

# **15 The analysis of the forehand break-through tactics of 11-points rule**

**Q. L. Sun**

*The Physical Education research institute, Shanghai Jiao Tong University, Shanghai, China, 200030. sjtusports@sjtu.edu.cn.*

## **1 Introduction**

In different historical period, the development of the table tennis rule and technique-tactics must result in the specific and effective technique-tactics changes. Every technique-tactics depends on the five crucial factors such as speed, strength, spinning, falling (placement) and accuracy. The forehand break through tactics evolves from all kinds of tactics and is adaptable to the modern table tennis development. In 1990s' European players never found the method which defeated the Chinese first three-ball technique and all-round technique. After the forty fifth World Table Tennis Tournament, some players such as Swedish etc are bold to use the forehand break through tactics to defeat our super players many times. At present, every country studies the forehand break-through tactics and training. Although there is not an integrated theoretical system to guide, the fashionable and effective tactics has been formed. This article analyses and studies the forehand break through tactics through the tournament between Zhang Yining and Niu Jianfeng in order to offer some instructive advices for Chinese table tennis tactics system.

## **2 Methods**

Video observation, statistics and logical analysis were used.

## **3 Results and Discussion**

### **3.1 The concept of the forehand break-through tactics**

The receiver first transfers his rival's forehand point with the combination of long drives and drop shots and they do the forehand – attack – counterattack exercises. During the exercises, the main player attacks straight after three balls. When a left – hand player and a right – hand player do the exercises, the left – hand player can do the exercises of the forehand – straight attack of a half table after transferring his rival's forehand point and attacks backhand after the first ball.

The main player first attacks upspin and then attacks and counterattacks. (The number of balls shouldn't be too much). After two balls, the main player transfers his rival's forehand point and attacks backhand after his rival's angled backhand counterattack. If the level of players is high, they may irregularly do the exercise. The requirements are to early start to attack and transfer widely and attack straight

### **3.2 The analysis of the forehand break – through tactics application**

The statistics of Zhang Yining's service stage: From the data, we find out that the proportion between Zhang Yining's backhand attacks and her middle – forehand attacks is 10 : 13. Zhang Yining mainly attacks Niu Jianfeng's forehand. Moreover, Zhang Yining backhand – straight attacks' effect is better, which avoids the bad conditions of restraining backhand attacks each other.

The statistics of Zhang Yining's receive stage: The stage is wonderful. In the stage, Zhang Yining doesn't lose one point. Zhang Yining uses the short – ball – attack technique and forehand break – through technique reasonably and persists in attacking forehand after two backhand balls or immediately attacks forehand. (The tactics effect: +8 – 5) Zhang Yining restrains Niu Jianfeng's backhand speed with spinning, combined with pivot backhand attacks. This tactics is effective.

The statistics of Zhang Yining's midst stage: Zhang Yining's forehand break – through tactics gets five points and loses three points; the tactics to restrain Niu Jianfeng's backhand attacks gets three points and loses two points; the tactics to restrain Niu Jianfeng's backhand attacks gets five points and loses one point. Zhang Yining mostly plays on the basis of her own tactics to restrain backhand, restrain backhand and then attack forehand or immediately attack forehand, change offensive direction quickly and attack widely, which embodies the tactics thought whose soul is change.

## **4 Conclusions**

(1) As the technique – tactics level of every country player rises and tournaments are more competitive, the contradiction of offence and defense often changes. So, on the basis of bettering the forehand break – through tactics, it is necessary to improve all – round technique.

(2) Although the forehand break – through is an effective tactics, a player can't entirely copy others' technique – tactics. A player should do his best to actively transfer his rival and form the technique – tactics system which is adaptable to him.