

48 A Research on the training measures of basic table tennis skills for college students

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1 Introduction

Since the principles of ITTF have been adjusted from time to time, table tennis skills have taken many changes, which aim to make the play enjoy more returns and more attractiveness. In the past few years, both the skills and the racket have been greatly improved, so the ball's travelling speed and circumrotating, the two most important factors in the light of reforming table tennis, have been much enhanced, which help boost modern table tennis skills. New rules and skills ask for corresponding basic skill training. Accordingly, colleges, in which posterity players of table tennis are prepared, must make feasible training measures to strengthen basic skills so as to, on one hand, to get used to new changes, and on the other hand, to build for the student players a solid skill foundation.

2 Research Methods

2.1 Literature Data Method

By means of studying the materials concerning table tennis training skills, we can come to have some understanding about the changes, laws and development trends of the basic skills. Considering the students' practical needs, we can invent some practicable training skills and methods.

2.2 Observation Method

Through the observation of the students' learning, training and match, we can do some analytical work on their technical problems and adopt the pertinent measures.

3 Research Outcome and Comment

3.1 Understand the development trend of modern table tennis in the world

The development of modern table tennis is oriented in four aspects such as "full - scale skills, outstanding specialty, initiation, and more offensiveness". The days when players won the match by means of a certain unique technique or skill had gone. Today, with the short lifespan, unique skills have become

rarer. In the future, a winner must rely his/her victory on the solid foundation of basic skills.

The changes of rules and the application of bigger balls have some effects on players' techniques and tactics. But the effects will surely benefit the development of table tennis. They make a match more alluring and eye-catching. Therefore, more people will involve themselves in this sport. A research explains that if a point round can last as long as seven or eight returns to both players, it may be rewarded with spectators' applause; if the point round lasted more than ten returns, it can win more than spectators' enthusiasm and interest. If there is more enthusiasm and interest from spectators, the sport can develop a good market, which means that more benefits can be produced. In return, table tennis will enjoy more existence places. That's why both ITTF and China's Table Tennis Association hold varieties of matches such as tournaments, performances and roundabouts in order to meet the needs of the market. In view of the development trend of table tennis and the requirements from the audience, we can conclude that players' basic skills are essentially important not only to the players themselves but also the sport events.

3.2 Intensify students players' basic skill training

3.2.1 Basic skill in foot and hand

Concerning student players, their foot movement skill is comparatively weaker. But one serious problem is that coaches usually ignore their weakness, while turning their emphasis on the training of their hand skills. The consequence is that the training quality can not be guaranteed. Therefore, the solution lies in the fact that both foot movement training and hand skill training must be integrated.

The basic foot movement include: preparation gesture, judgment reaction, treading power, the transference of physical center, waist flexibility and foot movement. Hand skills are related with preparation gesture, judgment reaction, physical center and waist flexibility. We can find that hand skills have covered some foot skills. In the course of training, basic hand skills and foot skills should be practiced simultaneously.

Foot movement is classified into two kinds, namely, singleness movement and doubleness movement. The training must be taken from singleness to doubleness and from easiness to difficulty.

Meanwhile, foot movement must be integrated with hand skills. Good hand skills are essential to playing table tennis. In other words, foot movement and hand skills are interdependent.

3.2.2 Make good use of the relationship between basic skills and techniques

Technique is an important means in table tennis, but it can be easily seen through and then lose its effects. Besides, it tends to be limited within the rules. We can find that a large number of distinguished table tennis players

who can have a much longer career and still make great achievements. How can they prolong their athletic career? The answer is that they have laid a very solid foundation in skills when they are young. Accordingly, sound basic skills, together with outstanding physical and psychological quality, play a very important part in table tennis. That is also true for the student athletes. After that, a good athlete can develop unique skills or techniques.

3.2.3 The content of basic skill training

(1) near – the – table fast break: improve the ball's travelling speed and power. Emphasis must be put on the ball's point of fall and the change of the rhythm. Of course, attention can also be given to the circumrotation. Athletes must develop their ability to get accustomed to the opponent's rhythm, the ball's point of fall, the change of power, the ball's circumrotation. In the training, they must also practice their eruptible power and durable power.

(2) Circumrotation: Improve the ball's circumrotation and power and accuracy. In the training, circumrotation must be emphasized, aided with the speed, the change of the point of fall. In the meantime, athletes must also develop their reaction to the opponents' circumrotation and power. In the practice of basic physical quality, emphasis is placed upon the explosive power of hitting the ball, the speed of hitting the ball and durable power.

(3) Undercut: improve the ball's circumrotation and accuracy. Develop the ability to adapt oneself to the opponents' circumrotation, and the change of the speed. As for the practice in physical quality, emphasis is placed on the speed of movement, reaction, judgment and the speed of hitting the ball.

By the way, the training of the basic skills is tedious. But it is quite demanded that athletes must be aware of the importance of basic skills.

3.3 The vertical – racket – and – fast – break technique should not be ignored

China has rich experience in the vertical – racket – and – fast – break technique. But we still have to make reforms in this technique. As for the student athletes, they must pay attention to the following aspects in their training.

3.3.1 Service and preemptive attack after service

At present, China's vertical – racket – and – fast – break technique has a leading position in the world. One advantage is service and preemptive attack after service. Student athletes must develop this technique.

3.3.2 Successive forehand attack power

It has been proved that the world top players must have a very outstanding successive forehand attack power. It is very difficult to win a match with just one hit. Besides, it is also very necessary to pay attention to the ball's point of fall and angles. Therefore, student athletes must have more practice in developing their successive forehand attack power.

3.3.3 Develop push – and – block and horizontal attack skills

Quite often, horizontal racket players tend to attack vertical racket players' backhand position, which are the weak points to the latter. Therefore, vertical racket players must develop push – and – block and horizontal attack skills. From the perspective of physiology and biology, it is feasible to take horizontal attack for vertical racket players. But today, we seldom find student athletes employ this skill. In another word, student athletes have not come to realize the importance of this skill. They have to have more training practice.

3.3.4 Develop the skill of circumrotation

If the vertical – racket – and – fast – break technique can make good effects, it must be merged with the circumrotation skill. If a student player can make good use of the skill of circumrotation, he can have more chances to win a match. Only simple push – and – block and attack skills are not enough for a good player.

In all, we must have a clear understanding about the student athletes' weakness in basic skills in order to lay out a complete training programme. Players must develop a full – scale skill through hard practice.

3.4 Physical Training

Physical training is a kind of basic training. We must get rid of the ideas of "skill first, physical training second". Some coaches think student athletes have already some certain physical qualities, and then have jerry – build physical trainings. This is quite wrong. We must attach much importance to the training of physical quality, which can help prolong the athletic career. What's more, a player with good physical qualities can better use his skills and techniques.

4 Conclusions

(1) We must get aware of the development trend of table tennis, the change of principles and spectators' demands, so that we can have corresponding training. Student athletes must have solid basic skills so as to make good achievements.

(2) Student athletes' basic skill training includes: foot movement and hand skills; basic skill and basic techniques, and physical qualities. Both athletes and coaches must realize the importance of basic skill training, which is the only access to victory.

(3) In the training, we must do research work on vertical – racket – and – fast – break technique. In addition, we must integrate the students' qualities with their intelligence and rich imagination and creation, so that the training can produce better fruits.