

## Research on basic skill training in College Table Tennis Teaching

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**Keywords:** University, table tennis, basic knowledge, training strategy

**Abstract:** by using the method of literature, this paper studies the basic skills training of table tennis in Colleges and universities. The results show that the basic training in table tennis teaching in Colleges and universities can improve the students' physical health, psychological quality and the level of table tennis. The basic training of table tennis in Colleges and universities should follow the principle of initiative, adhere to the theory with practice, and combine the advantage technology with the comprehensive technology Combined with the principles, it is committed to strengthening the practicality of table tennis work, strengthening the explanation of the basic knowledge of table tennis, and strengthening the connection between the discipline of table tennis and other disciplines.

### 1. The importance of table tennis basic education in Colleges and universities

#### 1.1 Improve the physical health and psychological quality of primary school students

Table tennis is a network sport which takes the reaction speed and explosive power of athletes as the core. Different technical means are adopted in fast attack. Table tennis is smaller and runs faster in the process of competition. Table tennis seems to be static, against the opponent, but in the actual table tennis, table tennis is a physical exercise, because it often fights on the left and right sides of the table tennis, mental strength must be fully concentrated, and all parts of the body are constantly moving. Long time table tennis can improve students' health, blood circulation, reaction ability and coordination ability In addition, table tennis has only 11 points, and the gain and loss of each point are very important. This requires the spirit of physical education teachers' patience to the end. On the premise of not losing fear, they improve the students' psychological quality. They have strong willpower. At the critical moment, they can have strong psychological quality to win the game.

#### 1.2 Improvement of table tennis

Every sport must have basic technology as support. Although it has excellent physical quality, it can't win in sports competition without good basic technology as a tool. Table tennis is a sport with high requirements for basic technology. It also serves for a variety of technologies, such as receiving, attacking and defending. Every basic skill has to be practiced for many years, except explaining the history and basic skills of table tennis In addition to theoretical knowledge, the most important thing is the use of basic table tennis skills. Students listen to the teacher's explanation and the teacher's practice. They learn the basic skills of each table tennis board step by step, master the basic knowledge of each table tennis basic technology, and then conduct long-term training after class, and finally test their technical level of each table tennis in the actual competition, It's enough to find out your own technical weakness with your own technical advantages. With the passage of time, the level of table tennis has improved to a certain extent.

### 2. Principles of table tennis teaching in Colleges and Universities

#### 2.1 Initiative principle

With the development of society and the rapid development of Internet technology, various types of social media and video games emerge in endlessly. These new things have attracted the attention of students. In the long run, the awareness of students to participate in sports has been reduced. In college table tennis teaching activities, students are the main body of learning the basic technology

of table tennis, and table tennis teachers play a leading role. Teaching students to learn the essentials of table tennis technology, but can not replace students' learning, which forces students to take the initiative to learn, as individuals, students have their own initiative, table tennis teachers should take appropriate measures to create a healthy and good atmosphere. The creation of the teaching and training of table tennis basic technology can make students realize the importance of table tennis basic technology, make students actively learn the basic technology of table tennis, stimulate their interest in learning the basic technology of table tennis, and actively learn the basic technology of table tennis, which is conducive to the goal of physical education of table tennis.

## **2.2 The principle of integrating theory with practice**

Marxist philosophy of practice holds that people's understanding of things comes from social practice, and social practice is the basis of understanding things. Therefore, knowledge and practice interact with each other. Knowledge is theory, and theory cannot be separated from practice. In order to better understand the law of development of things, we must adhere to the principle of integrating theory with practice and teach table tennis in Colleges and universities. This knowledge, must follow these principles. Before P.E. teachers teach the basic techniques of table tennis, they must first explain the history of the development of table tennis and the changes of various techniques, so that students can understand the origin of the basic techniques of table tennis. This paper introduces the operation needs of the basic techniques of table tennis, so that students can form a complete system of basic techniques of table tennis; secondly, after introducing the basic techniques of table tennis, PE teachers create opportunities for students to exercise, so that students can slowly learn various basic skills in practice and training.

## **2.3 Principle of combining superior technology with comprehensive technology**

Because the basic level of sports is different from the grip strength of students, some are direct hitters, some are level hitters, which also leads to the difference of students' basic knowledge of table tennis. In addition, there are many basic techniques of table tennis, and each technique is more complex, which requires long-term practice to master. Not every student can master all possible table tennis skills well. For example, some students have strong ability to receive and serve the ball, some students have strong ability to cross pull and cross play, some students have good basic skills, but they do not have good basic knowledge. In the teaching of table tennis basic technology, PE teachers should accept the principle of combining technical advantages with comprehensive techniques. Physical education teachers should understand students' advantages and techniques according to students' grasp and physical conditions, and teach certain techniques and methods, so that students can play their own advantages and techniques in the competition, develop their strengths and avoid weaknesses, and win the competition, but at the same time, they should also strengthen other table tennis. The practice of basic skills, give full play to their own strengths, on the basis of comprehensively improving the basic skills of table tennis, highlight their own advantages, and rapidly improve the level of table tennis of students.

## **3. The basic technical training strategy of table tennis in Colleges and universities**

### **3.1 Strengthen table tennis training**

In table tennis competition or training, players with clubs to receive or attack, involving the leg work, simple and effective footwork can not only save players' time, but also find the opponent's mistakes, hit the key point, score, on the contrary, footwork is disorderly scattered, consume players' physical strength, resulting in the problem of their own attack system, because of the overall progress of table tennis. To sum up, teachers must pay attention to the practice of footwork in the teaching of basic skills of table tennis in Colleges and universities. First of all, students should pay attention to footwork. Footwork is an important link to improve the level of table tennis. When the opponent hits the ball, he can use the change of footwork to catch the ball quickly and play well in advance.

### **3.2 Strengthen the basic technical manual of table tennis**

It is very important for the teacher to provide the students with the basic knowledge of table tennis. In order to avoid the mistakes caused by different basic technical behaviors, the paper explains in detail the reasons for the wrong behaviors of students with different basic knowledge, explains the correct behaviors, and tells the students to seek to make up for the lack of their own technical connection; To improve the understanding of the basic techniques of table tennis is helpful to improve the training effect.

### **References**

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