

## MAIN CHARACTERISTICS OF TABLE TENNIS PLAYERS' TECHNIQUE

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Table tennis player Malone is the world Grand Slam winner, his playing method has strong rotation, fast speed, outstanding attack technology, reasonable and changeable application of tactics and techniques, flexible and changeable characteristics.

The ball has rich landing points, and the forehand line is flexible and changeable. In the catch and grab the ball stage, Malone in the catch and grab the ball master the court initiative, backhand is a threat, forehand backhand pull ability; In the stalemate phase, Malone launched a continuous attack, taking advantage of their own stalemate advantage, to side attack way to obtain a high scoring rate. Puts forward the following points: make full use of the side body as the advantage, seize the initiative, grasp the change of forehand loop and improve the scoring rate; In the receiving stage, maintain the quantity and quality of receiving and serving advantages, as far as possible to take the lead in the change of the line of attack; In the stalemate stage, always pay attention to the stability and adjustment of the rhythm, and actively seek counterattack opportunities [1]. *The purpose* – learn the basic techniques of tennis players.

**Material and methods.** This study mainly uses literature method, video observation method, logical analysis method and mathematical statistics.

**Results and their discussion.** In the National Games, most of the balls are up to 65.4%; the probability on the left side is 12.4%. By landing point contrast can be found, in all Malone ball, most for the middle ball, especially to enter the middle into the short ball, and landing point, also concentrated in the left, the second to the short and auxiliary to the left bottom line long ball, a few long ball (respectively, the middle bottom line and the right line). Combined with the final scoring rate of the serve, it can be found that although the probability of sending a long bottom ball on the right side is relatively small, it has the highest scoring rate of 25.5%; and the short ball on the left side has a slightly lower but still good scoring rate of 17%. Through reason analysis, it can be found that, occasionally change serve way, using the length of the combination of strategy, can interfere with ideas, occasionally a long ball high concealment makes the opponent cannot in the first time, combined with a short ball high flexibility makes the opponent when hit easy to error and error. Early advantage to Malone behind the attack also created a good opportunity, hair middle near billiards scoring rate is 15.8%, ranked fourth in the serve, scoring rate is high, is commonly used in the game, you can see, serve point for opponents more uncomfortable, even took over, to Malone behind the ball created a good opportunity [2].

For the long ball, the middle line is higher, up to 22.2%, the second highest in the overall scoring rate, and the left line is relatively low, about 14.3%. Although the scoring rate of the long ball in the middle is relatively high, the error rate is also the highest, as high as 11.2%, lacking certain stability, which is also the focus that Malone needs to focus on practice and improve in the future.

**Conclusion.** Technique is a way of performing a movement with relatively greater efficiency. There are standard and individual techniques. Standard technique is the most rational basis for performing a motor action, characteristic of many performers. Individual technique allows, within the standard technique, to make some changes depending on the physique and physical fitness of athletes. It plays a special role in elite sports.

1. Yang, Qing Construction and application of three-dimensional evaluation model of table tennis skills and tactics: Doctoral thesis / Qing Yang. – Shanghai, 2016. – P. 56–57.

2. Zheng, Haibo Analysis and research on the current status of Zhang Jike's serve receiving skills in the 50th World Table Tennis Championships Men's Team Competition: Doctoral thesis / Haibo Zheng. – Guangzhou, 2020. – P. 6–8.