

Technical index of an Olympic table tennis gold medal winner

Zhenbiao Li, Tianjin Institute of Physical Education, Tianjin 300381, *China*

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1. Introduction

In any training process, in order to have a thorough understanding of the player's current state, a scientific diagnosis must be made. Only on the basis of this diagnosis can a player's potential ability be evaluated and his probable results predicted. The ultimate goal of competing in sport is to improve results and make great achievement. To set a training goal can effectively stimulate the player's sense of responsibility and enterprising spirit; it can also lead to every training session and match being carried out completely according to a plan. The training goal provides the basis for the training and match program. The technical index of the Olympic table tennis gold medal winner in this paper will supply an important reference for coaches and players to set training goals and to diagnose techniques.

2. Subject and methods

2.1. Subject: Olympic table tennis gold medal winner---Chen Jing

2.2. Methods: Researching the literature; consulting coaches of the national team; evaluation of the goal of each phase and match statistics.

3. Results and discussion

Chen Jing's average win ratios in 20 matches against elite players before the Olympic Games were: attack after service phase 69%; service receive phase 49%; mutual attack phase 46%. See chart 1.

Chart 1. Statistics of 20 matches before the Olympic Games

Chen Jing's average win ratios in the semi-final and final of the Olympic Games were: attack after service phase 61%; service receive phase 71%; mutual attack phase 49%. See chart 2.

Chart 2. statistics of semi-final and finals in the Olympic Games

In general, match ability is divided into three phases, namely attack after service; service receive and mutual attack. The win or loss of every ball depends on the player's

Opponent	Attack after service win ratio %	Service receive win ratio %	Mutual attack win ratio %
Li Huifen	72	39	47
Hu Xiaoxin	62	40	47
Gao Jun	69	57	37
Lin Xiuzhen	76	42	56
Gao Hui	71	53	43
Jiao Zhimin	57	41	25
Liu Wei	65	46	46
Qiao Hong	68	46	50
Fan Jianxin	66	53	49
Yao Jiayin	65	54	38
Tang Weiyi	76	55	51
X	69	49	46

Chart 1. Statistics of 20 matches before Olympic Games

Opponent	Attack after service win ratio %	Service receive win ratio %	Mutual attack win ratio %
Horahova	50	75	50
Li Huifen	83	67	48
X	61	71	49

Chart 2. Statistics of semi-final and finals in Olympic Games

ability in each of these three phases.

The attack-after-service phase includes the service, the attack after service and the attack by the receiver. The player can serve the ball according to his own desires and tactics to places where it is very difficult for the opponent to receive, and easy for himself to attack. Therefore, the service is an active technique. It can directly win the point or create the opportunity to attack when the player makes good use of his service. Attack after service is an important technique for winning points. The player controls the game at this phase.

Because of high level of service and attack after service, players need to improve the receive of service. The service receive phase includes the service receive (with attack or chop) and the attack on the fourth ball. The player must judge spin and placement before receiving service. If he cannot control the ball, he will be passive and his opponent will attack. So he is required to be active in attacking the service with different techniques or chopping different spins to different places in order to control the opponent. When the point is not finished in these segments of the play, then comes a time of mutual attack. This phase includes both active attack and passive defense, comprising altogether 16 techniques.

These three phases encompass a player's total game. A weak point in one phase will influence the whole, and a strong point in one phase will strengthen the overall game.

Chen Jing's average win ratio in first two phases before the Olympic Games reaches the target, showing that her strong point is in the first three balls. Her mutual attack phase did not reach the target, but this weak point is not obvious. The three phases are effectively compensated in her case.

We hold that table tennis competition relates both to the player's skills and playing style and to the opponent's skills and playing style. It is a changeable process of control and counter-control, attack and defense, carrying out one's best tactics through disturbing the opponent's tactics. With different opponents, some techniques may be restricted and some may work well. When the 3 phases effectively compensate each other, the player can win; otherwise he will lose.

Table tennis has developed to a new stage, attack with defense, defense with attack, speed with spin, and spin with speed. An excellent player will have all-round techniques, an obvious strong point and varied tactics. Then he can achieve good results.

4. Conclusion

(1) The win ratios in the attack after service phase should be 60-70%, in the receive phase 40-50%, and in the mutual attack phase 50-60%.

(2) Players can develop their techniques in three phases equally or may develop special techniques to make the three phases compensate each other.

(3) The win ratios mentioned above can be taken as training goals with which to check player's techniques frequently.

References

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