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FORMATION OF TABLE TENNIS TYPE OF SPORT AMONG STUDENTS AND ITS IMPORTANCE

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***Abstract:** Table tennis, also known as Ping-Pong, is an indoor game played between two players on a flat table. The object of the game is to hit the ball over the net and throw it across the table, while the opponent misses hitting it. This game is famous all over the world. Through this article, we will explain to our students the important rules of table tennis so that they can play this wonderful sport better.*

***Key words:** table tennis, sports clothes, racket sports, exercises.*

Introduction

The game was invented in England at the beginning of the 20th century and was originally called Ping-Pong, a trade name. The name Table Tennis was adopted in 1921-22 when the old Table Tennis Association, founded in 1902, was revived. The original association disbanded around 1905, although the game continued to be played in places outside London in England, and by the 1920s it was played in many countries. Under the leadership of representatives of Germany, Hungary and England, the International Table Tennis Federation was founded in 1926. The founders were England, Sweden, Hungary, India, Denmark, Germany, Czechoslovakia, Austria and Wales. By the mid-1990s, more than 165 national associations were members.

The first World Championships were held in London in 1926, and from then until 1939 the game was dominated by central European players, with Hungary winning nine times and Czechoslovakia twice winning the men's team event. In the mid-1950s, Asia emerged as a breeding ground for champions, and

from then on individual and team events (for men and women) were dominated by Chinese athletes. The popularity of the game in China was marked by the emergence of the so-called "Ping-Pong Diplomacy", a period in which Cold War tensions between China and the United States in the 1970s led to a series of popular table tennis matches. was mitigated by games. between the athletes of the two countries. The first such event, held in Beijing in 1971, is widely credited with paving the way for a US president. Richard Nixon's historic visit to China the following year. In 1980, the first World Championship was held and China's Guo Yuehua won the first prize of \$12,500. Table tennis became an Olympic sport in 1988, with singles and doubles competitions for men and women.

Equipment, rules and game play

Table tennis equipment is relatively simple and inexpensive. The table is rectangular, measuring 9 by 5 feet (2.7 by 1.5 meters), with its top surface 30 inches (76 cm) above the floor. The net is 6 feet (1.8 meters) long and the top edge is 6 inches (15.25 cm) above the playing surface along its entire length. Spherical and hollow, the ball was once made of white celluloid. Since 1969, celluloid-like plastic has been used. The ball, which can be white, yellow, or orange in color, weighs about 0.09 ounces (2.7 grams) and is about 1.6 inches (4 cm) in diameter. The blade of a racket or bat is usually made of wood, is flat and hard, and may be covered with a thin layer of plain pimp or pimp rubber that can be placed over a thin layer of sponge rubber. turn the pimples upside down. No matter which combination is used, both sides of the spade must have a different color. A racket can be any size, weight or shape. The game consists of the best of any odd-numbered game, and each game is won by the first player to reach 11 points or to win by two clear points after 10 points. If the server fails to serve well, if one of the players does not return well, or if any player commits a certain offense (for example, playing with an empty hand while the ball is in play if it touches the yin surface) is a point.

The service is carried out from behind the end of the table, the server hits the ball up from the palm of the free hand and hits it on the way down so that it first bounces into the server's own area, then passes over the net and bounces . During the game, no spins on the ball with the fingers are allowed. This was not always the case. Fingerspinning, especially in the United States, has reached a stage where experts can produce unacceptable game rules and the game has become ridiculous. Finger twirling was banned worldwide in 1937. The viewer's interest lies in watching the ability of one player to defeat another through a well-thought-out strategy. Speeding up the game, slowing it down, changing direction or giving the ball a different spin or speed, as well as soft shots over the net when the opponent is out of position. zi are tactics. support the planned strategy.

At one time, the slow or defensive game was so dominant that the 1936 World Championships in Prague required an hour to decide a single point. Play is now limited. If the game is not completed after 15 minutes from the start, the rest of the game and the remaining games of the game will continue under the Acceleration System. After that, if the serve and the server's next 13 strokes are returned by the receiver, the server loses the point. Service changes after each point.

Table tennis can be played with one player at each end of the table, or with two players at each end, either a man or a woman, or one of each. Organizationally, the women's game around the world is comparable.

Table tennis is one of the most popular sports among students, and its formation and importance have a positive effect in many ways. Table tennis greatly contributes to the physical, mental and social development of students. Below I will touch on the role and importance of table tennis in student life:

Formation

Institutional infrastructure: Many universities and colleges have specially equipped gymnasiums for table tennis. This will help to make this sport more popular among students.

Sports Clubs: By organizing sports clubs and competitions among students, interest in the sport of table tennis can be increased.

Coaches and Workshops: Workshops and master classes conducted by experienced coaches help teach the techniques and strategies of the sport of table tennis among students.

Importance

Physical development: Table tennis develops speed, balance and coordination. This sport is a good physical exercise for students and improves their overall health.

Mental Capacity: Table tennis improves mental capacity as the game requires quick decision making and strategic thinking. It develops the concentration and logical thinking skills of its students.

Stress Reduction: Table tennis provides a great opportunity for students to reduce stress and relax. Endorphin hormones are produced during the game, which improves mood and reduces stress.

Social Bonding: Table tennis is a team game and helps to build social bonds among students. It provides an opportunity to make new friends and develop teamwork skills.

Discipline and Responsibility: Adherence to the rules of table tennis and sports ethics inculcates discipline and responsibility among students.

Final thoughts

Table tennis is important among students not only as a sport, but also as part of a healthy lifestyle. It plays an important role in the life of students and develops them in all aspects. By focusing on the sport of table tennis, educational institutions can improve the health of students and contribute to their overall development. Table tennis allows students to develop many useful skills and abilities. This sport not only improves physical health, but also contributes to mental, emotional and social development. Educational institutions can play an important role in the life of students by supporting the sport of table tennis. This, in turn, has a positive effect on the general health and development of students.

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