



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC  
SOLUTIONS

TABLE TENNIS GAME TACTICS

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**Abstract:** *This article provides detailed information on the basic tactics and strategies of the game of table tennis. The article discusses important aspects for players to achieve success, such as serve, stroke types, position selection and opponent analysis. The effective use of each tactic helps the player adapt to his or her own strengths and weaknesses. The article also discusses the balance between defense and attack, as well as the role of mental preparation and patience in the game. These recommendations and practices will help players master strategic approaches to the game of table tennis and increase their effectiveness in the game.*

**Keywords:** *Table tennis, game tactics, serve, stroke types, position, opponent analysis, attack, defense, strategy, mental preparation, patience, stroke technique, tips for players, speed, success in the game, decision-making in the game.*

**Introduction:**

Table tennis is a sport that requires physical strength and speed, and is played based on its own tactics and strategy. To defeat each opponent, not only speed or strength is enough, but also the right decisions in the game, anticipating the opponent's actions and choosing the right tactics are necessary. To achieve success in table tennis, strategic approaches such as how a player uses the serve, how to choose a position and how to use stroke types are of great importance.

Therefore, in this article, we will focus on the main tactics necessary for the game of table tennis and consider ways to study and apply them in practice. First Shot (Serve) and Tactics. A table tennis game always begins with a serve, so the serve itself is the most important strategic factor determining the success of the players. The purpose of the serve: To excite the opponent: To distract the opponent with the power and speed of the serve., The opponent's Predicting the response: Changing the serve and preparing shots based on the opponent's response., Strengthening the first shot: Improving the opponent's position or forcing him to defend himself by serving low or high., Types of service: Correct serve: Simple but effective, putting the opponent in a difficult position., Skip serve: Predicting the opponent's response by serving close or low., Dangerous serve: Forcing the opponent to defend by rejecting a fast and powerful serve., Choosing the Right Position and Correct Hand and Foot Positioning and correct positioning are important parts of the game, as being in the right position helps to receive and return the opponent's shots correctly. Position: Correct stance: Players should have





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light and agile feet. All of this allows for faster decisions and counter-attacks.

Light bending: Adjusting the arms and legs to make changes according to the opponent's movements

Positive posture: Keeping the position straight at all times improves the player's energy and decision-making.

Stroke Tactics The game of table tennis offers a very fast and repetitive attack, so stroke tactics are very important for the player.

Types of strokes:

Straight stroke: This stroke allows the player to make shots that are strong and powerful. The player can use this stroke to find the opponent's weaknesses.

Formal stroke: If it is necessary to influence or help the opponent, a formal stroke (for example, a read) should be used.

Color stroke: This stroke is a modified position compared to the opponent's game and can give a good result.

Analyzing the opponent and finding his weaknesses The game of table tennis requires not only physical strength and speed, but also tactics. Therefore, it is necessary to analyze each opponent in the game well.

Study the opponent: The speed and strength of the opponent: If the opponent is very fast or strong, it is necessary to choose the right position against him. This allows the player to strategically hit the opponent correctly.

Weak shot: The hitting tactics should be changed by identifying the opponent's weaknesses. For example, if the opponent's serves or shots are weak, you can attack using these points.

Mental Readiness and Patience The game of table tennis requires not only physical combat, but also mental patience. Making the right decisions, anticipating your opponent's intentions, and being patient will help a player gain an advantage.

Mental strategies: Cooking: Be patient with each shot and wait for the opportunity.

Repetitive shots: You can distract your opponent by reworking and repeating your shots throughout the game.

Balance Between Attack and Defense The game of table tennis involves not only attacking, but also defending. The best strategy is to find a balance.

Defense Tactics:Return: Defend by responding to the serve or strong shots of the opponent and return the shot.

Simplify the game: Defend to create other attacks.

Attack tactics:Quick attack: If the opponent has moved to a defensive position, it is necessary to switch to defense by hitting a quick shot and then continue the attack.

High shot: You can weaken the opponent with a high shot.

### Conclusion:

Table tennis is not only a sport that requires physical speed and strength, but also a game that involves strategy, tactics and a mental approach. The role of the right tactics and strategy in the success of players is very large. The correct use of the serve, the perfect choice of position, the effective use of shot types and the analysis of the opponent's weaknesses are the most important aspects for a table tennis player. The first shot, that is, the serve, is a crucial point at the beginning of the game, creating great opportunities to distract the opponent or put them in a vulnerable position. Also, the correct way of taking position and moving allows you to effectively repel the opponent's shots and give quick responses. Having each shot type in its place, for example, straight shots and high shots, creates a great advantage in taking the opponent by surprise. Analyzing the opponent is another important aspect of the game, and the player must





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identify his strengths and weaknesses and plan his actions based on this. By studying the opponent's movements and responses during the game, it is possible to control him and gain a strategic advantage. In this case, making changes and innovations depending on each stroke and situation allows the player to increase his advantage. Maintaining a balance between defense and offense is also necessary for a table tennis player. During the game, while making strong attacks against the opponent, it is necessary to defend and return blows from time to time. At the same time, patience and mental preparation play an important role in the player's changing his position and making decisions. In general, not only physical preparation, but also a mental and tactical approach are important for achieving success in the game of table tennis. The player must anticipate each move of his opponent and plan his strokes accordingly. With the right tactics and strategy, the player can increase his success and achieve high results.

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