



TEACHING AND IMPROVING THE TECHNIQUE OF THE PARA TABLE TENNIS GAME

Usmonova Hayotxon Akmaljon qizi
Farg'ona davlat universiteti o'qituvchisi
Email: usmonovahayotxon98@gmail.com

Abstract

This thesis provides information on the use of loads in improving the physical fitness of para table tennis players.

Keywords: Adaptive physical education and sports, para table tennis, sports classification, nosology, program, plan, physical training, means and methods, technical techniques, pre-competition training cycle, training process.

Introduction

Annotatsiya

Ushbu tezisda para stol tennis o'yinining texnikasi va ularni o'rgatish usullari hamda ulardan foydalanish to'g'risida ma'lumotlar keltirilgan.

Kalit so'zlar. Adaptiv jismoniy tarbiya va sport, para stol tennis, sport tasnifi, nozologiya, dastur, reja, tjismoniy tayyorgarlik, vosita va usullar, tehnik usullar, musobaqa oldi mashg'ulot sikli, mashg'ulot jarayoni.

Аннотация

В данном тезисе приведены сведения об использовании нагрузок при повышении физической подготовленности у пара настольных теннисистов.

Ключевые слова. Адаптивная физическая культура и спорт, пара настольный теннис, спортивная классификация, нозология, программа, план, физическая подготовка, средства и методы, технические приемы, предсоревновательный тренировочный цикл, тренировочный процесс.



Relevance

The steady execution of para table tennis technique was considered a great art. The skillful use of light, fast movements, offensive and defensive techniques, and the use of technical techniques in unexpected moments can be achieved through constant self-improvement and participation in various sports competitions. In para table tennis training, the player was recommended to use standing and movement techniques. They developed a methodology for applying the techniques of standing, moving in place, and hitting the ball in para table tennis. It was concluded that the tactics of hitting the ball and the nature of the ball's rotation include intermediate attacks and defensive techniques. The intermediate hit technique is the simplest, and it is recommended to use such techniques as placing the racket on a simple obstacle, striking, and crossing. The attacking strike technique is considered the stage of preparation for the strike and execution of the strike. When performing a shot, it is recommended to carry out the game through three main situations: preparatory, offensive, and defensive.

Research Objective

Provide suggestions and recommendations on the techniques of para table tennis and the methods of teaching them.

Research Objectives

Identification of errors in the technique of playing para table tennis; Selection of means and methods for improving the technical training of para table tennis players.

Discussion and Results of the Study

Thus, in the preparatory stage, it was recommended to use the method of passing the ball by cutting it and lightly hitting it in different places on the board. At the same time, the effectiveness of such techniques as striking the ball hard in an attacking position, rotating it in various ways, passing the ball to the opponent in low and high ways is presented. At the same time, he noted that the implementation of the attacking technique requires a very rapid change in the positions of the arms, legs, and torso, as well as their rapid execution. He substantiated the effectiveness of implementing the defensive method by hitting



the ball smoothly or by hitting the ball up and down with speed to the side. For such hitting techniques, it is recommended to use the methods of introducing the ball into the game, spinning, cutting, and spinning.

At the same time, defensive hitting techniques include hitting the ball back from medium and long distances, says the scientist in educational methodological sources. Defensive striking techniques depend on holding the racket and moving in place.

In this case, representatives of Japanese table tennis proposed two main tasks, the first of which is aimed at improving high-quality technical hitting techniques and raising the right-hand hit to the level of playing in an automatic position, and the second task is aimed at performing the fast and rotational ball hitting technique with high speed.

For performing these techniques, Japanese parasportsmen recommended choosing a racket covered with a smooth layer of yaoni. Japanese para-athletes analyzed their results in individual and team competitions at the international and Olympic Games. They were the first to promote new technical techniques for para table tennis by skillfully applying the "top-spind" technique of fast spins and the "candle" defense techniques in toqa games.

In this case, Chinese para table tennis players' playing methods differ from Japanese para table tennis players in that they choose the "sedvich" solid face of the racket. Chinese para table tennis players are distinguished by the fact that the main principle of the game is the harmonious development of such abilities as speed-strength and strength, and the introduction of the ball into the game in different directions using complex methods. It was also analyzed that the presence of new technical and tactical techniques in the world of para table tennis differs from the presence of new offensive and defensive techniques in the game of para table tennis.

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