Research on Tactical Winning Mode of Table Tennis Attack Type Based on Competitive Perspective

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Abstract: Table Tennis Players Need to Pay Attention to Certain Tactics in the Daily Training Process, So as to Promote Athletes to Form a Good Tactical System. the Application of Tactical System in the Specific Competition Process Determines Whether Athletes Can Win the Competition. Based on the Competitive Perspective, According to the Structure of Winning Tactics System and the Theory of Combination Mode of Table Tennis Tactics, the Basic Elements of Winning Tactics in Table Tennis Offensive Game Are Put Forward According to the Implementation of Tactics in Table Tennis Match. the Order of Scoring Rate and Utilization Rate of Offensive Play Tactics Mode from High to Low is Respectively, the Tactics Mode Dominated by Near Net Control is Greater Than the Tactics Mode Dominated by Backhand Breakthrough is Greater Than the Tactics Mode Dominated by Forehand Breakthrough. This Paper Initially Obtains the Application of the Dominant Combination Mode of the Receiving Round Technique and Tactics of the Straight-Board Offensive Play, and Then Makes a Phased Summary of the Straight-Board Offensive Play and Explores the Development Trend of the Technique and Tactics.

1. Introduction

Table Tennis is a Ball Game in Which You Take Turns Hitting the Ball on a Tennis Table with a Racket in Your Hand. This Sport Equipment Has Simple Investment, Strong Interest, Long-Term Adherence to Playing Exercise, Can Train People's Reaction Ability and Body Coordination, and is Helpful to Improve People's Heart and Lung Function. All Countries in the World Are Constantly Exploring Table Tennis Technology and More and More World-Class Players Have Emerged. These Excellent Players Are Our Strong Opponents [1]. for Half a Century, It Has Always Maintained Its Overall Leading Position in the World Table Tennis Arena. This is Extremely Rare in the History of World Athletics. However, We Cannot Be Immersed in Past Successes, We Must Always Keep Our Heads Clear, and We Must Look At the Movement with a Developmental and Changing Perspective [2]. Therefore, It is Necessary to Strengthen the Emphasis on Tactical Training and Take Effective Measures to Improve the Quality of Tactical Training. This Paper Attempts to Find out the Application and Rules of the Tactical Winning Mode in the Game, and to Improve the Theory of Table Tennis Tactical Combination Mode and the Tactical Training Content Arrangement to Better Meet the Actual Situation of the Competition.

2. Table Tennis Tactics

Table tennis tactics include serving and attacking, receiving and attacking, rubbing the ball, attacking, pulling and attacking, cutting and counterattacking, and looping. Different combinations of techniques and tactics are selected in each stage of table tennis competition, and individual techniques are flexibly organized to restrain the opponent's attack. In table tennis matches, the players' playing speed is extremely fast and the ball path is changeable. The players' basic skills, quick reaction ability and their ability to control the playing skills are decisive for the results of the match [3]. The competitive elements of table tennis determine the time and space characteristics and running conditions of a shot, and also determine the quality of a shot and the weight of winning. The confrontation of the athletes on the court is essentially a combination of the five competitive elements. In a broad sense, it refers to the method of comprehensive use of technology, psychology

and physical quality in order to win the competition. In the narrow sense, it mainly refers to the style of the players in the competition according to the type of the opponent. Technical characteristics, and the principles and methods of using various technologies [4]. The application of tactics in the game is the application of tactics, and the level of tactical application is the key to the victory of the athletes. Therefore, in order to promote the better application of the tactics, it is necessary to do the tactical training of the mobilization.

3. The Formation and Basis of Tactics Winning Mode in Table Tennis Tournament

3.1 The Composition of the Attack Type Tactics Winning Mode in the Table Tennis Match

The so-called table tennis game tactical winning mode refers to the organic integration of various tactical elements (tactical combinations), according to the opponent's situation, to maximize the benefits of tactical implementation in the game. A tactical structure formed to be able to win during the game. Universality is a significant feature of the table tennis tactical system in its use [5]. Throughout the history of the development of table tennis sports, in the five stages of development, various types of play in the mutual restraint and competition, is also the competition for different levels of competitive elements, some play can not fully play the competitive elements Go to a higher level and be eliminated. Therefore, in the tactical winning mode of table tennis matches, there are certain differences in the effect of the winning mode in the serving stage and the receiving stage. In order for the trainees to master solid basic skills and playing skills, the coach must have rich training experience, understand each trainee's physical condition and areas of expertise, and then formulate targeted training plans. This shows that technology and tactics are a unity of competitive sports. In the actual research and teaching and training work, we need to dialectically look at the interdependent and mutually restrictive relationship. Only by closely linking technology and tactics can we play a practical role in the military ball game [6].

Due to the recent emphasis on the connection between the three, five and four, six boards, the connection between the four and six boards after receiving the service and the connection between the three and five boards after catching the attack wheel have become indispensable elements in the ping pong concept. Therefore, from the perspective of the significance of tactical application, the tactical system can be divided into three categories, including the beat attack tactical system, the combination of cutting and attacking tactical system and the pen-hold attack tactical system. It is a synthesis and generalization of various special tactics, and has universal guiding significance for various special projects. Because the rubber racket can give full play to the advantages of chopping technology in control, stability and rotation, while the speed and strength required for offensive play cannot be fully satisfied [7]. These methods can create certain psychological pressure for the students, so that the students have a feeling of being on the spot. Forming a consolidated dynamic stereotype and correcting erroneous actions will help to increase the exercise load, cultivate students' good will quality, stimulate students' interest in learning, improve the quality of teaching, and fully understand the application of multi-ball technology in training can be improved. This paper divides the winning mode of serving section into two kinds: 1) the winning mode of 1-3-5 boards, and 2) the winning mode of turning into stalemate stage. By constructing the theoretical framework of the winning mode of table tennis, this paper systematically studies the application of winning mode in serving section and receiving section (Table 1).

Table 1 Table Tennis Attack Type Playing Method Serving and Receiving and Sending Section Table Tennis Tactical Winning Pattern Composition

Winning mode type	Beat number distribution	The elements of winning mode	Use the main features
Close net short ball control turns to attack as the main winning mode	1 - 3 - 5	Technology combination, line combination and landing combination	Short-ball control and attack after serving in near net
Press weak side and the whole set to adjust the combination of winning mode	After 5 boards	Technology combination Line combination	Continuous attack after joint attack and active attack after joint attack and control

3.2 On the Basis of the Tactical Winning Pattern in Table Tennis

Table tennis competition begins with serving, which is essentially a controlled technique. As far as the current high-level table tennis competition is concerned, the main function of serving is to control the initiative of serving. On the premise of scoring directly as possible, it is mainly to create conditions for attack. If the long-range mobilization wants to win the game, it needs to adjust the tactical system in combination with its own points and the tactics of the opponents, so as to promote the full play of the role of the tactical system [8]. The technical action of soldier's ball refers to the specific means to be adopted according to the needs of the competition, and the tactics of soldier's ball are the tactics to win the competition. The formation of tactics in theory refers to the transformation of competitive elements of soldier's ball technology into winning factors, and in practice refers to the transformation of soldier's ball technical system into tactical system. The tactical modes of different types of table tennis are mainly divided into attack type and chop type. Therefore, during the first 4 or even the first 6 shots in the serve and receive phases, the winning mode is usually created by controlling and controlling the short shots near the net to create opportunities for the attack. However, the scoring rate and usage rate of the two modes are relatively low in the start-up period and the pick-up period. This shows that the forehand and backhand breakthroughs are the main tactics in the stalemate. Athletes should be prepared for protracted war when applying these two modes.

After the match enters the stalemate phase, it will basically form the basic winning mode of suppressing the opponent's weak technical side and combining the mobilization of the whole station. This winning mode is a further extension of the near net short ball control to snatch attack as the main winning mode. The use of the 4-6-beat tactical combination depends on one's own tactical strategy, tactical quality and the opponent's return to the ball. According to the use content of the 2-4-beat tactical combination, four main tactical application forms, which are the same as those after the 5-beat serve round, occur respectively. The technical actions of the corps include a single technology, a combination of technologies and a combination of several technical technologies to form a technical system. Coupled with the different arrangements and combinations of the five competitive elements, the number of spherical stimuli formed is huge. Therefore, the power of its offense is great and the defense is difficult. Therefore, it is extremely important to study the tactical pattern of the squad. In the first 6 boards of the game, it is mainly through the narrow horizontal area in front of the net to achieve winning control, and always create offensive opportunities; players in the training process, players should pay attention to control their own strength, because this is "fast With the key to technology.

4. Application of Table Tennis Tactics

4.1 Tactics Combination and Application Mode of Service Wheel

In the serve round, if the player's first serve tactics are not successful, i.e. there is no score, then the hitting process is to enter the third beat, thus promoting the formation of a 1-3-beat tactical combination. In table tennis matches, the premise of attack is basically based on active ball control. Only by controlling the opponent and preventing him from starting the attack can he possibly attack himself. After receiving the service, the connection and defense will become the integration of technical and tactical application, and the ability of backhand reverse technology to turn defense into attack should be further strengthened. Athletes make full use of the opponent's relatively weak backhand attack ability, and continue to put pressure on the opponent to maintain offensive initiative. The tactical mode of backhand breakthrough is similar to that of near net control. At the same time, there is a close relationship with the quality of the opponent's return. There are three tactical combinations in this service wheel, including attack tactics, attack and defense tactics and control tactics. In the world level table tennis match, the use frequency of attack and grab tactics is the highest. Only by doing more exercises in peacetime, can students not appear inexplicable panic as soon as they appear on the stage, and can the normal development of students' level be guaranteed. The main meaning of near net short ball control is that on the basis of near net control,

there are a few baseline long balls to cooperate with, and long balls serve short balls. In order to maximize the benefits of its winning mode.

4.2 Tactics Combination and Application Mode of Service Receiving Wheel

In the serve-receiving round, if the serve-receiving tactics of the second beat do not result in gains and losses, then the hitting process will enter the fourth beat. The use of the tactical combination of 2 ~ 4 shots depends on one's own tactical strategy, tactical quality and the opponent's return of the ball. The application of this winning mode is based on the assumption of this winning use. If the opponent's side position is better in attack and technique and poses a greater threat to himself, it is safer and more advantageous to play forehand position than backhand position. If there is no gain or loss in the first stroke, the batting process enters the first stroke and the subsequent strokes to form a tactical combination of the first stroke and the subsequent strokes. If there is no gain or loss in the attack after receiving the serve or picking the serve, the batting process enters the use of the combination of forward, backhand or two-sided continuous attack tactics. On the one hand, it is difficult for the opponent to display high-quality near tennis again. On the other hand, it makes it difficult for the opponent to attack hard, and it is easy to pull back if the quality of the attack is not high. If the attack is forced, the number of mistakes will increase. In the use of various receiving and attacking techniques, both forehand and backhand have highlighted the characteristics of fast speed and vicious receiving. After receiving and attacking does not produce gains and losses, it enters into forehand continuous attack tactical combination or two-sided attack tactical combination; after rubbing service has no chance to attack and control the ball, it enters rubbing control tactical combination.

5. Conclusion

Table tennis technology combination from the perspective of competition has its scientific charm. Under the theoretical speculation and speculation, technology combination will be more reasonable and scientific. Under the analysis of game theory, there are two or more Nash equilibrium points in table tennis game. The order of scoring rate and usage rate of offensive tactical mode from high to low is respectively that the tactical mode dominated by close-net control is larger than that dominated by backhand breakthrough than that dominated by forehand breakthrough. On the whole, the straight-board offensive players have outstanding first three-board technique, excellent in-table control technique, and an offensive skill. The stability of the first three-board technique plays an important role in the winning and losing trend of the competition, with special attention paid to the technical and tactical transition of the third and fifth boards. This kind of victory is a continuous attack after the second board is under control and a continuous attack after the second board is under attack. Therefore, in the daily training process, athletes need to strengthen the training of tactics, so as to promote the formation of the athletes' tactical system in the tactical training process, and then in the specific table match process, widely apply the tactics obtained in the usual training process, so as to protect the normal play of remote mobilization and win the competition.

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