A study on the system of Chinese table tennis skill and tactical training methods

ZENG, Zhenhao, WANG, Shusheng (China)

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Adopting the methods of literature and data, investigation and interview of experts, this thesis has made a overall, through inquiry into the system of Chinese table tennis skill and tactical training methods. Through deduction and induction, we got the implication, theoretical basis, main effects and fundamental request of eight kinds of training methods, which are competition, imitation, classification, multi-ball, the strong leading the week, ordered, disordered, model. This paper also made a systematic study of the system of Chinese table tennis skill and tactical training method according to systematic science theory. Therefore, we think that the eight kinds of training methods don't parallel each other or be in the same level; they differ not only in size but also in level; they can be not only used singly but also combined and used crisscross; during different training level or period, they should feedback each other and cycle repeatedly through the whole process of sports training. These views will supply new contents for perfecting and enriching the special training theory of Chinese table tennis.