

TEACHING 12-13-YEAR-OLD CHILDREN TECHNICAL AND TACTICAL TECHNIQUES OF TABLE TENNIS

Khaidarov Fakhridin Farajullaevich

Teacher of the Department of Methods of Teaching Sports
Faculty of Physical Culture, Sports and Preschool Education
Uzbekistan-Finland Pedagogical Institute

ABSTRACT

The article provides a method of step-by-step initial training of students to play table tennis, provides the basic means of physical training for a tennis player. The manual is intended for university students who want to play table tennis for 12-13 years.

Keywords: table tennis, technics, method, training.

INTRODUCTION

Table tennis is a universally accessible and popular sport in our country, which is enjoyed by everyone, young and old. It is practiced in schools, lyceums, colleges, universities, enterprises, and wherever conditions exist. Table tennis is especially widely cultivated in universities, where it is included in the physical education curriculum as a special course or sports specialization. At the same time, many students get involved in table tennis for the first time only from their student days, and by the end of the institute they are successfully playing [1].

MATERIALS AND METHODS

Most experts believe that table tennis appeared in England as a variation of Royal Tennis. It is possible that table tennis originated in the USA, India or South Africa (it is assumed that in the latter two countries British officers posted there began to play table tennis). Most likely, table tennis appeared in the second half of the 19th century. There were no specific rules then. The balls were made of threads, the books placed on the table were a net, and pieces of thick cardboard were rackets [2].

In the late eighties of the 19th century, the game became popular largely due to competition among equipment manufacturers, which contributed to the improvement of rackets and balls. Their main manufacturer was the American factory of the Parker brothers, Massachusetts. This factory produced and exported to England everything for playing "Indoor Tennis". However, English companies such as Ayres Ltd. (they advertised the sport as "Miniature Indoor Lawn Tennis"), received their own patents. The balls were made of rubber or cork, and were often sewn into fabric. The rackets were not standardized (by the way, rackets are still produced in different shapes, sizes and materials) [3].

RESULTS AND DISCUSSION

Hand - in anatomy, the part of the hand starting from the wrist. The hand, like every other part of the hand, performs its own specific functions when hitting the ball. The hand, completely "airy", relaxed (as relaxed as an inflated rubber glove) only turns the racket, creating angles of inclination of the racket that provide the corresponding rotations [4]:

- during attacking strokes, the hand turns the racket from an open position to a closed one (in this case, the blow is made on the back and top of the ball) - top rotation,

- during defensive shots - from a position where the racket is tilted back

20 - 30 degrees in an almost horizontal position (while hitting the lower half of the back and the bottom of the ball) - this ensures bottom spin.

So, the hand only turns the racket, and it does not carry any speed, impact, or rotational functions.

The forearm is the part of the arm from the wrist to the elbow.

The forearm is the fastest part of the arm; by bending the arm at the elbow, the speed of the striking movement and the magnitude of acceleration are determined.

The forearm fully fulfills its gaming purpose - to create impact speed, acceleration of the hand and racket when it moves in the air space, so to speak, with the edge of the forearm forward, thereby providing optimal aerodynamic conditions for the fastest possible movement of the hand and racket forward, as if cutting through the air pillow, just as a forearm lowered into the sea, river, etc. cuts through a dense layer of water.

Torso in table tennis. The torso carries out a lightning-fast transfer of body weight from one leg to the other (as a rule, with all forehand strokes - from the right foot to the left, with all backhand strokes - from the left foot to the right), thereby providing additional opportunities for moving the racket forward and increasing acceleration.

Strike entry sequence

With a horizontal grip, the racket is placed in the palm of your hand, like a friend's hand when shaking hands. The edge of the racket is directed into the notch between the thumb and forefinger. The thumb lies along the edge of the rubber pad on one side of the racket plane, the index finger lies along the edge of the other side of the racket. The middle, ring and little fingers grasp and easily support the racket by the handle without squeezing it. The racket is in a horizontal position. (see figure 1)



Fig.1

A slight rotation of the racket in the hand or bending of the wrist in one direction or another takes the racket out of the plane of the forearm and makes the movements unnatural, complex, and limited in amplitude. Such deviations, in my opinion, are serious technical errors and further limit the athlete's playing capabilities.



Fig.2

The pads of the terminal phalanges of the thumb and index fingers have increased sensitivity (see Fig. No. 2). This is easy to verify from everyday experience - when we want to feel something for thickness, softness, hairiness, etc., we first of all use the terminal phalanges of the thumb and index fingers. Their activity in the grip, and thereby in the execution of strikes, largely determines the specifics of the grip, technique, and style.

The active participation of the pad of the terminal phalanx of the thumb contributes to more subtle sensations, a more subtle “feel for the ball” when performing backhand strokes.

The active participation of the pad of the terminal phalanx of the index finger contributes to more subtle sensations, a more subtle “feel for the ball” when performing forehand shots.

Only a grip in which the surfaces of the playing plane of the racket touch the pads of the terminal phalanges of both the thumb and index fingers allows you to accurately perform technical techniques of play both on the left and on the right.

The simplest experiments confirm the importance of subtle tactile sensations when performing strikes. As soon as you put ordinary metal thimbles on the end phalanges of the thumb and index fingers, the accuracy and confidence in the game drop even among fairly qualified athletes.

The outstanding successes of Asian athletes at the world championships of the fifties and sixties pushed many athletes and coaches in Europe to test their unfamiliar grip in their countries (although, as the legendary multiple world champion Viktor Varna wittily noted, Asians did not win thanks to the use of the “feather” grip”, and despite the fact that they used this grip).

Among the European players, many talented players appeared who used the “Asian” grip, which is unconventional for Europeans.

CONCLUSION

With a vertical grip, it is not enough, however, to achieve a vertical position of the racket handle and a formal “feather” grip; it is also necessary, as with a horizontal grip, to strive to naturally merge the racket and forearm into a single whole.

Within the framework of the correct position of the racket in the hand, in which the racket becomes a natural extension of the hand, varieties of vertical grip are possible that do not limit the freedom and ease of movement, but determine the technical and stylistic features of the game.

REFERENCES

1. Makarova L.S. Modern table tennis. – M.: Physical culture and sport, 2015. – 175 p.
2. Gigin Yu.A. Theory and practice of motor skills. – Alma-Ata: Ruana, 2010. – 184 p.
3. Barchukova G.V. Theory and methodology of table tennis. – M.: Academy 2016. – 519 p.
4. Amelin A.N. Table tennis. – M.: FIS 2019. – 192 p.
5. Sirova L.K. Know how to wield a racket. – St. Petersburg: Lenizdat 2019. – 20 p.