

8 The analysis of the table tennis technique – tactics of eleven points rule

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1 Introduction

The application of eleven points rule changes the technique – tactics and the technique – tactics psychological mode of twenty – one points rule. Whether penholder grip players or shake – hand grip players or players of all kinds of technique – tactics styles, they must adapt the change in order to break through and take active superiority in the tournament of eleven points rule. The Chinese table tennis team must change thought, keep the good experiences of Chinese players in twenty – one points rule play, particularly go to research the laws of the technique – tactics application of service stage actively and return stage and persistent stage of eleven points rule and the methods adjusting the psychology of trainings and tournaments in order to explore a road to make Chinese players still keep superiority in the new rules of table tennis tournaments. This article analyses the Chinese and foreign excellent players' tournaments of eleven points rule from different perspectives, finds some laws of the technique – tactics change of eleven points rule and gives some instructive advices.

2 Methods

Watching video method, Statistics method and Logical analysis method were used.

3 Results

3.1 The technique – tactics change of the beginning, the middle and the end of the tournament

From the data of every points stage, the percentage of getting points of Li Nan's middle service stage, 79% was highest, which made Li Nan take points superiority in order to defeat Boros. The more reasonable technique – tactics application of the return stage and persistent stage of the crucial balls after nine points reflects Li Nan's stable mental capability, which is the crucial factor of winning the tournament.

Table 1. The statistics table of Li Nan's getting points percentage and using percentage effect of the beginning and the middle and the end of the eleven points rule tournament.

Points	Service stage		Return stage		Persistent stage		General effect	
	Getting%	Losing%	Getting%	Losing%	Getting%	Lose%	Getting%	Lose%
1 - 4 points	55	26	47	45	33	29	45	35
	+ 6 - 5		+ 9 - 10		+ 4 - 8		+ 19 - 23	
5 - 8 points	79	46	29	34	50	20	59	34
	+ 15 - 4		+ 4 - 10		+ 4 - 4		+ 23 - 18	
After 9points	64	39	33	42	71	19	53	31
	+ 9 - 5		+ 5 - 10		+ 5 - 2		+ 19 - 17	
Total	+ 30 - 14		+ 18 - 30		+ 13 - 14			

The psychology of players who are adaptable to the twenty - one points rule tournament must correspondingly change and be adjusted. The eleven points rule tournament is more competitive and more stressful, which asks players to have stable mental capability. The performance of Li Nan's mental capability is more outstanding.

3.2 The evaluation of Li Nan's general capability

(1) Service stage: getting 30 points, losing 14 points, getting points percentage 68% , using percentage 37% .

(2) Return stage: getting 18 points, losing 30 points, getting points percentage 37% , using percentage 40% .

At present, every country mainly studies the forehand break - through tactics. The chop of return should be combined with powerful drive. The active return technique will be the future developing trend. The effect of only using chop technique is not obvious.

(3) Percentage stage: Most of the players still scramble the first four - ball in the singles tournament. When Boros changed to attack Li Nan's backhand point, the quality of Li Nan's offence and forehand continuous drive was worse. However, Li Nan's forehand point losed 11 points in the passive persistence. We find out easily that the capability of Li Nan's penholder grip backhand controlling balls' direction change is better. Boros also tried to break through from Li Nan's forehand point in the persistent stage. In the persistent stage, Boros got 16 points from Li Nan's forehand point, which should attract us.

4 Conclusions

(1) Li Nan used close - net service mainly met with Boros' middle quick service. The change of Li Nan's service direction was more dexterous. When Boros' return was bad, Li Nan's block should be more powerful. Li Nan should impart

spin to the ball and change fall – point rather than be too powerful when the first return is the half – outside – table ball. If there are chances, Li Nan should drive or chop Poros’backhand point powerfully. But Li Nan should pay attention to defend the active direction change of loop, swing back quickly, impart power to chop and strengthen the fourth ball of return.

(2) As long as players adapt to the 11 points rule tournament actively and strengthen the helpful adjustment of psychology, they can show their capabilities better and win tournaments. If players ignore the adjustment and the change of psychology and study technique – tactics only, they probably cannot show full of their capabilities when they meet with the powerful balls of their rivals.