

Study on the Improvement Strategy of Current Table Tennis Skills and Tactics

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Abstract: The table tennis game is rich in content, its style of play has different types, and its style also shows a very different form. At the same time, the skills and tactics of table tennis are quite complicated. With the continuous popularization of table tennis, it is necessary to try to grasp the inherent regularity of its tactics and provide effective measures for those who engage in table tennis. This paper analyzes the techniques and tactics of table tennis from the aspects covered by the technical and tactics of table tennis and the factors influencing the skills and tactics of table tennis.

1. Introduction

Table tennis is a popular form of sport. At the same time, table tennis is also a form of exercise that is highly observable. Due to the effective development of the World Championships, table tennis has achieved great development in terms of skills and tactics. The changes in tactics and tactics of table tennis can be reflected not only in the intensity of table tennis competitions, but also in the appreciation of table tennis. The game of table tennis can be described as diverse. At the same time, there is a broader scope for innovation in table tennis techniques and tactics.

Table tennis is an athletic sports event. Its tactics and tactics have certain complexity. Table tennis tactics and techniques refer to the way athletes play ping-pong. For example, winning tactics and tactics of Chinese table tennis can be condensed into several keywords: "fast, accurate, accurate, variable, and transferable." Table tennis is a sport in which the two sides of the sport perform the five physical elements of the ball and the ball. These five physical elements are speed, power, rotation, arc, and placement. Therefore, speed, strength, rotation, arc, placement and rhythm, adjustment and other factors are elements of table tennis techniques and tactics. The table tennis game is affected by the mutual restraint of both players. The table tennis techniques and tactics have the characteristics of combination, explosion and complexity. There are many influencing factors in table tennis techniques and tactics, such as the ability of the table tennis athletes themselves, that is, the athletes' mental ability and athleticism. The time and space for the athletes to hit the ball, namely time and space, is the ultimate manifestation of table tennis techniques and tactics. The psychological state of table tennis players will directly affect their play and tactics in the game. Therefore, in the training process, in addition to the strict requirements on the athlete's skills and tactics, we must pay more attention to the training of athletes' comprehensive psychological quality.

2. Development of Table Tennis Skills and Tactics

To a certain extent, the development of modern table tennis techniques and tactics is a gradual process of improving the level of combination of individual techniques and tactics and the combination of various techniques and tactics in order to increase the winning factor of table tennis. The 11-point table tennis game has greatly shortened the course of the game. It is the core of table tennis tactics and tactics to strive for local advantages. That is, when the sports skills of the two sides of the game are equal, the athletes must strive to achieve a favorable situation in the game by arranging reasonable sports skills and tactics to win the local advantage in the game.

The opening ball is the ball within 1 to 4 points. From the athlete's physical and mental state, athletes should quickly adjust their own state to the best. In terms of sports skills and tactics for opening the ball, athletes should take a prudent style based on their individual talents. As early as

the start, athletes should reduce mistakes as much as possible while focusing on technical and tactical changes. If there are too many goals in the opening game and there is a big gap between the scores, the athletes should handle the ball with a steady state of mind. However, the practice of the competition proved that the start of the opening will have a greater impact on the victory of the competition. The ball in the middle refers to the ball within 5 minutes to 8 minutes, and both sides of the match enter into a stalemate phase. The characteristic of this subsection is that the sports skills and tactics of both athletes are known to each other. In this case, the final victory of the game will depend on the local advantage of the players, that is, which of the two sides of the competition can take the initiative according to the actual situation of the stadium. Change their sports techniques and tactics to implement effective tactics. Taking advantage of the opportunity to change the ball and effectively attack it is the overall technical and tactical principle of this stage. The tail ball refers to the ball after 9 minutes. At this stage, athletes will choose to implement sports techniques and tactics in bold fights or steady wins. At this stage, the ability of athletes to handle critical balls is particularly important. Strive for a match to get a match point, calmly respond and demonstrate strengths. Not only should athletes require accurate technology, but they must also have good athletic mental qualities.

3. Prospects for Research on Skills and Tactics Analysis Theory and Methods of Table Tennis Matches

In the table tennis game, due to the characteristics of the alternation of the two players, it is determined that various technical and tactical analyses are easy to analyze from a single technique or tactical point of view, and less from the continuation of the connection and restriction between two or more cricket balls. From the angle of analysis, this will inevitably break the organic links between technology and technology, technology and tactics, tactics and tactics, and significantly reduce the effectiveness of technical and tactical analysis. In fact, due to the mutual confrontation and constraints among various technologies, each technology and tactics play a role in the competition as a whole. Therefore, technical and tactical analysis must focus on its systematic nature, and it is necessary to sum up the technical and tactical analysis modes from the macro and micro perspectives. The macro-analysis should not only fully reflect the overall technical and tactical strength of the athletes, but also reflect the macro-micro perspectives; the micro-analysis should capture both the high scoring rate and the high utilization rate and have a decisive significance for the outcome of the competition. The analysis of key techniques and tactics can also reflect the mutual promotion and restriction of various factors within the technical and tactical. The effectiveness of the game selection is reflected in the following: The technical and tactical analysis should select the games with closer scores between the two sides to increase the effectiveness of the technical and tactical analysis. If the scores of the players are too different, the technical and tactical analysis cannot truly reflect the situation of the opponent's technical and tactical characteristics. .

In today's world table tennis, the skills and tactics among top athletes are getting closer and closer, and many games are decided after 9 or 8:10. National team coaches and athletes usually refer to the score when the sum of their scores is greater than or equal to 18 as the key score. In general, the more competitive the game is, the more critical it becomes. At this time, the skills and tactics adopted by the athletes have a decisive significance for the outcome of the game, and will have an important impact on the follow-up game. At this point, the analysis of game tactics should be from the entire game to each game, and then extended to the key points in order to make the analysis of technical and tactical deeper. At the same time, the use of skills and tactics is influenced by psychological factors. Therefore, the analysis of the technical and tactical aspects of the different stages of the game, especially the key stages, should be combined with psychoanalysis so that the technical and tactical analysis can better reflect the true level of the athletes.

Looking at the development process of the analysis and research of tactics and tactics in table tennis is essentially a process of continuously generating new understandings, new ideas, and innovative methods for analyzing tactics. With the development of table tennis and the disciplines related to the project and the advancement of science and technology, new understandings, new

ideas, and new methods for the analysis of tactics in table tennis competitions will inevitably arise. Therefore, understanding innovation, idea innovation and method innovation are an important direction for technical and tactical analysis. This requires us to attach great importance to the development of the practice of table tennis matches. At the same time, we must pay close attention to the development of mathematics statistics science and other related sciences, and provide practical soil and theory for the emergence of new understandings, new ideas, and new methods for table tennis competitions. Perspective.

Just as all theories must be continuously developed in accordance with changes in practice to meet the needs of practice, in the face of new changes in the rules of the game and the characteristics of technical and tactical features since 2000, the three-segment evaluation method needs to be continuously improved. Better meet the needs of table tennis matches and training. Based on the actual characteristics of the technical and tactical characteristics of the table tennis game, and looking forward to the development trend of the future technical and tactical analysis, the improvement needs to be carried out in three aspects: first, the improvement of the structure itself, such as the technical use of the first and third boards for the launch phase. The statistics of the situation are improved on the statistics of the 1, 3, and 5 boards. The staging section is classified into the service wheel and the receiving round for statistics; the second is the revising of the evaluation criteria; and the third is the organic combination of computer video analysis technology. To improve the scientific and practical analysis of technical and tactical analysis.

"Science" is reflected in the introduction and application of theories, models, and methods of other disciplines. It should be based on a profound grasp of the characteristics and laws of the use of tactics in ping-pong competitions. It requires not only in-depth scientific demonstration but also competition and training practice. The repeated examinations are not the simple and mechanical copying and application of these theories."Practicality" is reflected in the fact that various theories, models, and methods must be more closely integrated with the practice of competition. It is necessary to eliminate "abstract" and "abstract" traditional studies. The "empty" theory superposition model is replaced by a more intuitive and concrete quantitative guidance model, to achieve the organic integration of subject theory guidance functions and technical and tactical analysis. At present, computer video analysis technology needs to be closely integrated with competition practice. Based on a deep understanding of the characteristics and laws of ping-pong tactics and techniques, we constantly improve its design philosophy, ideas, and operating details in order to optimize its functions and make it more scientific, smarter, simpler, more practical, and more humane. At the same time, computer video analysis technology needs to deal with quantitative analysis and Qualitative analysis: Excessive data analysis not only makes coaches and athletes difficult to remember, but also makes it difficult for them to grasp the main problems of their opponents. Therefore, how to summarize the main technical and tactical characteristics of opponents based on quantitative analysis, and Combining typical technical and tactical video clips to make high-quality qualitative analysis is the key to enhancing the technical analysis results.

4. Conclusion

With the gradual expansion of scientific research, the exploration of the theories and methods of tactical analysis of table tennis matches will continue to advance, and people will have a deeper understanding of the characteristics of athletes in the use of skills and tactics in the game. The research hotspots on the theory and methods of the analysis of tactics and methods of table tennis competitions, the inspection of practice, and the sorting of knowledge will deepen people's understanding of their research results while clarifying their research process; Prospects for the future research of theories and methods will also provide references for future research while continuing to promote the in-depth development of theoretical and methodological analysis of tactical and technical analysis of table tennis matches.

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