



DEVELOPMENT OF THE TECHNIQUE INTRODUCTION OF THE BALL INTO THE GAME AT DIFFERENT POINTS WITH THE HELP OF SPECIAL EXERCISES

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Article history:	Abstract:
Received: 3 rd April 2023 Accepted: 6 th May 2023 Published: 6 th June 2023	This article will talk about the problems associated with the effectiveness of mastering the technique of introducing a partner to the game at different points of the table during the game and competitions of table tennis players using special exercises and ways to eliminate them, as well as the importance of improving physical fitness. from athletes.

Keywords: techniques, tactics, physical training, functional training, load, physical qualities, inductive characteristics, competition, training, scientific and theoretical, methods.

THE RELEVANCE OF THE TOPIC is due to the contradiction between the increasing importance of sports as one of the priorities of the development of social policy and the insufficient modernization of children's sports, including tennis. World practice has a wealth of experience in training athletes of various levels, but this is not always taken into account in the process of teaching children.

The relevance of this article at the scientific and theoretical level is such that the increase in the level of technical and tactical training of athletes in table tennis training, the almost complete absence of the use of training methods using new modern means in the development of their physical fitness is determined today by the relatively low chances of athletes to win in competitions.

The analysis of the revealed contradictions made it possible to identify problems in which 10-12 year old table tennis players consisted in a sufficiently effective selection of technical and tactical means and training methods in accordance with modern requirements.

The purpose of the work: to identify and justify the most effective means and methods of developing the technique of hitting the ball at different moments of the game using special exercises for table tennis players aged 10-12 years.

The development of physical and technical-tactical actions, increasing the level of functional training, Preparing students for various game situations during the game, educating them with situational adaptation skills are the main tasks used in table tennis training, and provide general and special physical training of students, the level of technical and tactical training, as well as the emergence of the ability of the body adapt to the loads set during training.

To achieve the goal, we applied a system of classes, the main provisions of which were:

1. Using general and special exercises to develop the technique of introducing the ball into the game, practitioners learned to perform these exercises primarily for accuracy and formed game management skills during competitions. General development exercises for speed were included in the preparatory part of the lesson. The purpose of such exercises (turns, rotations, swings, etc.) was to perform movements as quickly as possible.

1. Technique The following techniques are used to develop movements:

- game method (stimulates the manifestation of various technical elements in the conditions of competition);
- competitive;
- methods of repeated, variable and conjugate exercises.

3. To develop techniques for introducing the ball into the game, the following techniques are used:

- game method (aimed at developing the technique of introducing the ball into the game at different points during the game);
- competitive;
- the method of exercises performed to improve the technique of introducing the ball into the game at different points.

2. Psychological training was aimed at forming a steady interest in table tennis, fostering a sense of the need for adaptive physical culture and sports, the desire to become a healthy person, cheerful, strong and hardy.

The main pedagogical techniques at the initial stage of training were: explanation, demonstration and demonstration of the exercise.

The correctness of the execution of techniques and elements was analyzed on diagrams and photographs, with the provision of time for reflection.



A set of exercises for the development of speed and strength in our course work is intended for use in table tennis training.

Table tennis classes designed for children aged 10-12 years should be as follows:

- compliance of those engaged in physical exercises with physical, technical, tactical training and psychomotor development;
- downloads should be made gradually, slowly - with increasing complexity and less difficulty;
- the content of the exercises should be selected in accordance with the competitive exercises;
- any set of exercises specified or performed by a coach or athletes must be clearly explained and indicated;
- it is necessary to monitor the repeatability of downloads, taking into account the gradual complication of the size and intensity of the load, the age of those involved, gender and functional development;
- methodological approach: it is necessary to demonstrate a volitional movement aimed at performing the movement with the greatest speed;
- it is necessary to determine the number of repetitions of exercises before fatigue;
- during the training, the participants' bodies were not allowed to strain beyond the limit;
- special attention to safety;
- variety and novelty of classes.

It is recommended to use the following exercises as a means of teaching practicing players aged 10-12 years in the process of their training the technique of introducing the ball into the game at different points of the table:

- Single exercises with balls;
- Pair exercises with balls;
- Exercises in threes;
- In the rivalry of two players;
- Game exercises at the table.

The data collected in the process of writing this article, literature analysis, pedagogical observations of the processes indicate that it is necessary to organize training using various special exercises and modern techniques in the development of technical and tactical actions of table tennis players. Also, the use of various special exercises in the training of table tennis players participating in the initial stage of training increases the productivity of children in the development of their physical, functional, technical, tactical abilities and performing various offensive and defensive actions during the game.

CONCLUSION

In conclusion, we can say that the effectiveness of all of the above exercises increases dramatically as they approach the gaming, competitive environment. A countdown game is very effective, in which one athlete attacks in any direction, and the other directs all the balls to the specified half of the table, while the whole game, including the serve, is carried out by counterattacks. As practice shows, to equalize the playing conditions of two approximately equal players in such game exercises, a start of seven to eight points is enough.

It is quite difficult to combine all types of reactions at the same time (to change the speed of the ball, to change the nature of rotation, to change the direction of the ball's flight), so you need to gradually work out certain types of reactions, and then include exercises combining two types of exercises in the training process. reactions-in different combinations and only then proceed to a comprehensive training of reaction speed.

Expanding and improving the methods of training reaction speed and the ability to follow the ball and the opponent's preparatory movements is one of the main ways to improve table tennis, in which the time of reflection of blows is becoming an increasingly decisive factor.

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