

Analysis on Physical Training Thoughts of Table Tennis Players from the Perspective of Functional Training

Jiangbo Liu, Zujian Li

Gannan Medical University, Ganzhou, 341000, China

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Abstract: In order to promote the development of Table tennis in the international arena, the Table Tennis Federation has formulated many regulations to further expand its coverage. While the change of rules will also put forward more requirements for the daily training of table tennis players. For example, the training methods must be changed appropriately. Although table tennis is not one of the most demanding sports for physical strength, physical training is still a very important part of table tennis which has a very important significance for the promotion and development of athletes' overall competitive ability, and can effectively improve the overall ability of athletes. This paper comprehensively expounds and studies the relevant contents. Firstly, this paper introduces the function of functional training. Secondly, the importance of functional training for table tennis players is analyzed. Finally, it summarizes the main ideas of table tennis players' functional training. It is hoped that the elaboration and analysis of the relevant content in this paper can further enhance the actual effect of relevant research and provide greater help for the development of table tennis in China.

1. Introduction

Functional training of physical movement is one of the most important contents in professional development. It needs to improve the core competence of athletes in a systematic way in the process of training. Physical functional training will promote the actual development of athletes. Functional training, as an important way, is of great significance to the development of athletes, so that they can be greatly improved. Therefore, it is necessary to make a comprehensive analysis of the physical training ideas of Table tennis players from the perspective of functional training, so as to create momentum for the actual development of athletes.

2. Function of Functional Training

Functional movement training is the most commonly used method of exercise in our country at present. In the process of practical application, this method can be more professional, reduce the gap between training and competition starting from the actual situation of athletes, and better strengthen the actual effect of sports work. Through this sports way, the injury effect of athletes will be reduced and the competitive state is constantly improved. Functional training pays attention to quality rather than quantity which strengthens the stability and coordination of the body in terms of joint and dimension, and provides more effective movement training for athletes' special technical training.

Functional training attaches great importance to the quality of completed movements, and does not require the number of athletes. The quality of movements is an important basis for further optimizing their movement patterns, which can be reflected in many aspects. On the basis of continuously improving its sports quality, it is possible to better complete the movement mode. In the actual exercise process, the most important thing is exercise movement. The body is only to assist the completion of related work. So in this case, the body symmetry and coordination are needed to be improved, which is of great significance to the movement quality. According to the structure of human body, functional training can be divided into upper, lower, whole body and rotation types. In the process of training, it is required to design a scientific program. Through

all-round training as well as the greatest degree of coordination, the possibility of joint or muscle injury in sports will be reduced. Moreover, according to the actual characteristics of training, it is necessary to carry out targeted joint training, strengthen the actual effect of training, make the training methods more similar to the needs of the competition, and provide help for its better ranking.

The training of different abilities has different meanings for athletes. For example, the most basic one is the flexibility training, while the level of sports mode will be slightly higher. Functional exercise is one of the basic contents. From the actual situation at this stage, physical training often occurs in the absence of a better movement mode, which is easy to affect the stability of athletes' joints, result in a greater decline in the transmission effect of the power chain, and cause serious injury to athletes. Besides, the degree of injury will generally be more serious.

Although the main purpose of functional training is to improve the functional ability of athletes, it is not a special training. Functional training will provide some help for the training of special skills, so that athletes' sports ability can be greatly improved. Moreover, this exercise enables athletes to better participate in special training and create momentum for their actual development.

3. Importance of Functional Training for Table Tennis Players

3.1 Meet the Requirements of Rule Change

In the process of continuous development in the new century, the International Table Tennis Federation has made four amendments to the rules of Table tennis. The changes of rules are of great significance to improve the athletic ability of athletes. In fact, the change of rules will make the speed of sports increase constantly, which will lead to a lot of increase in the number of rounds of batting, and the strength of athletes need to be improved accordingly. Although this change will make the watching effect of games enhanced, it will put forward higher requirements for athletes. Therefore, the change of rules hinders the daily work of athletes and trainers^[1]. Functional training, as a new mode of movement training, can connect general training and turning training and make the functional basic action as the basis if its own development, making the movement more sTable, improving the movement mode, and providing help for later training. Functional training will improve training methods to a great extent, and make the athletes' physical fitness better meet the requirements of the competition.

3.2 Reduce the Occurrence of Injury

Table tennis requires athletes to make judgments in a short period of time and to fight back. In this process, all parts of the body will cooperate with the action. This characteristic will cause serious impact on the joint in the process of sports. If this state lasts a long time, it will cause certain sports injuries. According to the investigation, the injuries of athletes are basically constantly occurring in long-term training.

Functional movement training is a very important way of physical training at this stage, which can effectively prevent the occurrence of injury and improve the effect of exercise. Through different ways of exercise, Functional training can improve athletes' sports skills in dynamic environment, improve the correct degree of their physical movement constantly, optimize the movement mode with greater stability, strengthen the effect of muscle movement, better enhance the physical energy, reduce the compensatory situation caused by sports NS prevent the occurrence of athletes' injuries.

4. Main Thoughts on Functional Training of Table Tennis Players

4.1 Basic Movement Training

In the basic movement training, preventive movement training is the key point. This training is carried out before the formal start of training. Its main function is to reduce the probability of athletes' injury and improve their stability of main movement parts. This training makes athletes

complete their movements better. In the process of training, it is necessary to ensure the balance of the body, make the joints more flexible, and make the athletes have right posture. Athletes also need to relax their muscles during exercise. They need to stretch joints and so on to provide help later. The whole process of exercise needs to last for more than five minutes.

Motion preparation training is also a kind of basic training, which mainly carries on the muscle stretching. After completing this training, it can make the athletes' muscle tissue more exciting, improve the performance of body, help athletes master some basic movements, reduce the problem of injury in the movement, and make problems appear in the process of competition.

4.2 Functional Training

In functional training, the first step is to complete the combined stretching and contraction training. This training can improve the performance of nervous system and muscle of athletes, and enhance the effect of muscle movement in a relatively short period of time. After this training, it is possible to accumulate the strength in daily training and apply it to the process of competition^[2]. During training, different training can be carried out, such as synchronous jump of both feet or alternating left and right jump, and appropriate changes can be made according to actual needs. This training needs more than 10 minutes.

In functional training, strength training is one of the most important contents. Through multi-joint and multi-angle training, the training effect of athletes will be further improved. This training can be divided into different patterns, including three planes, six loci and eight kinematic chains. Such training can not only cover the content of traditional training methods, but also strengthen the practical effect of functional training. Basically, different movements are carried out through multiple joints, and functional strength training is carried out on the basis of movement, so that the effect of strength transformation of athletes is constantly improved. Different exercises are carried out on the plane with the help of joints. The actual effect of functional training is strengthened through movements, so that athletes' muscle strength can be better transformed into special strength and the role of strength training can be strengthened. Functional training is not only a part of strength training, but also a part of the overall strength training. By improving the strength of athletes, the strength of their limbs and backbone system will be enhanced to a greater extent. In the actual process of functional training, there are more than three times a week with each lasting at least half an hour.

4.3 Developmental Training

In the process of athletic competition, the brain, skeleton, muscle and so on are of very important significance. In the development training, it is necessary to improve the actual effect of energy metabolism training. This training is mainly to provide more sufficient energy for other parts, so that the actual effect of training work continues to improve. During training, the function of energy metabolism system will be constantly improved, so great attention is paid to anaerobic and aerobic sports. As far as the traditional training is concerned, it stresses the quantity concerned. For example, in the process of energy metabolism test, the time when athletes reach the maximum heart rate and the time they return to normal state will be detected. The original way only pays attention to the time and distance that athletes can adhere to. The metabolic system developed through functional training can effectively enhance athletes' cardiovascular and other activities, so that their physical function can be improved to a higher level. This method needs more than two times a week in actual training.

In the development training, regeneration training is also of great significance. This training can make athletes recover well, but there are some differences between this method and traditional recovery methods, mainly reflected in massage and treatment in the process of training, which make athletes relax better, reduce the occurrence of pain, keep the blood flow effect better, and reduce the occurrence of cumulative muscle damage. Recovery work mainly makes athletes recover from the competition and reduces the physical and mental impacts of athletes^[3]. From the actual situation of our country at this stage, athletes often carry out heavy training, but the importance paid to recovery training is not enough, leading athletes to be in a high load state, making it unable to recover

quickly, and resulting in injury. Regeneration training not only can relax athletes' muscles and nerves and reduce spasms and other conditions, but also can make athletes' bodies recover quickly, prevent them from over fatigue, and result in serious consequences^[4]. This training needs to be carried out after the completion of different stages of training, and lasts for about 13 minutes each time^[5].

5. Conclusion

Functional training is very important for physical training, and can help Table tennis players reduce the risk of disease and prolong their sports life. In the process of functional training, it is necessary to attach importance to the practical significance of movement quality, help athletes establish correct training mode, strengthen the actual effect of exercise through various instruments, and promote the effect of power transmission by reducing their own gravity, so that athletes are able to carry out special exercise. Functional training will be carried out in different ways, so as to make the ability of athletes be improved in an all-round way.

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