

Research on the Training Mode of Table Tennis Reserve Talents Based on Sports Motivation

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Abstract: With the continuous development of Chinese table tennis strength, table tennis has become a new medium to spread the soft power of Chinese culture and sports in the world, and table tennis has gradually become a kind of cultural symbol on the international stage, which poses a higher challenge to the training model of table tennis reserve talents - How to cultivate the reserve talents of table tennis and what should be paid attention to in keeping with the development of the times. Based on the author's study and practical experience, this paper put forward the "Trinity" training model of table tennis reserve talents based on sports motivation.

1. Introduction

This paper put forward the "Trinity" training mode of table tennis reserve talents. First, training consciousness level: pay attention to the train thought of professional and amateur sports talents and establish the training consciousness of specialized and amateur sports talents in the new path of table tennis reserve talents training. Second, the system design level: build table tennis reserve talents multi-dimensional sustainable development training model and multi-dimensional sustainable development training model. Third, institutional setting level: perfect the model of Table Tennis College and the opening of Chinese Table Tennis College to provide a new way for the training mode of Chinese table tennis reserve talents.

2. Training Consciousness Level: Train Thought of Specialized and Amateur Sports Talents

For the training model of table tennis reserve talents, the first problem to be solved is the value of the training. Specifically, what kind of person should be trained for the reserve talent of table tennis? The understanding of this problem relates to the overall train thought of the cultivation mode of table tennis reserve talents. The goal of talent cultivation pursued by the whole nation system has been proved in the current practice that it is not suited to the needs of the development of the times and it is simply aimed at achieving excellent results, which results in the athletes being greatly hindered in their own development. Also, it is not conducive to the long-term development of table tennis sports. Therefore, at the level of consciousness, we must have a correct training model to meet the needs of the development of the times.

At present, with the deepening of the market-oriented reform, more and more private capital is introduced into the sports industry. Many sports and sports are in line with the business, and the commercial sports events are constantly emerging. This is the trend of international and domestic development. Sustainability is needed to move away from forms that rely solely on government policy and financial support[1]. At the same time, with the scientific development of people-oriented in the sports field of in-depth understanding, more and more attention has been paid to the sports people, and they have been getting rid of the shackles of the original goal of achieving excellent results, and have paid more attention to the development of table tennis players themselves.

The training consciousness of professional and amateur sports talents should be established in the new path of table tennis reserve talents training. On this level of consciousness, we should train table tennis players according to their own characteristics and the present situation of our country's table tennis sports development, and train table tennis players who meet the needs according to

different needs. For example, for some table tennis reserve talents who do not have better conditions to participate in competitive sports events, they pay attention to the cultivation of sports culture education, so that they can develop in the theory of table tennis. Professional sports talent training is more focused on talent table tennis reserve, which is conducive to achieve excellent results in competitive sports, the training of their sports skills pay more attention to the professional training; Amateur sports talents are more to carry on sports culture education, so that they can get more development opportunities in theory. Under the combination of specialization and amateurization, the reserve talents of table tennis can be continuously improved according to their own development needs and meet the requirements of their all-round development [2] .

3. System Design Level: Constructing the Multi-Dimensional Sustainable Development Training Model

The construction of multi-dimensional sustainable development training model is based on two levels. On one hand, the all-round improvement of table tennis reserve talents' quality should be regarded as the starting point. First of all, to the culture quality and sports specialty quality of table tennis reserve talents and to establish the cultivation goal of improving the comprehensive quality of table tennis sport talents in an all-round way. To eliminate the contradiction between cultural education and physical training in the traditional training mode is not to divide mechanically how much time should be spent on cultural education or how much time should be spent on physical training. The goal is to pursue the all-round development of table tennis sports talents and to allocate the curriculum for the cultivation of table tennis players according to the differences of individual table tennis players. Secondly, to establish a multidimensional training course in the course setup and to subdivide the requirement of table tennis sport talent's own quality, in order to introduce vocational training model, traditional training model, and the strengths of table tennis school model.

Another level is the external level, from the table tennis reserve talent training model in the external environment to build. At present, our country is in the period of rapid development, the social division of labor is becoming more and more detailed, and diversification is becoming the main feature of the various elements of the society. The establishment of diversified and sustainable development training model will create a new situation for the training of Chinese competitive table tennis reserve talents, so to actively encourage enterprises and individuals to participate in the investment management of competitive sports can better ensure and promote the investment and effective use of sports funds. Only in this way can the athletes improve their competitive level and provide wider space for their future development. The formation of talent diversion can effectively avoid the phenomenon of waste of outstanding talent [3] .

The main body of table tennis reserve talent training slowly introduced the private training mode in the society and the development of table tennis club is a manifestation. This phenomenon shows that the original training mode only depends on government input has evolved into a pluralistic subject of cultivation. In particular, the introduction of the current commercial operation mode of table tennis events provides new soil for the training of table tennis reserve talents which can bring continuous input for the training, also for table tennis players in the world of table tennis sports survival. Therefore, the training of table tennis reserve talents in our country should be analyzed from both internal and external levels, and the quality of table tennis reserve talents should be cultivated from multiple dimensions. Combining with the actual situation of the development of table tennis sports talents, we can make them know themselves slowly in the course of receiving cultural education and physical training, so that they can adapt to the needs of the times in the future development. From the perspective of sustainable development, it is necessary to study and realize the talent training model to adapt to the commercial development trend of table tennis sports, to obtain social resources for talent training mode and to ensure the continuous development of table tennis reserve talent matching mode.

4. Institutional Setting Level: To Perfecting the Model of Table Tennis College

The opening of China Table Tennis College provides a new way for the training mode of Chinese table tennis reserve talents. Through the "teaching, training, research and development, training, competition and external exchange" system model. Insist on the combination of academic education and daily training to build a more perfect system model for our country table tennis reserve talent to provide reference and security. But at present, there are still many places to be perfected, mainly from the following aspects: First, to established a professional academic group for the theoretical study of table tennis culture. First, to established a professional academic group for the theoretical study of table tennis culture. Its goal is to propagate Chinese table tennis culture, spread Chinese culture and promote sports soft power in the process of cultivating Chinese table tennis reserve talents[4] . To establish an academic group for the research of table tennis culture theory, to carry on the sports culture education to the table tennis sports talented person, and to improve the theory accomplishment of the table tennis reserve talent in our country. Second, to use commercial operation to run a school, external table tennis reserve talent training project R & D and marketing. Our country table tennis reserve talent training needs a large amount of capital investment, but relying solely on the government investment will inevitably bring many problems. First, the government's financial burden is too large, and secondly, the policy changes. Maybe it can bring the risk of instability to the table tennis reserve talent training sustainability. The commercial mode of operation can use the business model to introduce social resources, provide sufficient funds for personnel training, and at the same time, in the development of table tennis training and exchange projects, it can prevent much political interference. In order to promote the cultural exchange between China and foreign countries, it is helpful for the international community to understand the table tennis culture of our country. The perfection of these two aspects can promote the development of table tennis college, form a stable pattern in our country and meet the needs of the times, so it can provide a new way for the cultivation of table tennis reserve talents in our country. Then it is popularized in the whole country to export outstanding sports talents for the table tennis sports of our country.

Table tennis plays an important role in Chinese sports events and is an important Gold Medal winning point for our country when participating in international competitive sports events. The change of the training mode of its reserve talents has an important influence on the winning rate of table tennis sports in China. Table tennis reserve talent training model is a dynamic talent training model, is a continuous development, continuous exploration process, so in the process of progress it will inevitably have some setbacks[5] . Talent training model is a systematic project, which needs a series of components to improve continuously. Therefore, with the gradual improvement of the Chinese Table Tennis Academy, athletes will realize that the advantages brought by the combination of physical education and education are in the course of competitive training and educational learning. When the competitive level is not outstanding, we can learn the theoretical knowledge and related cultural knowledge of table tennis under the combination of sports and education, so that there can be many different ways for table tennis training. At the same time, these can also improve the cultural level and technical theory of the coaches at the grass-roots level, so that these athletes under the combination of physical education mode can achieve a comprehensive and balanced development.

5. Summary

At the level of cultivating consciousness: to establish specialized and amateur sports talents training consciousness in the new path of table tennis reserve talents training. At the level of system design: to construct the multi-dimensional sustainable development training model of table tennis reserve talents. At the institutional level: to perfect the model of table tennis college and open the Chinese table tennis college to provide a new way for the training mode of Chinese table tennis reserve talents.

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