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MOVEMENT TECHNIQUE AND ITS IMPORTANCE FOR THE PROCESS OF LEARNING THE TABLE TENNIS GAME OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS

Learning the technique of moving in table tennis is the foundation for creating the future style of play of the student, improving his physical fitness and a sustainable attitude to the chosen sport. The rapid change of game situations requires an immediate decision on the optimal distribution of effort in movement, the location of the player in the appropriate zone and a certain starting position. As the pace of the ball accelerates, qualities such as speed, "explosiveness", starting acceleration, motor memory, timeliness and accuracy of movement become important. Today, the debate between modern table tennis experts over the superiority of training, or the successful execution of a technical stroke, or the optimal movement, is open to discussion. Prominent world champion in table tennis Ichiro Ogimura stressed that: "Speed of the hand is a very important quality in table tennis, but the speed of the feet is even more important." All movements during the game must adhere to the principle of rationality. Decisions and appropriate movements should be made as soon as possible between strikes, not during its execution. A professional player is always in the right place, without making seemingly significant efforts, because his movements, between a series of strokes, are performed perfectly, on time and the spectators watching the match are invisible.

The technique of moving is a set of ways to change the location: additional, stepped steps, jumps, lunges, etc. during the game. The biomechanical characteristic of movement is equal to the distance in a straight line from the initial point of movement to the final one. The technique of movement is an important part of the game of table tennis. If the student, at the beginning of learning the technique of the game, has mastered the specifics of movement, then he has a great opportunity to find the optimal starting position of the arms, legs, torso when performing any technical blow. This ability will provide significant progress in increasing the quality of the game and will affect the performance of complex, technical elements.

There are general principles of movement technique that must be followed when learning the technical strokes of table tennis:

1. The implementation of a timely start (exit) when moving, depends on the player's ability to watch the ball on the opponent's side. The earlier you can determine the direction of the approaching ball, the more time you have to move.
2. The method of footwork when moving is chosen by the player instantly, depending on the specific game situation and their own capabilities.
3. The center of gravity of the torso, when moving, should preferably be in one plane, ie to prevent unnecessary movement up — down.
4. Movement should be carried out, if possible, in short (additional) steps to ensure the balance of the torso and maneuverability.
5. The start or exit to the ball must be powerful, "explosive", but the braking is instantaneous.
6. At the initial stage of mastering special (specific) movements, the teacher must constantly emphasize that after the implementation of any technical blow, it is necessary to return to the starting position and treat this stage of training responsibly and consciously.

It is investigated that during intensive table tennis classes at the university, boys and girls overcome different ways of movement (steps, extra steps, jumps, lunges, running) a distance of 2 to 3 km, which means that the motor activity of the student is at the proper level.

Success in appropriate movements, first of all, provides strength and power of leg muscles. To do this, during the learning process, pay more attention to exercises that are aimed at developing movement techniques that are closely related to the learned techniques. The ability to coordinate and combine the execution of the blow with the movement, give the opportunity to impose on the opponent his tactical plan for the fight and bring confidence in the use of complex, technical strikes.

An important condition for improving technique and increasing the speed of movement is not only to increase the strength of the leg muscles, but also the further development of flexibility, agility. Improving dexterity, in turn, depends on the degree of development of the player's reaction and the ability to evaluate the actions of the opponent. Also, the player is required to be able to focus on the ball, control the change of the angle of the racket (open, closed or in the neutral position), to distinguish the peculiarity of the ball (upper, lower, lateral rotation), which comes in the draw, from their own technical strikes and strikes of the opponent.

The initial movements, in table tennis, begin before the technical blow – from the main rack, which has a significant impact on the style of play, the reception of innings, the speed of movement. Each player chooses his own, convenient for himself, the main rack. It can be low, medium, high, it all depends on many indicators: height, weight, anthropometric data, the ability to coordinate movements, methods of learning technical elements and personal representation of their movements by the player. For example, if a student pays more attention to learning sharply attacking blows (rolls, finishing blows), then he instinctively is located in the near area of the table. If a student usually uses attacking blows more for a draw, then such a student is usually in the second zone (1m from the table). If the beginner does not pretend to attack at once, but first of all does "exploration" of game possibilities of the opponent (training partner), he prefers to be already in a more remote zone (1-2 m from a table), well and the player of defensive style which provides the advantage of hitting the ball at the lowest point and mainly by strikes with the lower rotation of the ball (undercuts), generally moving away from the table at considerable distances (from 2 m from the table).

The main requirements for the adoption of optimal, comfortable, basic rack (starting position) are:

- the legs should be wider than the upper shoulder girdle, thus increasing the area of support, and the center of gravity of the torso will move forward. If the location of the legs in the starting position is slightly narrower than the upper shoulder girdle, it will significantly reduce the area of support and the center of gravity of the torso will rise. It will seem to the player that the execution of technical blows has accelerated, but at the same time they will lose their proper effect. If the location of the player's legs is too wide, then there is an opportunity to slow down and give technical blows less power;

- the student's legs must be bent at the knees, the feet do not come off the floor, the inclination of the upper shoulder girdle and the center of gravity of the torso are directed forward to perform instant (starting) acceleration for any type of movement that corresponds to game events;

- after a technical kick, when the ball has reached the opponent's side, the player must immediately adopt a new starting position, which will correspond to certain, subsequent game circumstances.

During the game, the tennis player is forced to move in different ways and in different directions (forward, backward, right, left, straight, diagonal, semi-diagonal). These movements are mainly based on step movements and they differ from natural, ordinary human steps. The difference is due to the fact that the tennis player moves to different distances and in different directions and must be constantly in the sports stand appropriate to the game circumstances, as well as be in a state of increased readiness to perform the following techniques. Step movement

means any movement of a leg with simultaneous transfer of the center of gravity of the body to this leg, which in this case is considered step or transferred, and the other leg is considered supporting or pushing. There are the following main types of steps in width: incomplete or insignificant by half a step, medium or normal, wide, lunge. The one-step method (lunge) of movement is used when overcoming small segments of the playing plane or to take the desired position, with the step is the foot closest to the ball, and the other occupies the position required to perform the blow. Depending on the distance to the ball and the tactical goal of the technical strike (especially in the attacking style of play), the first step can be wide, ordinary or insignificant. However, the movements may include a non-step method, which when performing the technique involves more torso and individual parts of the musculoskeletal system. This method is most often used when receiving a serve or when performing techniques on a ball that is next to a player.

In teaching students the technical elements of table tennis, there is often such a common mistake as "fading" of the student after the stroke and a long observation of the result of the movement (impact), while forgetting about the need to prepare for the next game events. Also, another common mistake, which is observed not only in beginners but also in experienced players, is to perform some supposedly spectacular jumps and jerks, which are actually almost useless because the player starts moving to the ball late and finds himself in an awkward position.

Conclusion:

1. It is very difficult for a novice student to get used to mastering specific movements in the game, so it is necessary, at each lesson, to pay considerable attention to the work of the legs no less than the study of the technical blows. In particular, increase the volume of simulation exercises with the use of movements and technical blows, introduce motor games and relays with elements of special movement and with the equipment of the game (rackets, balls).

2. During the game, the student must remember - each "exit" to the ball should be different, even in cases where it seems that the ball enters almost the same point. Only repeated repetition will significantly improve the student's motor memory and allow him to acquire game skills.

3. To ensure the required level of movement, the student must have a sufficient level of physical fitness, especially strength and endurance. It is important that the level of his physical capabilities ahead of the beginning of his mastery of the technique of movement.

4. You can start learning the basic elements of the legs with the simplest types of movement are lunges (right - left, forward - backward). Then, as you master the technical blows, move on to more complex, accompanying techniques, movements.

5. When using a striking position, it is important to provide a certain distance from the ball, which will create optimal opportunities for a rational strike.

6. For effective maneuvering in the game, it is necessary to teach the beginner to maintain a balance between the manifestations of speed, coordination, strength, power and then the movement will become harmonious and become worthy ancillary measures to ensure proper execution of any complex technical blow from table tennis.