

# **9 The exploration of the three – stage law of 11 points rule**

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## **1 Introduction**

A table tennis tournament is made up of service stage, return stage and persistent stage. How do the getting – point percentage and using percentage of three stages change in the 11 points rule? By the statistics and analysis of 56 tournaments of 11 points rule in the recent year, this article provides some thoughts to be referred to. The time of a 11 – point – rule tournament is short. The rate of appearance of its crucial balls is high. Its casual rate is high. Its rhythm is faster. Especially, a table tennis tournament has more changes than other events. These ask the exact study of technique – tactics of every stage of training and tournament to find the 11 – point rule law.

## **2 Methods**

Video analysis method, references method, and statistics logical analysis were used.

## **3 Results**

### **3.1 Service stage**

Compared with 21 – point rule, the getting – point and using percentage of the 11 – point – rule service stage has not much change. The 11 – point rule uses the circulating service rule of 2 balls per player. Players' service and drive after service in this stage is mainly flexible and powerful. Drive after service is the important means of getting points. Excellent players' getting – point percentage in this stage is often excellent. Moreover, the data of the statistics table also proves that whether a 21 – point – rule tournament or a 11 – point – rule tournament, the average getting – point percentage in this stage is 66% , which is excellent.

### **3.2 Return stage**

Chinese players have more change in this stage. The getting – point percentage in

this stage rises from 44.9% to 53%. The using percentage decreases from 32% to 20%. There are two reasons. The first reason is that Chinese players strengthen the quality of high balls and chop balls. The second reason is the inherent law of 11 – point rule. ( Chinese players don't completely master the 11 – point – rule law. )

Player should first play powerfully and then steadily. Players should attach great importance to the quality of return. Whether driving or controlling balls, players should be active to create advantageous conditions for persistent stage. In the way of tactics, players should attach great importance to increasing the forehand break – through tactics on the basis of present tactics and make efforts to get good chances and superiority. In addition, players' first judging and consciousness of returning balls should be fast. Players should be ready to deal with changes.

### **3.3 Persistent Stage**

The using percentage of persistent stage of 11 – point rule tournament is increased by 12%. Chinese players' getting – point percentage in this stage hasn't obviously changed. Compared with tournament of 21 – point rule, the technique – tactics used in persistent stage of 11 – point rule tournament has more change. Players' mostly play on the basis of their own technique – tactics' characteristics, playing style and planned tactics. Players should play on the basis of their own rhythm. Players should first play powerfully and actively on the basis of reasonably and effectively using technique – tactics in persistent stage and make efforts to be active, speedily and flexibly. Players should be not only playing powerfully but also accurately. As long as combining power with accuracy, players can make it. From the statistics, it is found out that few players are good or excellent in persistent stage. There are two main reasons. The first reason is that over – power leads to the increase of turn – over. The second reason is that over – stability leads to the bad quality of balls and being passive.

## **4 Conclusions**

(1) Because of the increase of key and crucial balls in the 11 – point rule tournament, players should decrease the turn – over of continuous attacks.

(2) Players should strengthen the use of two straight balls when offence becomes defense.

(3) Players should persist in playing on the forehand break – through tactics.