars often engage in coaching, commentary or create their own brand. Some contribute to the development of tennis by opening charitable organizations, sports schools or participating in social projects. Modern tennis is a combination of sports and technology, a platform that expands the boundaries of human capabilities. However, there are also problems that need to be solved in its development. Identifying and eliminating them is an important task for modern tennis players, experts and sports politicians.

**Conclusion:** Modern tennis has become one of the most popular sports in the world today, with great economic and social impact. Technological innovations, complex physical and mental training, analytical approaches play an important role in its development. At the same time, there are still a number of urgent problems in tennis that need to be solved. In particular, the use of doping agents, premature fatigue of athletes, insufficient infrastructure in some regions, gender equality and issues related to the popularization of sports are among them. By studying these problems in depth, developing ways to eliminate them, and introducing modern, scientifically based approaches to tennis, it is possible to achieve sustainable and high-quality development of this sport. In particular, the widespread involvement of the younger generation in tennis, the establishment of modern sports schools, and the improvement of the qualifications of coaches are urgent tasks. Therefore, modern tennis deserves attention not only as a sport, but also as an important means of promoting a healthy lifestyle, social development, and international cultural relations.

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