

## TABLE TENNIS TRAINING FACILITIES

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### Annotation

This article, which is presented, talks about the effectiveness of using various methods that are considered necessary when conducting table tennis training. Information is also provided on the necessary principles of physical education and sports training.

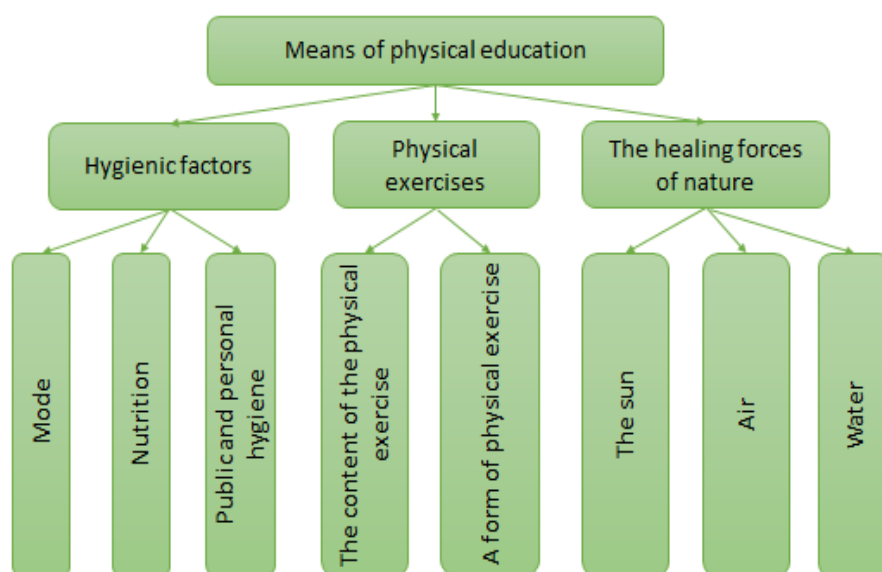
**Keywords:** physical exercises, the healing forces of nature, hygienic factors, comprehensiveness, diversity, continuity, cyclicity and maximum loads.

### Introduction

By means in sports games, we mean what we teach with. The following groups of means are used to achieve the goal in sports:

- 1) physical exercises;
- 2) the healing forces of nature;
- 3) hygienic factors.

The main specific means are physical exercises, auxiliary means are the healing forces of nature and hygienic factors. The integrated use of these funds allows specialists in physical culture and sports to effectively solve health, educational and educational tasks. All means of physical education can be displayed in the form of a diagram.



The means used in sports games.

1. Hygienic factors. Hygienic factors that promote health and increase the effect of physical exercise on the human body, stimulating the development of adaptive properties of the body, include personal and public hygiene (cleanliness of the body, cleanliness of places of employment, air, etc.), observance of the general daily routine, physical activity, diet and sleep. Non-compliance with hygienic requirements reduces the positive effect of physical exercise.

2. Physical exercises. Physical exercises are such motor actions (including their aggregates) that are aimed at implementing the tasks of physical education, are formed and organized according to its patterns. Physical exercises in table tennis are divided into general developmental, preparatory, summing up and special.

3. The healing forces of nature. The healing forces of nature have a significant impact on those engaged in physical exercises. Changes in meteorological conditions (solar radiation, exposure to air and water temperatures, changes in atmospheric pressure at sea level and altitude, movement and ionization of air, etc.) cause certain biochemical changes in the body that lead to changes in human health and performance. In the process of physical education, the natural forces of nature are used in two ways:

- ❖ as concomitant factors that create the most favorable conditions in which the process of physical education is carried out. They complement the effect of physical exercise on the body of those involved. Activities in the forest, on the shore of a reservoir contribute to the activation of biological processes caused by physical exercise, increase the overall efficiency of the body, slow down the process of fatigue.

- ❖ as relatively independent means of healing and hardening the body (sun, air baths and water treatments).

With optimal exposure, they become a form of active recreation and enhance the recovery effect. One of the main requirements for the use of the healing forces of nature is their systematic and comprehensive use in combination with physical exercises.

### **Features of the implementation of didactic principles in table tennis**

The learning process in physical education is based on general didactic principles, which represent more fundamental pedagogical provisions. These principles express the methodological patterns of one pedagogical process: education and training. Didactic principles in the field of physical education are concretized in a certain way and supplemented with special provisions reflecting the individuality of physical education. The principle of consciousness and activity provides for a conscious, active attitude of those involved in sports training and an understanding of the material being studied. It is necessary to explain to the students the importance of regular training and set specific tasks before each lesson. When performing techniques, you should focus on analyzing your own movements and those of your partners. In tactical exercises, it is necessary to create conditions under which the task can be solved in several ways.

The principle of visibility is closely related to the principle of consciousness. Its essence lies in the fact that the teacher, using the display and various visual aids, creates a clear idea of the material being studied, helps to understand it more clearly.

The principle of systematicity and consistency presupposes a certain learning system, the establishment of a logical connection between individual sections and the correct sequence of passing the material. Implementing this principle in the learning process, they proceed from the pedagogical rules from simple to complex, from the main to the secondary. Any sports game is difficult for a beginner, since a large number of various stimuli act on his central nervous system. Therefore, when studying the game, you have to resort to simplifying it. As soon as a general idea of the studied sports game is created after the explanation and demonstration, the transition to the study of its individual sides: the technique of playing techniques of individual tactical actions, collective actions in defense and attack.

The principle of accessibility requires the selection of exercises in complexity in accordance with individual age, gender characteristics, as well as the degree of preparedness. Exercises should be accessible and at the same time present a certain difficulty for those involved.

The principle of individualization. An individual approach increases the effectiveness of learning, which has long been noticed in the practical activities of educators and teachers. This feature of the pedagogical process is reflected in this principle.

The principle of durability is that the studied material is brought to a solid skill by repetition. Since skills are highly mobile in sports games, you should not repeat the same material for a long time under the same conditions, as this will negatively affect creativity in the game. In addition to the didactic principles of sports training, it is necessary to observe some specific principles: comprehensiveness, diversity, continuity, cyclicity and maximum loads.

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