

Methodology of Teaching the Basic Principles of Modern Table Tennis

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Article Information

Received: January 08, 2022

Accepted: February 09, 2023

Published: March 10, 2023

Keywords: table tennis, game technique, point, ball movement, accurate shot, "right shot at the right time", correct decision-making, optimal position, result.

ABSTRACT

this article provides theoretical information on the basic principles and methods of table tennis for training professional athletes. It is based on scientific facts that the appearance of the game, as well as the actual actions of the athlete, depend on various factors, and that only the athlete who can quickly and better adapt to the constantly changing environmental conditions can achieve superiority in the game. Table tennis technique involves various aspects. In the most general form, it is possible to distinguish the impact technique and the leg movement technique, which are close to each other. When we talk about the game technique, we understand the way of making a shot, and the movement of the feet goes into the background and serves as an auxiliary tool that allows us to take the optimal position when entering the ball.

Enter. The player with the most points in the game and, accordingly, the most wins in the game, is the winner. Therefore, the main thing for tennis players is to get points. How they win: as a result of offensive or defensive actions or due to an opponent's mistake in playing the ball - it does not matter. The important thing is to win points. This goal should be present at all stages of training and improving sports skills. Table tennis is one of the most technically complex sports.

Table tennis includes technical, physical and psychological preparation of athletes. The techniques used in table tennis are extremely varied; the choice of the exact shot execution option depends on many factors, from the characteristics of the inventory to the characteristics of the opponent's previous shot. Hitting, waiting, analyzing the situation, making a decision and hitting again are the stages that are constantly repeated during the game at the table. The appearance of the game, as well as the actual actions of the athlete, depends on various factors, including

- ✓ the size of the playing field,
- ✓ to the speed of the ball,
- ✓ to the speed of the blow,

✓ depends on the time needed to make a decision.

Thus, during strong finishing shots, the ball reaches a speed of 140 km / h, and when protected by a hedge, the speed of the ball hardly exceeds 25 km / h. During the last stroke, the speed of the playing hand can reach 60-70 km per hour. The rotation of the ball can reach up to 170 revolutions per second, that is, more than 10,000 revolutions per minute. During one shot, the contact time between the ball and the racket is about 1/1000 of a second. In other words, the distance the racket can travel when it hits the ball is between 0.2 and 1 cm. Table tennis consists of a complex and not always clear sequence of movements (open kinematic chains), so only 40% of cases can be used pre-developed schemes of physical activity. In comparison, up to 95% of movements in rowing are performed automatically. Success in table tennis is based on "the right shot at the right time". This means that when the athlete decides to make a certain shot, he must start and finish the game movement at a fixed time associated with the characteristics of the flight of the ball. The advantage in the game is achieved only by the athlete who can quickly and better adapt to the constantly changing environmental conditions. Table tennis technique involves various aspects. In the most general form, it is possible to distinguish the technique of impact and the technique of footwork, which are close to each other. Speaking about the technique of table tennis in a narrower sense, we understand the method of execution of the shot, and the movement of the feet goes into the background and is completely pga serves as an auxiliary tool that allows you to take the optimal position when entering. All shots in table tennis depend on the characteristics of the ball coming from the opponent, i.e. its speed, rotation, flight path and point of return from the table. Accordingly, the kicking technique is the basis of all the athlete's actions. Technique and tactics in table tennis are also closely related: technique determines tactics, and tactics, in turn, influence the further development of technique. Table tennis belongs to the group of sports that activate the cardiovascular system. At the same time, the burden on the player during the competition is really big.

LITERATURE ANALYSIS AND METHODS

According to the research of Japanese scientists, more energy is spent playing table tennis. Therefore, one of the most important criteria in table tennis is the athlete's physical endurance. During long-term loading, metabolic processes in the human body, which are mainly aerobic (i.e., related to oxygen consumption), accelerate, the role of anaerobic processes (important during short-term "explosive" loading) is insignificant, so tennis players, maximum oxygen consumption ' indicator is very important. The loads faced by a table tennis player depend significantly on the following factors: whether the match is held between strong opponents or whether the difference in class is large; beginner tennis players or professionals play; whether offensive athletes play against each other, an offensive player against a defender or two defenders. In addition, the athlete can adapt his playing style to his physical capabilities and turn table tennis into a lifelong sport. On average, an athlete makes 300 to 1300 shots, and each shot consists of the movement of not only the player's hand, but also his shoulders, body and legs. In each stroke, a tennis player covers a distance of 0.5 to 1.5 m. In just one match, an athlete covers a distance of 150 to 2000 m by running and jumping. Now we multiply these indicators by the number of games. Play the game and take into account that in one day the athlete will be able to play not only one, but a maximum of 5 (out of 7 games) or even 8 (out of 5 games). A tennis player must be extremely focused and well-coordinated to hit a successful shot. Unfortunately, against the background of stress and physical fatigue, both of these indicators begin to "limp", and the worse the general physical fitness of the athlete, the faster he begins to lose concentration and coordination, which in turn leads to technical errors in the execution of shots . One of the components of success in table tennis is the ability to see or predict the opponent's moves. Due to the extremely high speed of the ball, the limited playing area and the very short reaction time after the ball bounces off the table, every athlete has to focus not only on the ball, but also on how to calculate the future actions in advance. should act. He determined how the opponent

prepared for the shot, the position of his body, the position of the racket and the return. Making the right decision depends, firstly, on the ability of the athlete to correctly assess the situation (the behavior of the opponent and the flight of the ball), and secondly, on the experience of the player, which is known allows predicting the opponent's possible actions in response to a situation. According to the style of play, tennis players can be divided into three main categories: offensive athletes who prefer a quick game on the table (from a distance of 1-2 m) and do not use strong rotations; attacking athletes who prefer to attack from the middle zone (2-3 m from the table) and use strong rotation; and athletes who play from the outside (3-5 m from the table) and use strong bottom rotation (defenders). However, there is no clear boundary between these categories.

RESULTS AND DISCUSSION

The technique of professional tennis players depends significantly on their individual capabilities and adapts to their psychophysiological characteristics, so it is almost impossible to classify an elite athlete as "only an attacker from the close zone" or "only a defender". In addition, true professional athletes must fight with honor even in such situations where they have to play differently than usual. Because the reaction time when receiving the ball is very short and the ball is hit directly on the table, players in this category usually use short, quick movements with little or no swing. Since there is neither time nor space to make a full shot, the technique of making such "short" shots is significantly different from the technique of similar shots of offensive athletes playing from the middle zone or defenders. Spin, if used at all by players of the type in question, is only used to initiate an attack. Attack style tennis players, who play from the middle zone (2-3 m), often use powerful top or combination (upward) spin shots. The final stroke, such athletes are usually very strong, but tend to perform without rotation or use all their strength. Turn your energy into a ball spin. At the same time, there is also a combination of a quick hit with a strong spin, or the so-called "hit spin". Typically, spin hitters use a wide swing and high-amplitude hitting. This technique is related to receiving the ball at a certain distance from the table, and unlike the players of the type discussed above, they have time and space to make a move, and the spin is used not only to start an attack, but in general, a draw is one of the permanent components of the shock. The purpose of the wide swing is to get the energy needed for a strong spin. An important component of the technique of athletes of this type is the ability to move around the table, because they have to cover a much greater distance than tennis players who receive the ball with a block from the near side. Defenders who play from the far zone (3-5 m) use smooth shots from a distance, and their main goal is to extinguish the energy of the opponent's attack. At the same time, the distances covered by defenders on the table are much greater than those of any offensive athletes. The attacking player just needs to move into a position that is optimal for a powerful shot, quickness, and strong spin. The goal of the defender is to slow down the opponent's attack. It's well known that it takes more time to develop a high-end defenseman who plays mostly in the bottom rotation than it does to develop an offensive-style player. The explanation can be related to the adaptation of classic defenders. Therefore, to succeed in such a game, you need to have a lot of experience. The basis of modern game technique is that the opponent has complete freedom of movement during the competition. Since the defender cannot actively influence the game, he must be able to make the most of the opponent's technique, and the sooner he begins to learn. In this, he is more likely to win in the future. Undoubtedly, the style of play chosen by the athlete directly depends on his mental and physical capabilities. In addition, the basic technique of table tennis is the same for all playing styles, and only when the athlete reaches a certain level, it makes sense to focus on his individual characteristics. Technique means a certain way of performing an action, the purpose of which is to optimally solve a certain motor task. In table tennis, technique can be defined as a form of movement, where the concept of "form" includes not only appearance, but also structure and temporal organization. The technique includes various elements, such as:

- ✓ basic position and initial position
- ✓ foot movement
- ✓ body movement
- ✓ movement of the upper shoulder girdle
- ✓ movements of the shoulder, wrist, hand and fingers
- ✓ racket trajectory and its position

There are many elements that play an important role in the execution of the ball, such as the speed and direction of the movement, the point of impact according to the trajectory of the ball and the distance from the table, the angle of the racket in the corner. the moment of impact and the unity of all movements of the player aimed at hitting. It is important to emphasize the important difference between the concepts of "form of movement" and "technique". The technique does not determine the form of such action, it is implemented in practice as a stage of the development process. Table tennis technique is a specially developed form of movement that ensures the best result. This means that any technique can be called a form of movement, but not every form of movement can be considered a technique! When talking about the best result in technology, the words "best result" should be understood not as an absolute truth, but as a relative one. The technique should be considered as the most efficient way to perform the movement at a certain level of its development. If we consider the development of table tennis techniques in connection with the development of materials used for the game, such a definition can be accepted. The development of materials has been of great importance in changing the technique of the game, because the materials themselves have allowed the use of new, efficient methods of movement and hitting. For each stage of inventory development, specific gameplay techniques were acceptable, but much of what was once considered correct is now obsolete. There are many examples to prove this. But that doesn't mean that technology is over, and in the next phase of table tennis development, today's technology won't become as obsolete as the previous technology. The relationship between a player's technique and physical ability can be compared to the relationship between movement form and content, where technique corresponds to form and physical ability to movement content. If we accept such a ratio, then we can explain why there is a contradiction between technique and physical abilities at certain stages of a person's sports development. Each level of development of technology depends on the level of development of specific physical capabilities. Movement patterns change with their development. If a player "grows" in terms of sport, this process is continuous. If the interaction of physical development and movement technique training stops, sports "growth" stops. Due to the relationship between technique and body level, beginner athletes cannot master the technique of professional players, because beginners do not have the necessary physical form. The beginner's technique is elementary, basic, it is based on biomechanics and corresponds to his capabilities and level of development.

CONCLUSION.

In the process of teaching children the basic technique, an additional problem arises, which is related to the growth of the child. The ratio of the child's height to the point of impact and the height of the table changes very quickly, which leads to slowing down and failure in his learning. The rapid growth of bones compared to the growth of muscles also creates great difficulties. However, these are natural barriers to player development and should be taken into account. You can try to overcome them as soon as possible, but it is impossible to completely avoid them. A player is constantly developing his game technique, and this improvement process is related to the development of his physical capabilities. In conclusion, it can be said that the methodological recommendations given above have a positive effect on the high performance of athletes. Only an athlete with a broad outlook, knowledge and physical capabilities can perform effectively in

professional sports.

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