



MAIN FEATURES OF TABLE TENNIS AND PRACTICAL RECOMMENDS FOR PLAYING IT

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Abstract

Present article is devoted to the main basis of table tennis. The players' positions, some methods, techniques, tactics that're usually utilized have been widely brightened by this article, it contains practical recommends and tips for playing table tennis.

Keywords: Table tennis, technique, imitation exercises, tactics, movements, moral and volitional qualities.

Introduction

As we know table tennis, also known as ping-pong and it's a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce once on their side of the table and must return it so that it bounces on the opposite side at least once.

Being able to play table tennis well is a great art. Ease and quickness of movements, swiftness of attacks and dedication of defense, unexpectedness and wit of technical combinations, performed with great dexterity in a split second, are an exciting sports spectacle. All the necessary qualities and skills are acquired by tennis players through systematic training and participation in competitions.

Achievement of high results is unthinkable without the all-round physical development of the athlete, which is carried out in a year-round training aimed at consistent adaptation of the body to intense loads and improving the moral and volitional qualities of a tennis player.

Discussion

When developing muscle strength in tennis players, it is necessary to take into account the specifics of the game of table tennis, which requires agility, speed and endurance. Therefore, excessive enthusiasm for exercises that develop strength can deprive the movement of elasticity, dull the acuity of the feeling of the ball. Exercise should be varied and develop all muscle groups. Strength exercises should be





alternated with exercises that promote flexibility, elasticity and coordination of movements. [1]

Quickness allows the tennis player not only to attack without making unnecessary movements, but also to increase the pace of the game. The speed of movement depends on the flexibility of the joints, the strength and elasticity of the muscles, the mobility of the athlete's nerve centers, as well as his endurance, the perfection of sports technique and volitional qualities. To increase speed, the expediency and rationality of movements is of exceptional importance. This is best facilitated by starts, throws, running with acceleration, as well as playing basketball and special exercises.

The importance of endurance in table tennis is enormous. Very often, players with good technique and insufficient endurance won brilliantly the first games, and in the second half of the competition they lost accuracy of strikes, their attention was weakened, normal breathing was disturbed, and sweating increased. Preparing for the competition, the players must accumulate a large reserve of strength for the conduct of sports wrestling. Each competition has its own characteristics. It can be long and short-term, but always very intense. On average, each meeting lasts up to 25 minutes, but there are also games in which, for example, four games last 16 minutes each, and the fifth more than 20 minutes. In such cases, you have to play for almost an hour and a half. Competitions that are more intense require less time, but more physical energy and willpower.

Agility is the ability to easily, quickly and effectively perform a wide variety of movements, using an arsenal of techniques and ways of playing. The tennis player must be free to control his body in order to execute a series of punches from different positions at a great distance from the table, to do 4-5 m, and, reflecting the ball, send it to the most vulnerable place of the opponent. This stream of complex game techniques requires economical, dexterous movements. [2]

Conscious play is only possible on the basis of well-developed tactics. It is often said: "They play with a racket and win with their heads." Significant success in competitions is achieved by those tennis players who are not only well developed physically, confidently master the techniques of attack and active defense, they have a strong will to win, but they also know how to prudently and intelligently use all their positive playing qualities and the disadvantages of their opponent.

Three periods are known in the development of table tennis tactics. The first was distinguished by the primitiveness of tactical techniques based on a long throw of the ball; in the second, tactics were based on separate single blows from the right or left and on defensive undercuts; the third, modern, period is based on the ability to





conduct an attack and counterattack, on the ability to apply a variety of well-mastered techniques in the game.

Thus, in modern table tennis, the tactics of active attack and counter-attack are used, combined with short-term active defense - an auxiliary means to achieve victory.

Tactics requires a clear organization of the tennis player's actions in competition, that is, a special tactical plan. When drawing up a tactical plan, it is useful to analyze in detail the technique of opponents. The plan should be simple and clear. It should take into account not only the general tasks of tactics, but also the ways of winning a point. It is necessary to create such preconditions in the game that would make it possible to fully use their strengths and, if possible, weaken the enemy. It is important to outline the unexpected actions that are most dangerous for the enemy. In table tennis, style features of technique play an important role, requiring a variety of tactical options. Systematic training according to a pre-developed tactical plan will increase the level of sportsmanship of a tennis player. [3]

Special imitation exercises on a bicycle wheel and other training devices.

Before doing a top spin at the table, you should work hard without the ball.

First, it is necessary to do imitation exercises in front of a mirror, making sure that when swinging before a strike, the racket is not skidded back; in a fast paced game, there is no time to perform a "top spin" with a large swing. The racket should only go down and approach the ball perpendicularly from the bottom to the top.

Second, it helps to exercise with a simple training device.

- a bicycle wheel with a fork. The wheel is placed on the back of the chair on which the partner sits, or reinforced against the wall. Having taken the starting position to perform the "topspin", start spinning the wheel, adjusting it with the hit "top spin".

It is important to perform each hit from a squat so that the contact with the rubber of the wheel is swift. All subsequent strikes are performed at an increasing pace. After 10 - 15 strokes, the wheel moves at full speed.

At first, the duration of training with the wheel does not exceed 12 - 15 minutes. Athletes should not be confused by the painful sensation in the hand after the first exercise. Later, the duration of training at the wheel increases to 30 - 40 minutes.

Exercises at the wheel develop the muscles of the arms, after several workouts, the tennis player's movements become coordinated, and the strikes become clear, biting. Only after such preparation can a tennis player who has mastered the basics of table tennis try to perform "top spin" at the table. However, the majority at first

"Top spin" turns out badly, since it is very difficult to catch the moment of contact of a racket with a flying ball. To acquire this skill, it is helpful to practice at another training machine - the swing pear. Training at a bicycle wheel and a swinging bag is necessary not



only for beginners, but also for sportsmen-dischargers and a master of sports. These training devices successfully master not only "top spin", but also other strokes, for example, "roll forward".

Another interesting device should be mentioned - a machine for training complex feeds, especially with side rotations. The machine is constructed from a wheel from a child's bicycle (or a stroller with an axle), reinforced horizontally on the board. With such a machine, exercises are performed in the same way as with a bicycle wheel; the rotation of the wheel is given by blows reminiscent of complex feeds.

Athletes often have to play with unfamiliar opponents. In this case, they cannot think over tactics in advance; the course of the struggle is greatly complicated, since you have to navigate during the meeting. If there is an opportunity to watch the game of your future opponent in advance, then you need to outline certain questions. Watching him closely, depending on how he plays (defender, striker, combination player). It is especially important to notice in which part of the table he delivers strong finishing blows. In addition, it is important to know how the athlete reacts to a strong downward cut of the ball and how a high spin top-spin reflects.

It is best to watch a game in which a future opponent meets his fellow countryman or teammate, that is, when players who know each other well and reveal their tactical intentions meet.

In cases where opponents prefer to receive serves a little further from the table, with a short serve, they have to reach for the ball, and they cannot start the game actively. Long feeds in this case are impractical to use. At the same time, pulling the opponent to the table, you need to prepare for a strong blow at the moment when he has not yet had time to transfer his body weight to retreat back.

One of the main tactical tasks is to get the enemy to move as much as possible. To do this, you need to know very well from which position the opponent takes short strikes. In general, most athletes are better at right-handed kicks; Only a few are in possession of an attack on the left, and even less of a counter-attack. Right hitters usually hit from the left corner diagonally to the left. Against such attackers, it is useful in a series of strikes from the left on the diagonal to unexpectedly use a left strike in a straight line to the right, and in the decisive stage of the struggle to choose a convenient ball for a strong strike from the right on the diagonal. All of these tactical actions can only be effective if the athlete is watching the opponent and will not be able to use the kick to the open corner from the right when the partner moves to the left.

In a match of 3 games, the winner is the one who wins the second game rather than the first. Having won the first game, you should not weaken your attention and



physical stress, remembering that for the opponent it may turn out to be the last and he will most likely play it more stubbornly.

Many people mistakenly think that all goals won are of equal value, and therefore they often make tactical mistakes in the pursuit of winning a point. Such tennis players move from sharp and sharp play to primitive technique, or, conversely, from defense to sharp strikes, even when they are inconvenient and technically impracticable. Scoring a point, as a rule, depends on the correct play of combinations, the ability to choose a comfortable ball. However, this does not mean that only technique can bring victory. Of two players of equal strength, the one who correctly distributes his strength will win. The responsibility for the lost point grows progressively throughout the whole game, depending on the course of the struggle, the stages of which are the transitions of the serve.

By carefully observing an unfamiliar player, in a short time you can assess his basic playing qualities and quickly, at the very beginning of the meeting, draw up a tactical game plan, depending on the data received, and lead the competition more deliberately and purposefully. [4]

Naturally, the enemy also conducts reconnaissance, draws up his own tactical plan and will try to force his partner to play the game in a way that suits him. Therefore, you need to mask your weaknesses in every possible way.

The most dangerous opponents are assertive, technically versatile players who know how to modify the tactics of their game depending on the specifics of the given meeting.

When preparing for a competition, handicap games are very useful. In them, a weak tennis player can fight a much stronger player, who gives his opponent in each game 5, 8, 10, 12, 15 points ahead. Handicap games allow a weaker player to gain the necessary experience in single combat with a more prepared athlete; they are also useful for strong tennis players, as they force them to play very carefully, with great willpower, in order to avoid defeat. A successful start to the game prejudices its outcome in many ways. Many tennis players are good at attacking when they are in the lead, and go astray as soon as they are caught up and overtaken on points.

From the very beginning of the fight, you need to focus on the ball and persistently implement the planned tactical plan. It is very important to monitor the correctness of breathing, to remain calm, to use energy sparingly, not to scatter your attention, and persistently fight for victory. Experienced athletes usually prepare tactically well in advance for upcoming meetings. They get acquainted with the conditions of future competitions, with the duration and hours in which they will take place, with the quality of the tables, the brand of balls and the lighting. It is necessary in the



preparation process to polish the most effective techniques in order to be able to confuse the enemy at the right moments and neutralize his strongest sides. Preparing for the next meeting in the competition, you should analyze the opponent's game, compare your technical readiness with his technique, your physical and psychological data with his data and, as mentioned above, draw up a tactical game plan. During the meeting, the plan drawn up in advance is specified. The 12 Hits Rule is directed against passive tennis players who deliberately delay the game in competition.

Results

From the moment this rule is enabled, the service is made once, and if the server fails to play a point in 12 strokes, it is considered lost to him. This rule forces to play an active game even those who are poor at attacking blows. It would seem that the time limit should give an advantage to the attacking players. However, there are many examples when even masters of sports ineptly use this rule.

The main mistake of many tennis players, both attackers and defenders, is that they do not know how to take advantage of the serve, they combine the serve with an attacking blow. The pitchers do not prepare the finishing stroke and usually play passively at first, anticipating the opponent's error, and only when one or two blows remain, strong blows are used on the ball. An unprepared strike is always risky and entails mistakes. Even tennis players who are good at two-sided attack take a very long time to prepare the final blow. Tactically, the game is played incorrectly by those tennis players who do not conduct an active offensive struggle, but wait, abandoning the initiative.

A few examples:

1. Regardless of the ability to perform attacking or defensive strikes, the game must be played actively. For example, if the opponent serves, then you should determine on which side he is more passive, and try to transfer the game to his weaker side, playing low and long balls.
2. Being able to attack well or possessing at least one side with the "roll forward" blow, perform the "roll forward" blows, complicating the attack of the server.
3. The attacking player must attack immediately after the service and, if convenient it was not possible to get the ball for a strong blow, to carry out a series of rolls, combining them with shortened balls, and in no case pass the ball passively.
4. If the opponent defends well and low, and at the same time avoids taking strong hits (when not serving), in order to get a comfortable ball, it is recommended to send the balls a little higher. As a result, the ball often returns higher and it is easier to take the finishing shot.



Conclusion

In conclude during a match, forget about technique and concentrate on tactics. You have to think about where you are throwing the ball. In table tennis, complete harmony between mind and body plays a major role. Finding your opponent's weaknesses is an essential part of table tennis strategy. You always learn more when you fail than when you win. To be the best is to never give up. It's up to you and only you. It is in critical situations that a top-notch player gets his best shots. Most of the top table tennis players are well prepared, strong and talented. What distinguishes them from each other is how they use their opportunities. The most important thing is to fight and give all of yourself. Don't worry about who's on the other side of the table. You can win any match, but only if you fight with all your heart and mind. Don't believe your opponent when he or she tells you how strong you are after you've won. Also, you are not as weak as you think of yourself after defeat. Isn't it great that after you've played table tennis for an hour, you forget your problems? And the fact that when you've finished the match, everything looks better and even the drink tastes better. Always try to save the ball, even if it looks hopeless. Throw in after him and try to get him back. This determination must become second nature. Table tennis is a sport for people of all ages, as long as they take their limitations into account. Therefore, you can play table tennis your whole life - provided you do it in the right doses. [5] Knowing common mistakes will help you find the cause of your failures and eliminate shortcomings in the technique of the game. Pay close attention to whether you are performing the techniques correctly, analyze your mistakes, find causes and try to eliminate them so that they do not become a habit and do not become a solid skill.

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