

**TECHNICAL AND TACTICAL TRAINING DEVELOPMENT FOR TABLE
TENNIS ATHLETES**

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Abstract

This article examines the level of technical preparation of table tennis athletes before a pedagogical experiment using specially designed test trials. The obtained results are expressed in tabular form and subjected to comparative analysis. Additionally, conclusions and practical recommendations regarding the technical training process of table tennis players are presented.

Keywords: technical training, tactical combinations, movement potential, dynamic and kinematic characteristics, functional and physical capabilities, tactical movement improvement.

Annotation

This article discusses the level of technical preparation of table tennis athletes using preliminary experimental tests, conducting a comparative analysis of the results obtained and expressed in tabular form. The study provides conclusions and practical recommendations for training qualified table tennis players.

Keywords: technical training, tactical combinations, dynamic and kinematic movement potential, functional and physical capabilities, tactical movement improvement.

The primary training sessions for a skilled table tennis athlete require mastering technical preparation to perfection. This includes learning the proper technique for executing strokes and efficient movement on the table.

Table tennis differs from other sports in its nature, content, and characteristics. The game is played on a relatively small rectangular table measuring 152.5 cm × 274.3 cm, divided into two equal halves by a net. Modern table tennis is rich in various playing skills and tactical combinations and is characterized by high intensity and speed. Consequently, these unique features of table tennis demand a high level of technical proficiency from players. In competitions, the broader and more refined a player's technical skills are in response to external influences, the higher their chances of securing victory.

Table tennis technique is a set of movement methods necessary for playing the game effectively. The efficiency of movement techniques is evaluated based on their appropriateness

and effectiveness in various game situations. Each technical element of the game is composed of an interconnected system of movements. The technique of movement is closely related to the dynamic and kinematic characteristics required for achieving specific movement tasks. These include the precise sequencing of forces, coordination between different body parts, and other biomechanical factors. [1]

Relevance of the Topic

Throughout various stages of table tennis development, the methods, requirements, forms, and content of technical movements have continuously evolved and improved. The primary factors driving these changes include modifications in game rules, advancements in tactical movements, and improvements in players' physical preparation levels. Enhancements in the dynamics of offensive and defensive play, increases in movement potential, and refinements in offensive and defensive combinations also serve as catalysts for updating and restructuring technical methods.

Nevertheless, it is incorrect to assume that the available methods used in executing game techniques have reached their maximum effectiveness. The functional and physical capabilities of skilled athletes create opportunities for introducing and implementing new, advanced techniques into the game. [2]

In table tennis, playing technique comprises a set of movements and techniques that athletes use according to their individual abilities to secure victory.

The technical aspects of table tennis can be categorized into two main sections: offensive and defensive techniques. These sections, in turn, are further divided into several groups based on the form and content of technical methods. Each group contains distinct movement techniques with specific execution methods. [3]

The positioning of table tennis players in front of the table is described as follows: the athlete's feet are placed wider than shoulder-width, knees slightly bent, and body weight evenly distributed on both feet, with toes slightly turned outward. Each player chooses a stance that is comfortable for them, depending on their mastery of technical and tactical movements, physical abilities, and coordination. Improving the execution of these movements remains one of the most pressing issues in modern table tennis practice.

Research Aim and Objectives

Research

To determine the dynamics of technical preparation among university students engaged in table tennis.

Aim:

Research Objectives:

Taking these factors into account, we focused on evaluating the technical preparation level of table tennis players. Specifically, we assessed their ability to perform consecutive forehand and backhand strokes to the right and left sides of the table. Additionally, we measured the number of forehand strokes directed toward the right corner of the table within one minute.

Further testing involved evaluating the accuracy of ball placement within a **30x152.5 cm** target area on the right and left sides of the table from the backline. This test aimed to assess the coordination of the hands, body, and feet during ball initiation. The final technical preparation test involved executing deceptive “skidka” shots to a **40x152.5 cm** target area on both sides of the table to measure the player's proficiency in this technique.

Results

At the beginning of the study, when these tests were conducted on the experimental group, the following results were recorded:

The results of the pedagogical experiment revealed that university students engaged in table tennis had significant shortcomings in their technical preparation. Based on these findings, it is necessary to develop and implement a specialized training program aimed at improving their technical skills. Errors in executing forehand strokes or performing "skidka" shots were observed to have a considerable impact on overall game effectiveness, as confirmed through multiple pedagogical observations and experiments. Therefore, improving technical preparation should be prioritized at various stages and cycles of training sessions. Only through such an approach can we ensure the development of highly skilled table tennis players.

Conclusions

The results of the pedagogical experiment aimed at assessing the technical preparation of table tennis athletes led to the following conclusions:

- The pedagogical experiment on assessing the technical preparation of table tennis players revealed a lack of sufficient scientific and methodological literature in this area. Additionally, training programs do not fully cover the topic of technical preparation.
- The technical preparation of table tennis players is directly linked to their physical fitness, functional condition, and other related components.
- It is necessary to develop scientifically-based technical training programs for various micro- and mesocycles of preparation sessions. This will contribute to increasing the effectiveness of training highly skilled table tennis athletes for competitive sports.

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