

# Table tennis specific test battery

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This test group has the aim of a talent detection through an analysis of the following items:

- a) Reaction speed
- b) Displacement speed
- c) Skill speed
- d) Manual quickness and ability
- e) Ocular-manual co-ordination
- f) Perception
- g) Concentration

## 1 Test No.1 - Reaction speed

### 1.1 Purpose

To estimate the player capacity to react quickly to throwing balls to unknown places.

### 1.2 Accomplishment conditions

The coach send balls in a high cadence (60/70 balls per minute ) to different areas.

The player has to perform forehand or backhand topspins.

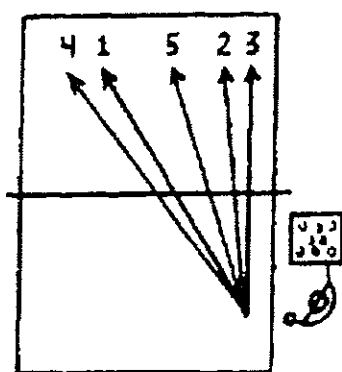


Figure 1.

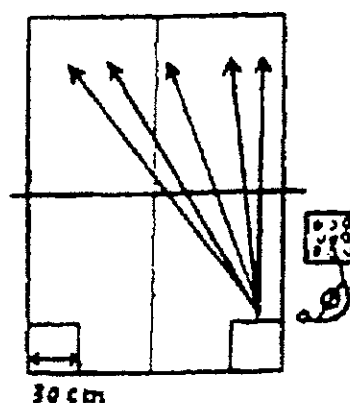


Figure 2.

### **1.3 Success criterion**

First situation – We count the number of balls that touch the table during 15 seconds.

Second situation – We count the number of balls that touch the marks during 15 seconds.

### **1.4 Equipment**

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls' basket
- f) one chalk
- g) one stop-watch

## **2 Test No. 2 – Displacement speed**

### **2.1 Purpose**

To estimate the player capacity to perform lateral, lateral with pivot, profundity and mixed displacements during short time periods.

### **2.2 Accomplishment conditions**

The coach sends balls in a high cadence (80 balls per minute) to the right and to the left side of the player in a regular way (first situation) and he has to perform alternately forehand and backhand topspins.

After a 30 seconds break, the coach sends one ball to the right and two to the left side in a regular way (second situation). The player has to perform a forehand topspin, a backhand topspin and a forehand topspin with pivot, repeatedly.

After another 30 seconds break, the coach sends one short ball to the right, one long ball to the right, one short ball to the left, one long ball to the left, in a regular way (third situation). The player has to perform a forehand flip, a forehand topspin, a backhand flip and a backhand topspin, repeatedly.

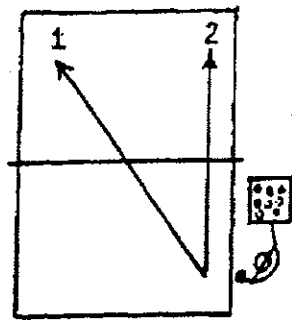


Figure 3.

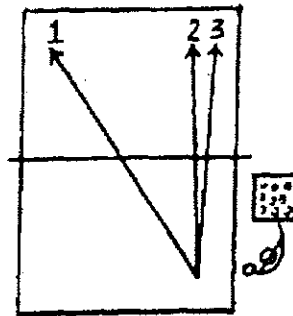


Figure 4.

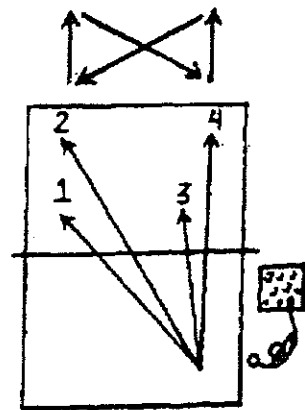


Figure 5.

### 2.3 Success criterion

First, second and third situation – We count the number of balls that touch the table during 15 seconds.

### 2.4 Equipment

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls basket
- f) one stop-watch

## 3 Test No.3 - Skill speed

### 3.1 Purpose

To estimate the player capacity to perform fast topspins.

### 3.2 Accomplishment conditions

The coach sends balls in a high cadence (80/100 balls per minute) to the right side of the player (first situation). He has to perform forehand topspins.

After a 30 seconds break, the coach sends, in the same way, balls to the left side (second situation). He has to perform backhand topspins.

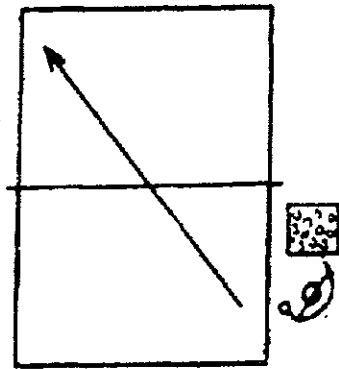


Figure 6.

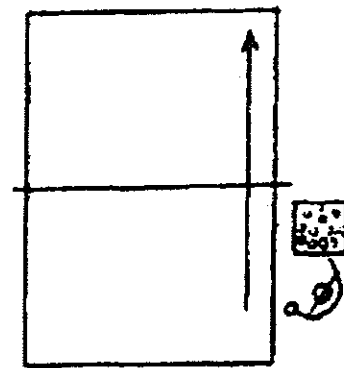


Figure 7.

### 3.3 Success criterion

First and second situation - We count the number of balls that touch the table during 15 seconds.

### 3.4 Equipment

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls' basket
- f) one stop-watch

## 4 Test No. 4 – Manual quickness and ability

### 4.1 Purpose

To estimate the player capacity to perform table tennis specific skills

### 4.2 Accomplishment conditions

The coach is near the net on the lateral side of the table; he has to perform a short service to the nearest zone of the net stand in a way that the ball touches the table and falls down.

The player is near the table vertex of the same side and, as soon as the coach performs the service he tries to put the ball on a mark (first situation).

After a one break minute, the coach has to perform the same test in the opposite vertex of the table; the player performs with the other side of the racket (second situation).

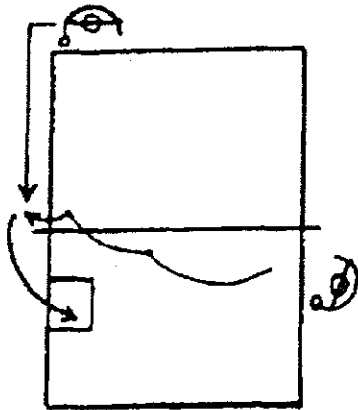


Figure 8.

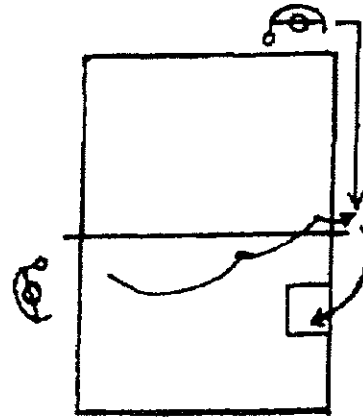


Figure 9.

#### 4.3 Success criterion

First and second situation – We send 15 services to each side and we verify the number of balls that touch the marks.

#### 4.4 Equipment

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls' basket
- f) one chalk

### 5 Test No.5 – Ocular-manual co-ordination

#### 5.1 Purpose

To estimate the player capacity to perform co-ordinated movements with is more skillful upper limb and his vision, introducing two unfamiliar elements to the body: the table tennis racket and the ball.

#### 5.2 Accomplishment conditions

The coach is placed one meter to the table as is the player, who is on the opposite side. The coach sends the ball (low-top) falling to over the table onto the player's side. He has to hit it with the racket without it falling to the ground.

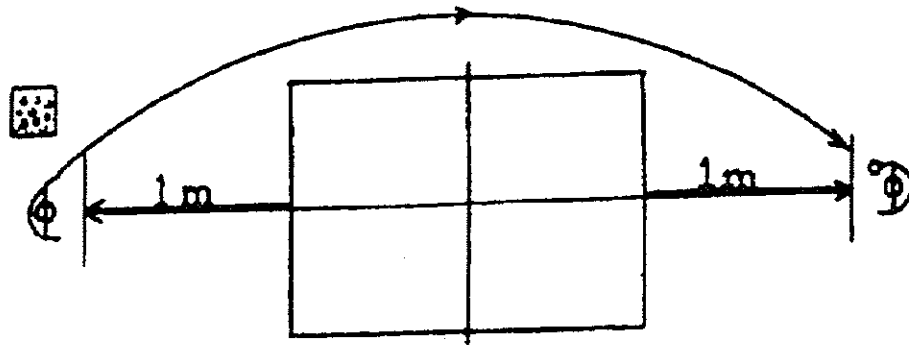


Figure 10.

### 5.3 Success criterion

We send 15 balls, we the number of balls that the player has hit successfully.

### 5.4 Equipment

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls' basket
- f) one chalk
- g) one tape measure

## 6 Test No. 6 – Perception

### 6.1 Purpose

To estimate the player's capacity to understand quickly the rotation that the opponent has given to the ball when it touches thee racket.

### 6.2 Accomplishment conditions

The coach or another player will perform camouflage services (chinese service).

The player has to say the rotation that the server has given to the ball through one of the following four possibilities: cut, none rotation, lateral rotation, lift.

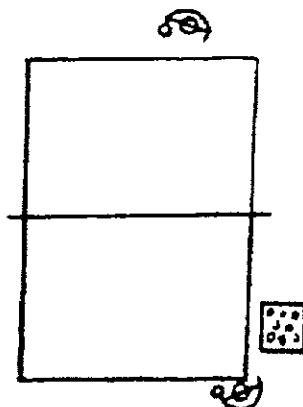


Figure 11.

### 6.3 Success criterion

The coach or the player who is performing the twenty services will taking care if the opponent has well identified the kind of rotation.

### 6.4 Equipment

- a) one table tennis board
- b) one net
- c) 100 balls
- d) two rackets
- e) one balls' basket

## 7 Test No.7 – Concentration

### 7.1 Purpose

To estimate the player's capacity on sequential visual memory of easy spatial frames, through constant concentration.

### 7.2 Accomplishment conditions

The player looks for 15 seconds at the images of a videotape where two players are playing in a match.

We must record different kinds of situations such as: going to the towel, discussions with the umpire, searching for the ball outside the enclosures and taking instructions from the coaches.

We also record some plays with media breaks in between.

### 7.3 Success criterion

We ask the player to comment and to reproduce what he had seen picking out the bits that are important to his performance.

We have to find out what items to improve the player's performance, and the others which are superfluous.

We also have to confront the important and superfluous aspects, to verify the player's capacity to choose what does really matter.

### 7.4 Equipment

- a) Television
- b) Video
- c) Videotapes

Table 1. RESULTS - TABLE TENNIS SPECIFIC TEST BATTERY

Tests	Reaction speed	Displacement speed	Skill speed	Manual quickness and ability	Ocular-manual co-ordination	Perception	Concentration
Names							
1-							
2-							
3-							
4-							
5-							
6-							
7-							
8-							
9-							
10-							



Table 2. RESULTS TABLE - TABLE TENNIS SPECIFIC TEST BATTERY

Estimation Tests	WEAK		INSUFFICIENT		REGULAR		GOOD		EXCELLENT	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
1- Reaction speed	Less than 8	Less than 7	8 to 9	7 to 8	10 to 11	9 to 10	12 to 13	11 to 12	14 to 15	13 to 14
2- Displacement speed	Less than 7	Less than 6	7 to 8	6 to 7	9 to 10	8 to 9	11 to 12	10 to 11	13 to 15	12 to 14
3- Skill speed	Less than 15	Less than 14	15	14	16	15	17	16	18 to 20	17 to 19
4- Manual quickness and ability	Less than 9	Less than 8	8 to 9	7 to 8	10 to 11	9 to 10	12 to 13	11 to 12	14 to 15	13 to 15
5- Ocular-manual co-ordination	Less than 9	Less than 8	8 to 9	7 to 8	10 to 11	9 to 10	12 to 13	11 to 12	14 to 15	13 to 15
6- Perception	Less than 16	Less than 15	16	15	17	16	18	17	19 to 20	18 to 20
7- Concentration	More than 4 superfluous appearance. Without outstanding appearance to his performance	More than 4 superfluous appearance. Without outstanding appearance to his performance	3 or 4 superfluous appearance. 2 outstanding appearance to his performance	3 or 4 superfluous appearance. 2 outstanding appearance to his performance	2 superfluous appearance. 3 or 4 outstanding appearance to his performance	2 superfluous appearance. 3 or 4 outstanding appearance to his performance	1 superfluous appearance. 5 or 6 outstanding appearance to his performance	1 superfluous appearance. 5 or 6 outstanding appearance to his performance	Without superfluous appearance. More than 6 outstanding appearance to his performance	Without superfluous appearance. More than 6 outstanding appearance to his performance