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**ORGANIZATIONAL AND METHODOLOGICAL FEATURES OF TRAINING  
TABLE TENNIS PLAYERS 10-12 YEARS OLD**

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**Abstract**

This article, presented by the author, highlights the features of the preparation of table tennis players 10-12 years old. Instructions were also given regarding the development of physical, as well as technical and tactical actions of young table tennis players.

**Keywords:** technical and tactical training, methodological approach, physical training, functional training, load, physical qualities, competitions, training, scientific and theoretical, methodology, general and special exercises.

**Аннотация**

Данная статья, представленная автором, освещает особенности подготовки игроков в настольный теннис 10-12 лет. Также были приведены инструкции, касающиеся развития физических, а также технических и тактических действий юных игроков в настольный теннис.

**Ключевые слова:** технико-тактическая подготовка, - методологический подход, физическая подготовка, функциональная подготовка, нагрузка, физические качества, соревнования, тренировка, научно-теоретическая, методика, общих и специальных упражнений.

**Introduction**

The development of physical and technical-tactical actions, increasing the level of functional training, preparing students for various game situations during the game, educating them with situational adaptation skills are the main tasks used in table tennis training, and provide general and special physical training of students, the level of technical and tactical training, as well as the appearance of the ability of the body adapt to the loads set during training.

The purpose of these tests, developed and recommended for practice, is the selection and testing of the developed special set of table tennis exercises in the preparation of table tennis players aged 10-12 years, as well as the development of their technical and tactical abilities, in particular the technique of introducing the ball into the game.

To achieve the goal, we applied a system of classes, the main provisions of which were:

1. The use of general and special exercises to develop the technique of introducing the ball into the game. practitioners learned to perform these exercises primarily for accuracy and developed game management skills during competitions. General development exercises for speed were included in the preparatory part of the lesson. The

purpose of such exercises (turns, rotations, swings, etc.) was to perform movements as quickly as possible.

1. Technique The following techniques are used to develop movements:

- game method (stimulates the manifestation of various technical elements in the conditions of competition);
- competitive;
- methods of repeated, variable and conjugate exercises.

3. To develop techniques for introducing the ball into the game , the following techniques are used:

- game method (aimed at developing the technique of introducing the ball into the game at different points during the game);
- competitive;
- the method of exercises performed to improve the technique of introducing the ball into the game at different points.

2. Psychological training was aimed at forming a steady interest in table tennis, fostering a sense of the need for adaptive physical culture and sports, the desire to become a healthy person, cheerful, strong and hardy.

The main pedagogical techniques at the initial stage of training were: explanation, demonstration and demonstration of the exercise.

The correctness of the execution of techniques and elements was analyzed on diagrams and photographs, with the provision of time for reflection.

A set of exercises for the development of speed and strength in our course work is intended for use in table tennis training.

Table tennis classes designed for children aged 10-12 years should be as follows:

- compliance of those engaged in physical exercises with physical, technical, tactical training and psychomotor development;
- downloads should be made gradually, slowly - with increasing complexity and less difficulty;
- the content of the exercises should be selected in accordance with the competitive exercises;
- any set of exercises specified or performed by a coach or athletes must be clearly explained and indicated;
- it is necessary to monitor the repeatability of downloads, taking into account the gradual complication of the size and intensity of the load, the age of those involved, gender and functional development;
- methodological approach: it is necessary to demonstrate a volitional movement aimed at performing the movement with the greatest speed;
- it is necessary to determine the number (dose) of repetitions of exercises before fatigue;
- during the training, the participants' bodies were not allowed to strain beyond

the limit;

- special attention to safety;
- variety and novelty of classes.

It is recommended to use the following exercises as a means of training speed and strength skills when training students aged 10-12 years:

- Single exercises with balls;
- Pair exercises with balls;
- Exercises in threes;
- In the rivalry of two players;
- Game exercises at the table.

The tests developed in the process of writing the course work, as well as the use of exercises in the preparation of table tennis players participating in the initial stage of preparation, serve to develop the physical, functional, technical, tactical abilities of children and perform various offensive and defensive movements during the game, as well as to improve the impact qualities by directing the ball to different table points.

## CONCLUSION

In conclusion, we can say that the effectiveness of all of the above exercises increases dramatically as they approach the gaming, competitive environment. A countdown game is very effective, in which one athlete attacks in any direction, and the other directs all the balls to the specified half of the table, while the whole game, including the serve, is carried out by counterattacks. As practice shows, to equalize the playing conditions of two approximately equal players in such game exercises, a start of seven to eight points is enough.

It is quite difficult to combine all types of reactions at the same time (to change the speed of the ball, to change the nature of rotation, to change the direction of the ball's flight), so you need to gradually work out certain types of reactions, and then include exercises combining two types of exercises in the training process. reactions-in different combinations and only then proceed to a comprehensive training of reaction speed.

Expanding and improving the methods of training reaction speed and the ability to follow the ball and the opponent's preparatory movements is one of the main ways to improve table tennis, in which the time of reflection of blows is becoming an increasingly decisive factor.

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