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## **Integrated control in tennis**

Efficiency of the preparation of tennis players is largely determined by a system of integrated control.

There are three directions of integrated control:

- control of athlete's health
- control of their competitive activity
- control of their training activity

And there are three types of control in each direction: stage control, current control, operational control. Thus, there are nine options for integrated control. In this work, the author reveals the features of each type of control.