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## **METHODOLOGICAL PECULIARITIES OF TECHNICAL TRAINING IN TABLE TENNIS FOR CHILDREN 6–8 YEARS OLD**

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Table tennis, as one of the most dynamic and spectacular sports, requires from athletes a high degree of technical training and tactical thinking. Success in this sport largely depends on the mastery of the racket, the ability to react quickly to the actions of the opponent and the ability to adapt to changing conditions of the game. In this regard, methodological training of athletes at all stages of their development becomes a key aspect that determines not only the level of individual skill, but also the overall performance of the team [1; 3].

Modern research in the field of sports pedagogy emphasises the importance of a systematic approach to technical training. This includes both theoretical knowledge about the mechanics of strokes and game tactics, and practical skills that are formed through regular training and competitions. The methodological features of technical training in table tennis cover a wide range of issues: from the selection of optimal training methods to error analysis and correction of stroke technique. Understanding of these methodological foundations is a prerequisite for achieving high results at both amateur and professional levels [3; 4].

Game efficiency and technique efficiency are correlating, but not identical concepts, and certain methods of building technical techniques in the methodological literature and in the practice of coaches. It is necessary to determine the peculiarities of promising technique and methodological approaches to its mastering in order to intensify the technical training of young tennis players of 6-8 years old [4]. The success of training is directly related to the ability of tennis specialists to determine the promising directions in the development of tennis and to understand the essence of setting children the necessary perspective technique of the game, which further forms the style and the leading features of winning tactics [5].

The scientific literature does not sufficiently develop the requirements to the biomechanical rationality of technique when teaching tennis players at the beginning of the training stage, i.e. in the period of consolidation of individual technique and development of the child's sensorimotor potential in order to implement the technique chosen for the future.

Therefore, the process of teaching table tennis at the initial stage is relevant for sports schools. The development of new methods of training at the initial stage developed taking into account modern requirements to athletes and the results of performances at competitions is of great importance. Since at the age of 6-8 years old very important both physical and psychological qualities begin to form. It is important at this age correctly and methodologically competent to build a training process for future effective technical and tactical growth of young athletes, which in turn will contribute to their further professional growth as athletes and high performance in competitions [5].

In this regard, the purpose of our study is: analysis and systematisation of modern approaches to technical training of athletes in table tennis, as well as the development of recommendations for coaches and players aimed at optimising the training process, increasing the level of skill and efficiency of game technique.

**Material and methods.** Analysis and generalisation of scientific literature, pedagogical observation, survey. In this article we used, analysed and summarized publications in scientific journals on sports medicine, pedagogy devoted to sports selection.

**Results and their discussion.** At the stage of initial sports specialisation the main tasks of training are mastering the basics of rational sports technique, versatile development of physical capabilities of the organism, health promotion, elimination of deficiencies of physical development and physical fitness, mastering the basics of tactical training. Special attention is paid to the formation of a stable interest of young athletes in purposeful multi-year sports training.

It should be emphasised that at the initial stages of training 'school' and improving technical skills young athletes should master the largest number of diverse variants of motor actions, so that in the future they are less likely to meet unfamiliar unfamiliar situations [2; 5].

When planning the training process, two conditions should be kept in mind. The first of them is connected with the use of special physical training means ahead of in-depth work on technique, the second – with the choice of a favourable time for in-depth improvement of technical skill.

Some tasks of technical training, which do not require extreme intensity of effort, can be solved simultaneously with the increase in the level of special physical fitness. At the same time, the solution of other tasks in such conditions is inadmissible. Undoubtedly, this kind of training work should be performed at a high level of functional state of the athlete [1; 4].

Distribution of means of technical orientation in the annual cycle of training assumes the use of the following provisions: achievement of the highest values of the level of technical fitness in the terms of the main competitions of the year; continuity in setting and solving tasks in the transition from one stage of technical training to another; systematic displacement of some means of technical training by others in the transition from stage to stage, due to the increasing complexity of the tasks to be solved.

During the training of technical orientation, the coach solves the problem of consciously changing the movements of a young athlete or stable performance of the movement under changing internal or external conditions. In accordance with this it is necessary to define the means influencing the athlete, to make their classification depending on their complexity and taking into account their specialisation [4].

Means of technical orientation in table tennis can be divided into four groups of complexity: simple exercises by elements (without complications); exercises with changing the speed and trajectory of the ball flight in the game by elements; exercises – bundles of various technical elements according to a predetermined scheme; exercises, during the performance of which, the partner could play arbitrarily.

When using the proposed classification in the training process, the following should be taken into account: – the training (training) effect of any means (complex of means) changes in accordance with the so-called learning curve, which can serve as a testing point for determining the level of difficulty of the proposed exercise or the degree of its mastering; – the selection of training means is based on the sufficiency of the level of special physical fitness of a young athlete to perform the given exercise with the required parameters.

The choice of target accuracy as an indicator of the effectiveness of the training process is due to the fact that, on the one hand, this indicator indicates the mastery of this movement, and on the other hand table tennis is a game of accuracy of hitting the ball in a certain part of the table, therefore, the higher the accuracy indicators, the higher the effectiveness of the game.

Generally accepted exercises aimed at improving the above technical actions are divided into groups of complexity taking into account their specialisation: group 1, simple exercises by elements; group 2, exercises with changing the speed and trajectory of the ball in the game by elements; group 3, exercises – bundles of various technical elements according to a predetermined scheme; group 4, exercises during the performance of which the partner could play arbitrarily.

The strategy of the methodology provides for the first formation of a simpler motor action (in this case – kick), which in its structure is the base, the basis for a more complex motor

action (topspin), work on which is carried out at subsequent stages. In addition, the formation of motor actions must be accompanied by the improvement of movement technique.

Based on the research of scientists, movements are important in technical training. From this we can conclude that the training of movements (footwork) should be given at the beginning of table tennis lessons. Training of these two important technical actions should go in parallel.

The training of footwork should be started from a small beginning in order to lay a solid foundation for teaching technical actions of table tennis in the future.

Attention during training, especially physical training, should be given to leg work. Leg strength is particularly important in game practice. Simply developing leg strength is not enough for the process of learning to move, not only strength exercises but also coordination exercises should be included. And also to keep the pace of the game, you should use exercises to develop special endurance. Since during the game of table tennis the player is constantly moving, which in turn requires a well-developed physical quality like endurance.

The initiation of leg strength mainly depends on the rapid extension of the knee joint and the foot, the stability of the centre of gravity mainly depends on the strength of the thigh muscles, and the quality of the kick is related to the coordination between the torso and the lower limbs. During movement, leg strength requires explosive muscle strength and muscular endurance, as well as foot movement ability and body balance ability. Therefore, leg training for 6-8-year-old table tennis players consists of muscle stretching and relaxation, reasonable load distribution and selection of training means mainly related to the lower limbs.

**Conclusion.** In the formation of sportsmanship it is the stage of initial specialisation that specialists associate with the solution of the main tasks of initial training – mastering the basic technique, mastering the school of motor actions, the main variants of performing technical and tactical techniques.

When training young athletes, it is often suggested to focus on the sequential mastering of techniques. In this way, the athlete's skill is gradually «completed», completed with new techniques or tactical combinations.

To summarise, it can be stated that in individual-playing sports motor skills are manifested in a game opposing situation, and therefore it is reasonable to define them as game skills, which emphasises their creative indefinite-variant character.

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## **PECULIARITIES OF SELECTION AND ORIENTATION OF YOUNG SWIMMERS AT THE INITIAL STAGE OF SPORTS TRAINING**

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Sport swimming is one of the most popular and accessible types of physical activity, attracting the attention of young athletes around the world. In recent years, there has been a growing interest in this sport, which emphasizes the need to develop effective methods of selection and orientation of young swimmers at the initial stage of sports training. Proper selection of children for swimming and their further orientation in this sport play a key role in developing successful athletes and ensuring their long-term participation in the training process [1; 2].