2022 World Hopes Week & Challenge Coach Education

2022 ITTF World Hopes Week & Challenge

Hennebont (FRA), 16-22 January 2023

The role of parents and coaches in the early stages of sport development in table tennis: table tennis in blood

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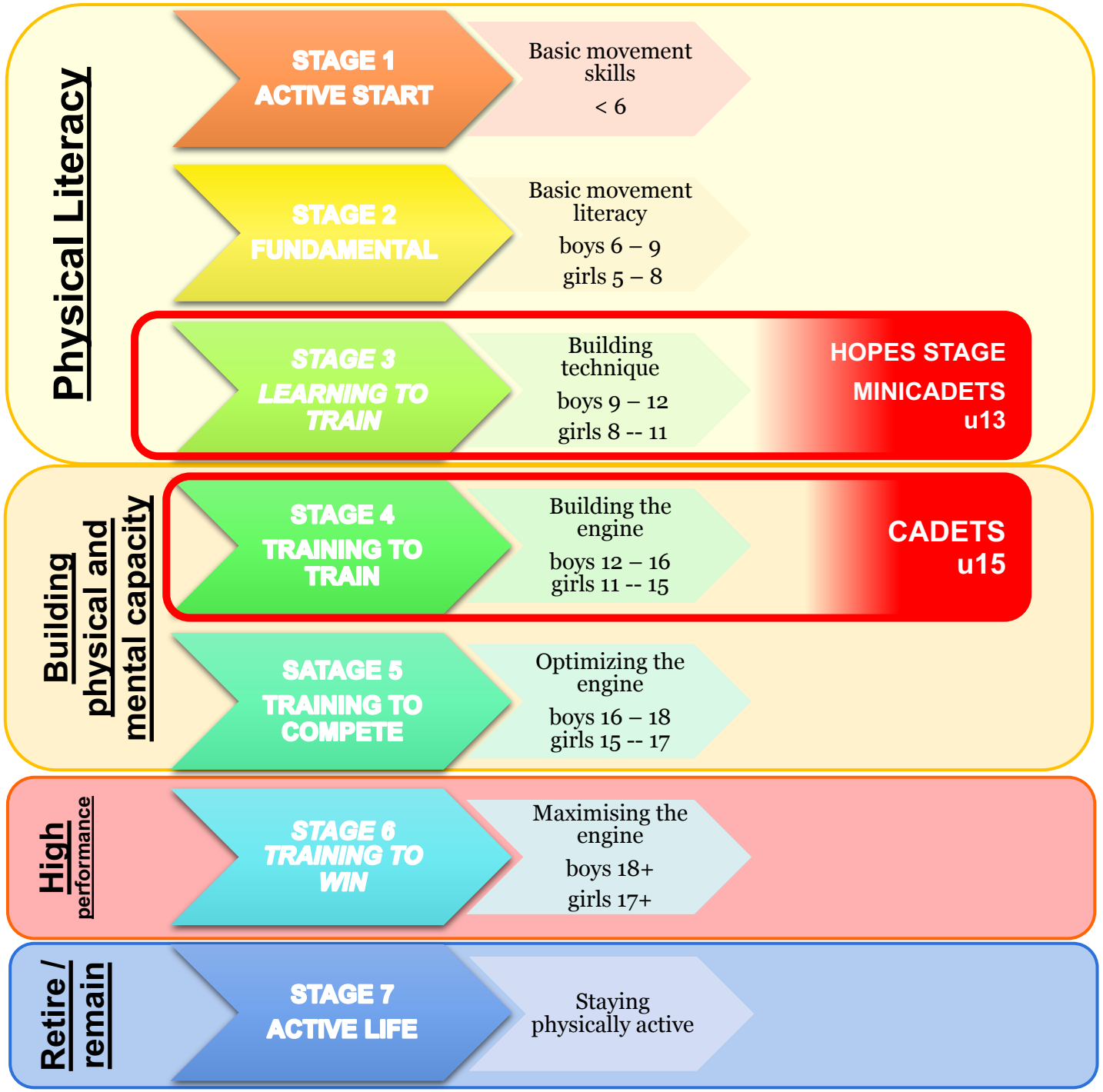
Long Term Athlete Development

LATD - Stages



STAGE 1
ACTIVE START

Parents / coach

- Keep children active.
- Help them learn proper movement skills.
- Organize some physical activities.
- Let children explore their physical environment keeping the environment safe.
- Get children into introductory gymnastics and swimming programs.

STAGE 2 FUNDAMENTAL

Parents

- Arrange for your children to be physically active every day
- Encourage your children to take part in a wide range of sporting activities.
- Ask for table tennis programs in your community.
- Talk to your children about the importance of having fun and enjoying participation.

Coach

- Teach the correct racket grip
- Teach basic technical strokes
- Choose appropriate table tennis materials
- Good technique: repetition in short/entertaining exercises
- Only essential information
- Encourage training groups
- Competition must be participation oriented
- Adapt your language to the age level
- Create a fun, safe & joyful environment

STAGE 3
LEARNING TO TRAIN

Parents

- Encourage your children to engage in unstructured play.
- Make sure your children do the right kind of strength work.
- Encourage children to develop their endurance.
- Be aware that training for speed is effective in this stage.
- Make sure your children get the right amount of competition. Stay in constant communication and work with his/her coach to decide which competitions she/he should participate in.
- Support child – make table tennis an enjoyable experience
- Maintain composure/neutral body language at competitions

Coach

- Teach basic table tennis skills.
- Simplifies teaching
- Do frequent multi-ball training
- Exercises with 70% success rate
- Introduce physical conditioning.
- Measure peak height velocity 3-4 times a year.
- Skill learning (technique) must come under the umbrella of tactics.
- 3-4 training sessions a week at the beginning of this stage and 5-6 sessions at the end (1.5 to 2 hours each session) plus other sport activities
- Encourage training groups over private training
- Cash in on the windows of optimal train ability: flexibility; speed; endurance
- The young athlete should spend more time training than competing (70%/ 30%, as an indicator only). Select appropriate matches for participation.
- Develop strong relations with athletes

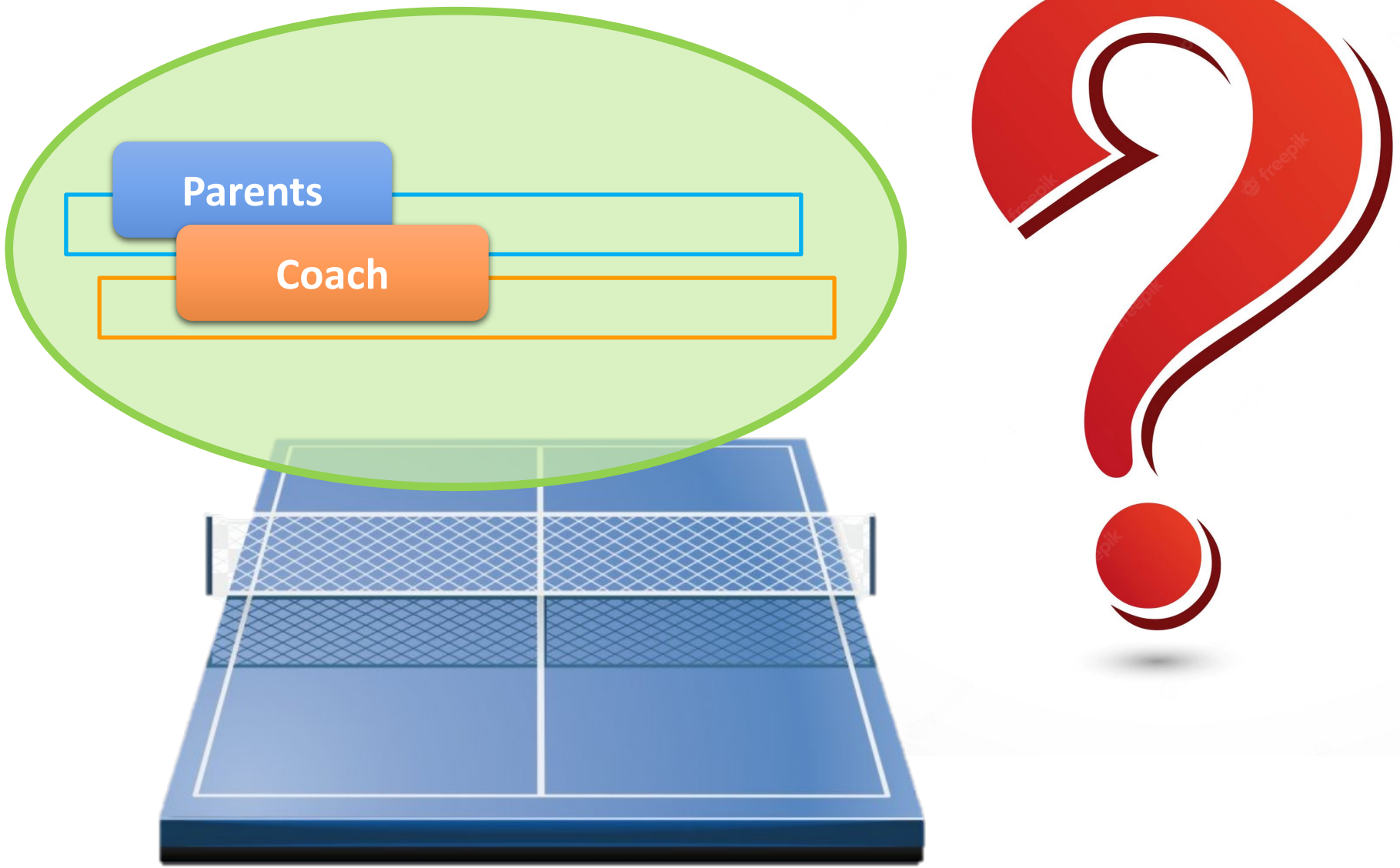
STAGE 4
TRAINING TO TRAIN

Parents

- Be supportive: pressure increase in this stage
- Provide guidance but listen to child
- Understand the LATD pathways
- Reinforce values
- Support child´s decision if wants to switch to recreation

Coach

- Focus on the quality of training
- Frequent multi-ball
- Guide the player through his style of play
- 5-6 training sessions a week at the beginning of this stage and 8-10 sessions at the end (2 to 2.5 hours each session)
- Be aware of the growth, development and maturation process.
- The ratio training to competition should be around 60%/40%
- Monitor PHV
- The training load should be raised gradually and progressively.
- Learn to extend to the limit of his/her performance capacity systematically in order to improve.
- Training sessions must mirror the requirements of competition regarding active time and rest time.
- Skills or tactics must be consolidated or performed in a state of light to moderate fatigue.
- Introduce sport medicine and sport sciences: Meet regularly with fitness coach.
- Encourage decision-making ad self-responsibility


Parents
Coach

Tomokazu and Miwa Harimoto

Father: Zhang Yu, profesional player

Mother: Zhang Ling, member of the China National Team

Matsushima brothers

Parents Takashi and Yumiko were Mixed Doubles semi-finalists at the All-Japan National Championships in 2001.

Creatuncle Tokio Tasaka, the owner of no less than six World Championships medals.

Dimitrij Ovtcharov

Father: Mihail Ovtcharov, Soviet individual table tennis champion and member of the national team

Mother: Tatjana, licence coaching certificate

Adriana Díaz

Father: Bladimir Díaz, well-known Puerto Rico table tennis coach

Lebrun brothers

Father: Stephane Lebrun, profesional player

Uncle: Christophe Legout, member of the French National Team

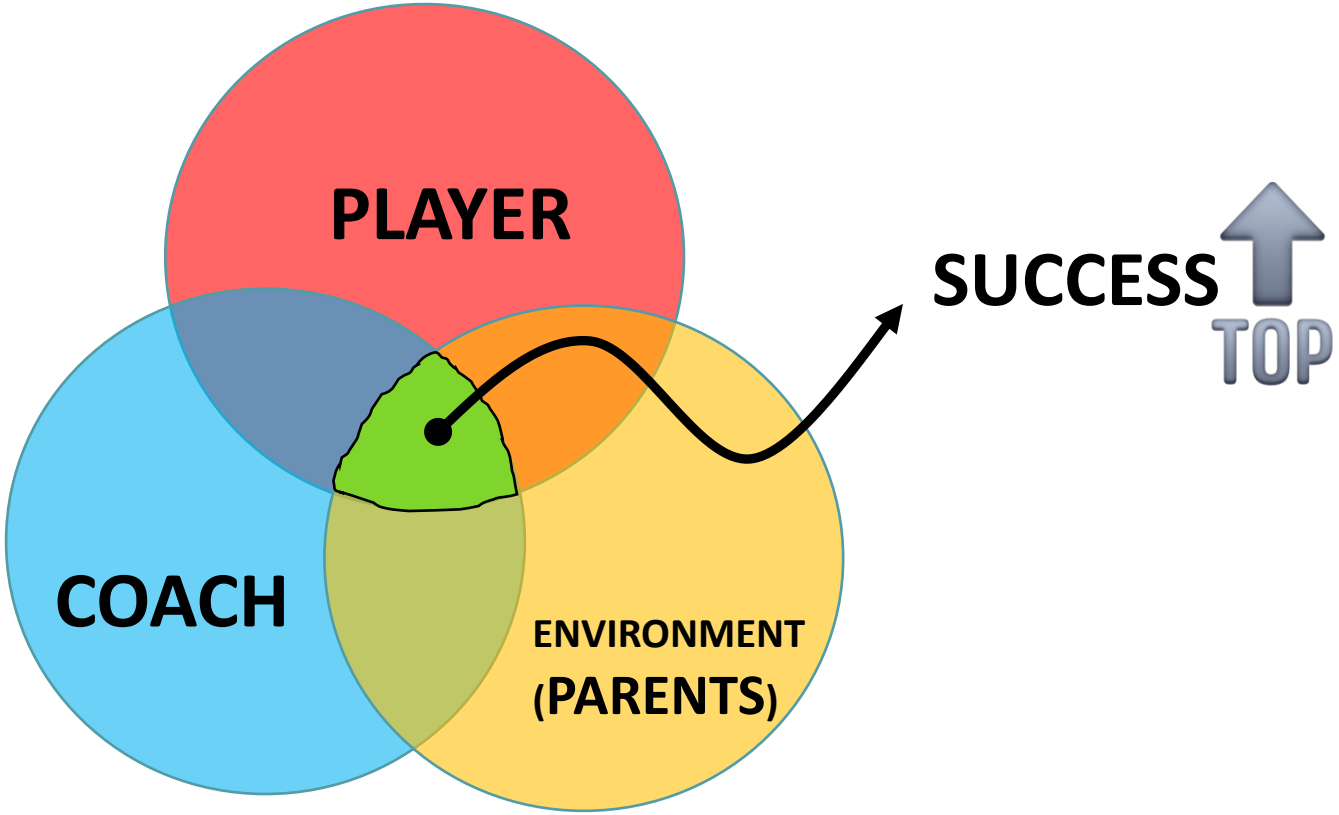
Galia Dvorak

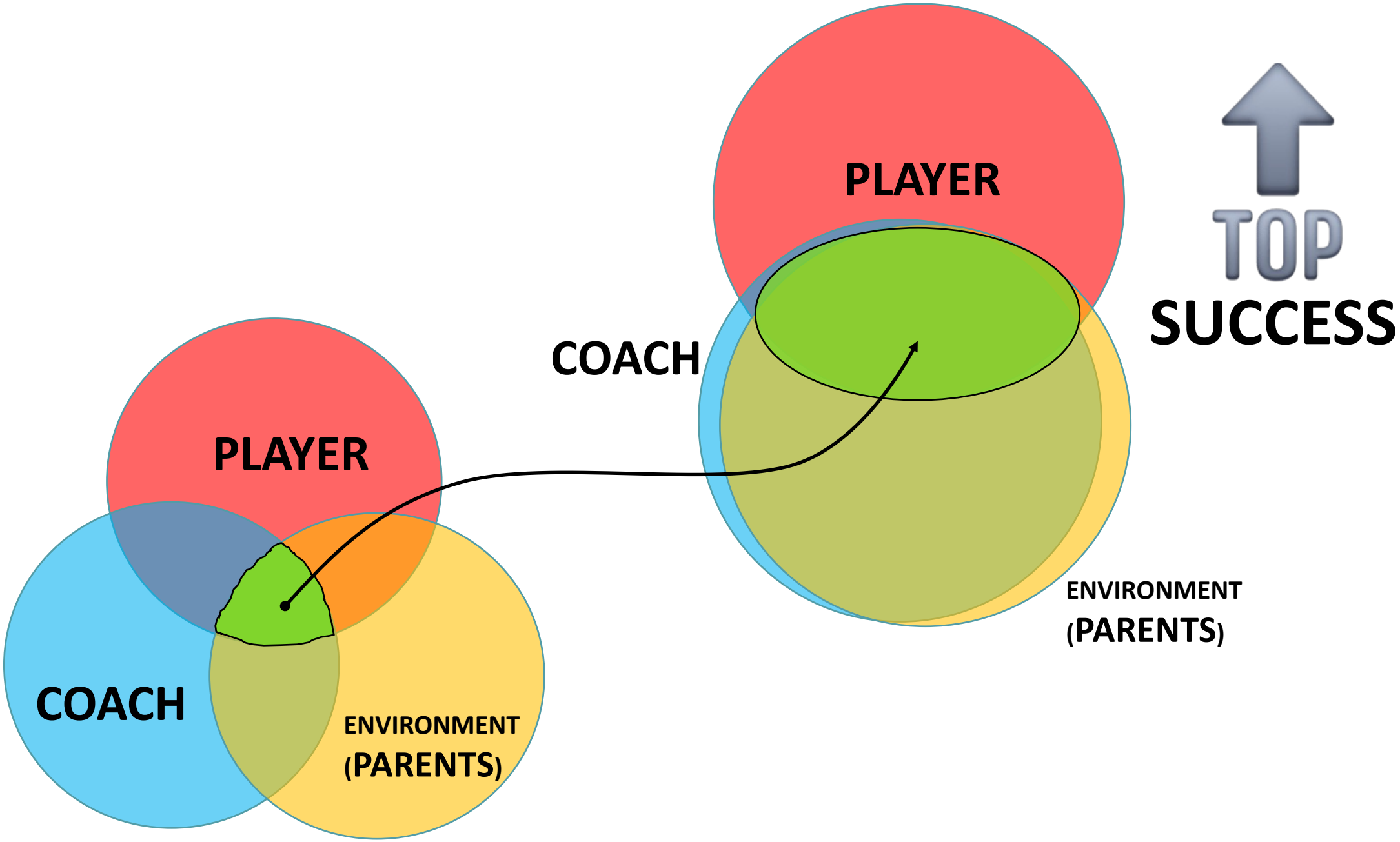
Father: Vladimir Dvorak, international player and member of the USSR national team.

Mother: Flora Khasanova, international player and member of the USSR national team. Currently a renowned coach in Spain

Bersosa brothers

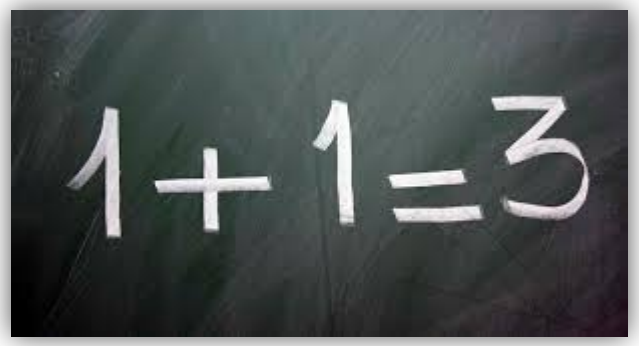
Father: Fran Berzosa, renowned coach of Club Burgos TM, currently one of the best table tennis academies in Spain.


PLAYER
COACH
ENVIRONMENT
(PARENTS)
SUCCESS
TOP


PLAYER
COACH
ENVIRONMENT
(PARENTS)
PLAYER
COACH
ENVIRONMENT
(PARENTS)
TOP
SUCCESS

Synergy

- ✓ Sportingly stimulated players
- ✓ Easier for the child to stay active, learn proper movement skills, …
- ✓ Non-physical stimulation: culture of table tennis within their families
- ✓ Child more exposed to table tennis: early specialization.
- ✓ Easier time getting their first table tennis racket/ball/table
- ✓ Basic initial fundamentals
- ✓ Best parent/coach communication
- ✓ Reconcile schedules for sports practice, they train more and better.
- ✓ Importance of fitness coach, sport medicine and sport-sciences, …
- ✓ Coach/player relationship is very strong



Conclusion

We are heading towards an ever **earlier specialization** in table tennis. And early exposure to our sport seems to play an increasingly important role in the path of elite players.

Although I do not think it is completely essential to have table tennis in the blood (having parents or close relatives with a background in table tennis) in order to reach the highest level as a player, it seems evident that these players initially start with an advantage over the rest.

In any case, we must be clear that the path to success for our players will depend on many other factors that will become more important as the player's sports career progresses, and not on genetics.

WORLD HOPES

Thanks for your attention