

**METHODS OF ORGANIZING AND CONDUCTING TRAINING LESSONS FOR
YOUNG TABLE TENNIS PLAYERS**

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Abstract: This article provides information on materials aimed at organizing training sessions for table tennis players. Based on the training conditions and tasks, general and special physical training exercises are planned for each training session. Teaching children the techniques and tactics of table tennis is directly related to special physical training. In the initial period of teaching table tennis, exercises performed with objects occupy an important place.

Key words: Racquet, table tennis, game styles, training, general training, special training, technical and tactical training, competition, attack, inspection.

INTRODUCTION. Table tennis is a racket sports among the types of table tennis, it is unique compared to other sports, because in this sport, players play in several styles of play, and therefore the sport of table tennis is unique in that it is versatile. As the level of play of athletes increases, the diversity of their playing styles becomes less and less, so that the technically weaker styles of the players disappear quickly during the game, but even in the biggest international level table tennis matches, it is possible to discover a large number of disparate playing styles. possible

Lessons should be organized in the school taking into account the age of the students. Classes are held in accordance with the general plan of mass-cultural and educational work. Classes in groups are organized based on the program and thematic plan. The training process in the preliminary preparation and junior teams is divided into three periods: preparation, competition, transition period. The preparation period is divided into two stages:

the first stage-general training (all-round physical fitness, training of physical and volitional qualities of participants, preparation for passing "Alpomish" and "Barchinoy" tests, technical and tactical training);

second stage-specific preparation (development of physical qualities, technical and tactical preparation necessary for table tennis players, preparation before the competition, development of special qualities of table tennis players, preparation for future competitions, game techniques and tactics improvement, improvement of team harmony).

The task of the competition period: to demonstrate the achieved results, to improve the technique and tactics, to raise special physical training to a higher level, to participate in the competition.

The task of the transition period: to strengthen the level of general physical and technical training, to prepare for the "Alpomish" and "Barchinoy" tests.

The educational material of this program is intended for all age groups. In the group of preliminary preparation (11-12 years old), the main focus is on strengthening health, all-round physical development, development of qualities such as adaptation of movements, agility, dexterity, flexibility, speed.

Young table tennis players in the group of juniors (13-14 years old) then perform all-round physical development exercises, prepare and pass the "Alpomish" and "Barchinoy" tests, learn the basics of table tennis techniques and tactics. The group participates in table tennis competitions for city and district championships.

The group of teenagers (15-16 years old) will continue to improve all-round physical training and development, they will prepare and pass the "Alpomish" and "Barchinoy" tests.

LITERATURE ANALYSIS AND METHODOLOGY

Participants must master the basic methods and techniques of the game, know how to apply it in the game, master game tactical systems and training combinations, participate in city, regional and republican competitions, learn refereeing and public instructor work.

For each age group, educational material is given separately from theoretical training. It is learned on the basis of a conversation for 10-15 minutes before and after the practical training.

During the interview, you can use visual aids, photo and film materials. In the process of general physical training, tools familiar to children are used.

In some classes, it is appropriate to allocate a separate time for general physical training. Based on the training conditions and tasks, the amount and means of general physical training are selected for each training session, because in the initial period, when the effectiveness of table tennis equipment is low (in a double game and with technique physical load is less in the exercises) 60-70% of the time allocated to the training is general physical training. In training with young table tennis players, more gymnastics, athletics exercises, movement games, basketball, handball games are used.

To children teaching the techniques and tactics of table tennis is directly related to special physical training. Exercises with objects play an important role in the initial period of teaching table tennis. In this case, padding, basketball, tennis balls, rope, rubber shock absorbers, dumbbells, various special devices, etc. are used.

1 kg filler balls are used in the preparation exercises for putting the ball into the game and giving the attack shot. Exercises performed with dumbbells are mainly intended for 15-16-year-old teenagers. For 14-15-year-old tennis players, the weight of the dumbbell is 0.5-1 kg, for 16-year-old players, 1-3 kg, exercises performed with shock absorbers are used from the age of 13. Medical rubber bandages are used as shock absorbers.

Young tennis players are taught tactical movements depending on their mastery of the game technique as much as possible.

Instructor (guide) practice is conducted in a group of juniors and teenagers. Instructor qualifications are formed during special training and training sessions. Instructors should know how to line up players in a table tennis circle, give basic commands, and choose exercises for the training part. They improve their instructor skills as an assistant teacher-coach.

Young table tennis players start refereeing practice in the youth group (13-14 years old) and start training. Students from the age of 15-16 take part in refereeing city and district championship competitions. They should learn the rules of the competition, draw up the game schedule, organize and conduct the competition within the circles.

The coach should give instructions to conduct it before each game, and after it is over, the game will be discussed. The instruction should be given in advance because the players have to think

about the game plan. A discussion or analysis of the game played is recommended before training.

After the end of the academic year, the table tennis club conducts a physical and technical training check-up.

Necessary sports equipment for the game of table tennis. A tennis table is rectangular in shape, flat, 274 cm long, 152.5 cm wide, and 76 cm high from the floor or ground. should be in height. The table top should be smooth. 2 cm on the edge of the table . thick, 0.3 cm in the middle . thick white lines are drawn (Figure-1).

Mesh - length 180 cm., width 15-25 cm., mesh cells 1.3-1.5 cm. 1.5 cm of white fabric on top. covered in thickness. The pull rod should not exceed 22 mm. The clamp is installed on the table no more than 7 mm.

Tennis ball - weight 2.5 gr., diameter 3.8 cm. It should be smooth. Table tennis racket - its weight and handle can be different, but the rubber coating should not exceed 2 mm. The length of the racket is 26-30 cm, width 15-17 cm, weight 160-200 gr., plywood thickness 4-6 mm. it can.

The program of circle training for the initial preparatory group (11-12 years old).

Development of physical education and sports in Uzbekistan. Physical education and sports in Uzbekistan. Physical education is a component of general culture, its importance in strengthening health, physical development and preparation for work. Brief information about the development of table tennis in Uzbekistan. Understanding the game of table tennis. Development of table tennis among schoolchildren. Table tennis competitions for schoolchildren of the Republic of Uzbekistan. The importance of table tennis in strengthening children's health.

Tools and equipment. Necessary equipment for playing and practicing table tennis, their maintenance. Equipment for indoor and outdoor training.

Brief information about the development of table tennis in Uzbekistan and abroad. The history of the origin and spread of table tennis in our country. The holding of the first international competition and the participation of Uzbek athletes in it. A characteristic feature of the modern sports tennis game.

Athletes' hygiene, injury prevention, self-control.

Hygiene, medical supervision, injury prevention, first aid. General hygiene requirements for table tennis players, taking into account the specific characteristics of table tennis. Daily routine, work routine, rest, sleep hygiene. Shoes and clothes - head hygiene.

Using natural factors of nature (sun, air, water) to train the body. Medical control. Injury and its prevention measures when playing table tennis. Methods of providing first aid to an injured person in the case of skin irritation, stretching of tendons, bleeding, and methods of stopping bleeding.

General and special physical training. Understanding of physical fitness. The purpose of general physical training is to develop physical qualities (speed, dexterity, strength, endurance, flexibility), improve movement skills, prepare participants to pass the "Alpomish" and "Barchinoy" tests. Means of general physical training: gymnastics and athletics exercises, sports and action games, swimming, etc.

Understanding of table tennis game technique. The importance of technical training to achieve high sports results. The main technical techniques of table tennis: standing, moving, catching the racket, putting the ball into play, passing, attacking, playing in defense, turning the ball. Understanding of game tactics. Movement, movement in defense, attack

RESULTS ANALYSIS AND RECOMMENDATIONS

Practical training. Teaching table tennis technique. Standing position. Typical for the game of table tennis, various moves, receiving the ball into play. Accepting the initial state to perform the second transmission. Move to the right, left, forward, backward, sideways. Ball transfer. Pass the ball from the right side. Compatibility of the position and movement of the legs, arms, and body when passing the ball. Receiving the ball from the left side while standing and moving. Relays performed with the transfer of the ball. Transfer (introduction) of the ball from the left, arms and legs, body position. Preparatory exercises with a racket. Bringing Sharcha into the game.

Spin the ball into play: straight and right. Throwing the ball straight into the game from above. Receiving the ball from the right and left. Peculiarities of the technique of the players in a match in pairs: knowing how to use various technical methods Moving in front of the table in a match in pairs. Start the players The importance of placement. Specific features of tactical methods in doubles games. Tactics of players in mixed doubles matches. The importance of choosing a partner for doubles games. Throw an attack blow. Toss, run, jump, swing and join a tennis ball from a running and standing position.

Teaching table tennis game tactics. One-on-one tactical action in attack. Knowing how to take the initial position to perform any action, choosing the method of returning the ball from the left side, directing the ball to a certain zone of the opponent's court, knowing how to enter the ball from below and above. Exercises to strengthen the muscles involved in the execution of the arch . Strengthening the wrists and increasing its mobility. Throwing the stuffed ball on the chest with two hands (forward, over the head) and hooking, throwing the stuffed ball far. Passing and catching the basketball multiple times, carrying the basketball down the court.

Exercises to strengthen the muscles involved in putting the arch into the game. Throwing the ball behind the head with two arms. One-handed and two-handed overhead and underhand shooting.

Exercises for rapid contraction and strength development of the muscle involved in the execution of an offensive strike. Throwing a 1 kg stuffed ball with two arms, standing and jumping with two arms throwing a stuffed ball. While standing, run and throw a tennis ball.

One-on-one tactical action in defense, being able to determine the direction of the ball's flight as much as possible and coming out to receive the ball in time , using the transfer of the ball from above and below according to the game conditions. Receiving and transmitting after putting the arch into the game .

Tactical movement in defense. Protection of the kicker. Protection of the player who is passing the ball or receiving the ball from the opponent in unfavorable conditions. An educational training game with certain tasks based on the technical and tactical materials.

Control game, competition go to see Control games before to the players instruction to give and conducted play the game to do To be to the game assignment to give the team play the game tactical plan and Hello to the players task to give Transferred the game and tactical follow the plan evaluate the performance to do From the game conclusion to do Practical training Other school students and sports school for children and teenagers preliminary training groups with control games transfer District , city , region the first competitions observation

Study and analysis of basic game rules, competition types. Rights and obligations of the participants of the competition. Familiarity with different district styles of competition: rotation, exit, mixed. Competition regulations. Composition of judges. Duties and obligations of individual arbitrators. Determination of results and registration of competition documents.

Teaching and improving table tennis technique is a component of the training process. The general principles of the technique of teaching table tennis are described below. The most important of them are the methods and means of forming an idea about the technique being studied, knowing how to act correctly and performing the correct activity, evaluating performance, identifying errors and correcting them.

CONCLUSION. To teach sports techniques, the teacher uses three main methods: explanation, demonstration and direct (physical) support. The main task of these methods is to create an image of the correct movement, help to learn the movement, show mistakes and correct the stroke.

Each of the methods of teaching sports technique, despite the fact that it has its positive aspects, cannot fully provide fast and effective training. Therefore, in practice, all methods are used both individually and simultaneously. For example, the teacher, while explaining the necessary action, shows it at the same time, while correcting the student's activity, at the same time, he tells how to correct it. For the convenience of description of the following methods, they are described separately.

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