

How to Achieve Victories in Modern Table Tennis

现代乒乓制胜之道

Chinese table tennis team

11 November 2009

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Li Xiaodong

- Coach of Chinese Table Tennis Association*
- Deputy Head of Technical Studies Committee*
- Coach of Chinese National Team (Head Coach of Women's team)*
- 12 years coaching with Beijing Team 22 years with Chinese National Team*
- Has been responsible for developing World champs and Olympic champs such as Teng Yi, Wang Tao, Yan Sen, Wang Liqin, Wang Nan, Li Ju.....etc*
- Doing researches and studies on table tennis theories, giving seminars throughout Chinese Sports community, publishing many essays in professional journals*





How to Achieve Victories in Modern Table Tennis

Chinese Table Tennis Association

Chinese Table Tennis Team

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Duels between Europe & Asia

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/ Stages of table tennis development

*A great pastime
A lot of fun*

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Very popular
Very influential

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Choppers' Era

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First stage: (early 1920's – late 40's)

Long history
Push +Chop

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Berczik



Sido



Koczian

Penhold looping Era

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Second stage: (early 1950's – late 50's)

Defense out, Offense in

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Ogimura



Matsuzaki

Penhold fast attack era

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Third stage: (early 1960's – late 70's)

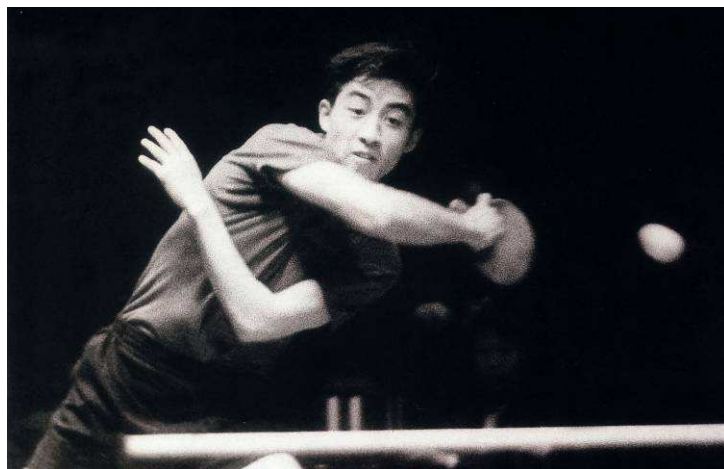
*Sharpen Fortes
Be yourself*

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Z. Zhuang

Y.XU

F.LI

Z.QIU



duel between Europe
and Asia era

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Fourth stage: (late 1970's – mid 90's)

Two hostile Camps one goal

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Swaythling Cup u rukama Švedana, Göteborg 1993. (trener A. Thunström, P. Karlsson, E. Lindh, J. Persson, M. Appelgren i J. O. Waldner)



globalization era

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Fifth stage: (mid 1990's – present)

*Same Dream
Different Paths*

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globalization

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II. Establishing of a master directive

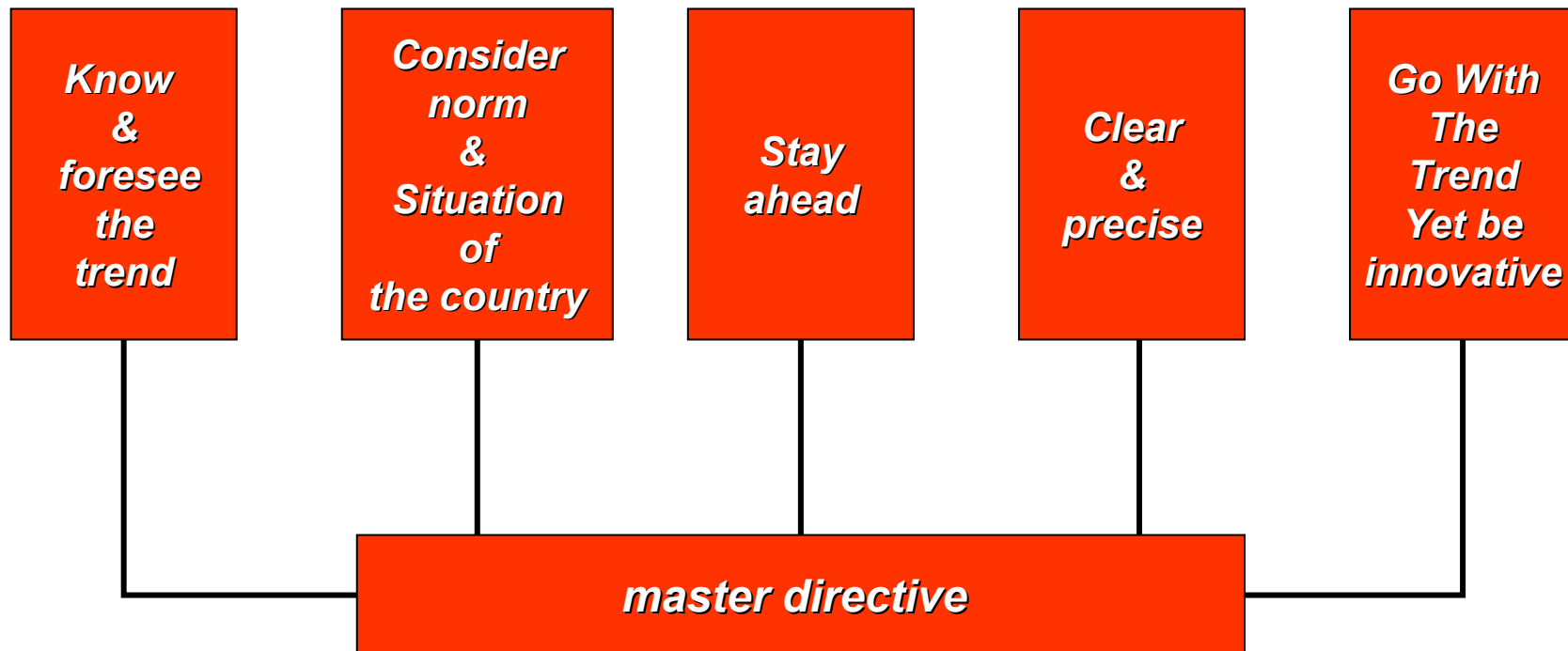
Criteria of setting master directive

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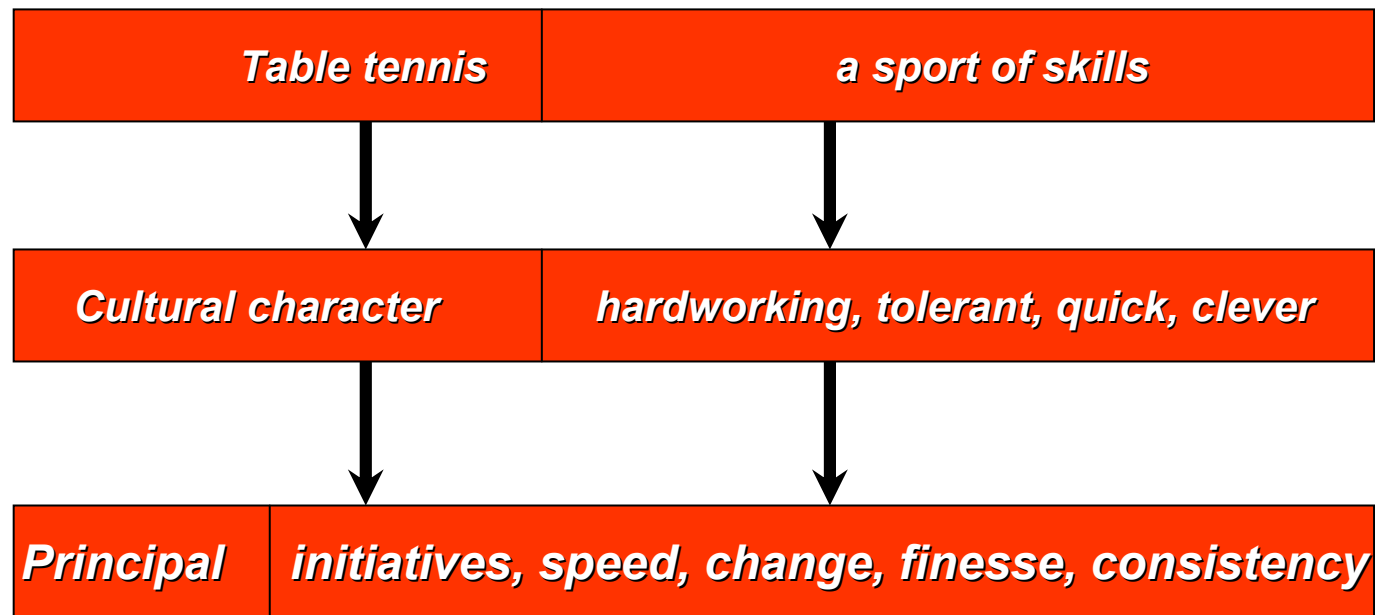
Go your own way

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*1 fast, vicious,
accurate, change*

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First Milestone

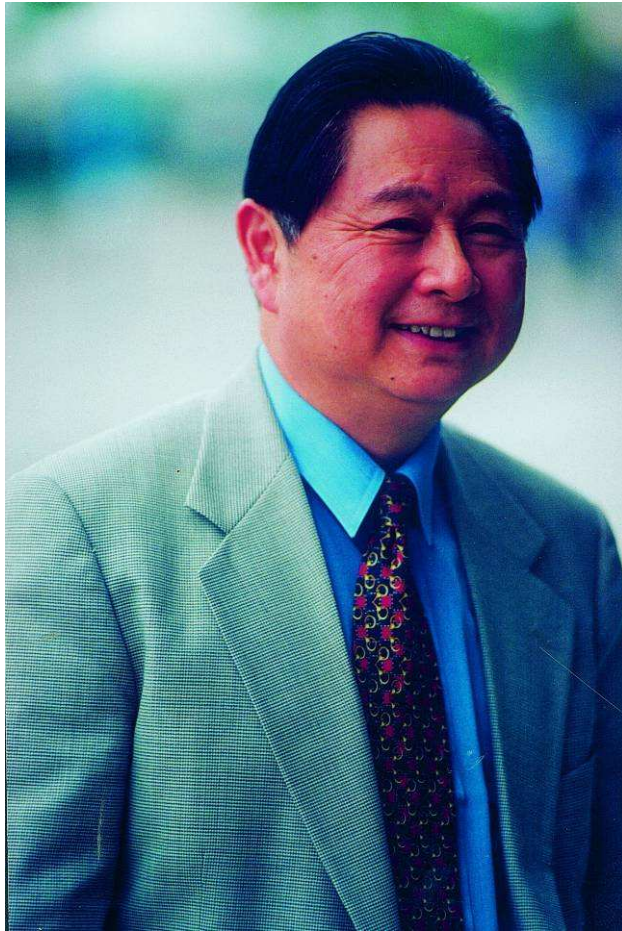
**2 fast, vicious, accurate,
change & spin**

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Second Milestone

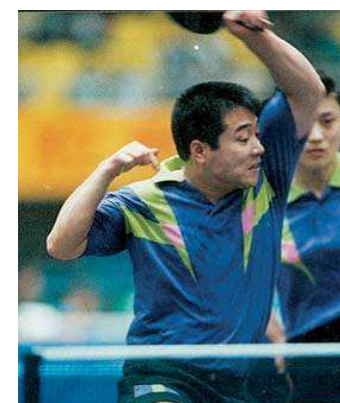
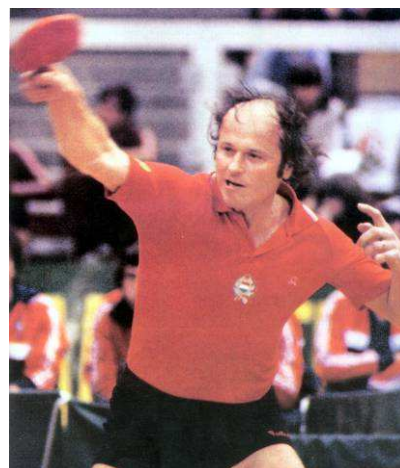
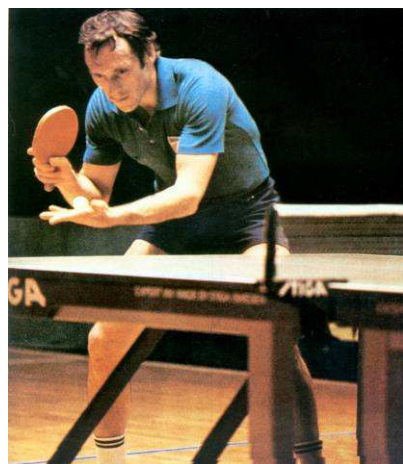
*Allround skill
Strong forte
No weakness*

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*Topspin & counter
topspin
theory on connecting*

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Third Milestone

*A description on modern
table tennis*

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LIU Guoliang



CAI Zhenhua



LI Xiaodong

What is Taking initiatives?

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Strong fortes

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Allround

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Scramble

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must attack when you can, must put in power when you can, must change when you can, if there are shots that you cannot take offensive initiatives., you must control or counter-control to make your opponents uncomfortable as to create opportunity for the next offensive shot.

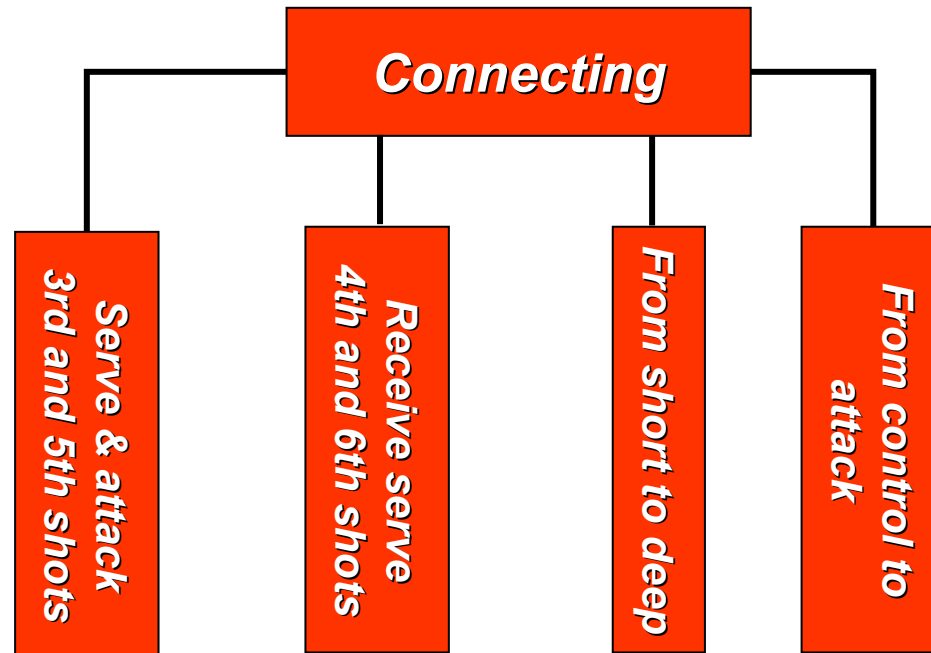
Tight Connecting

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*Balanced offense and
defense*

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The Wall

*Aggressive, fast,
spin, unpredictable*

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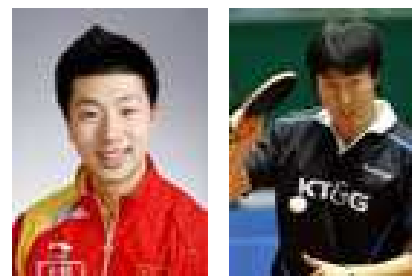
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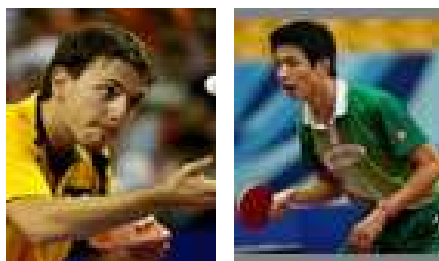
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Aggressive



fast



spin



unpredictable

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Be irrational with rational, attack when you should defend, attack when you should control, attack when you should attacked



For the future

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Strong offense

Strong confrontation

Strong transition

Complete integration

More changes



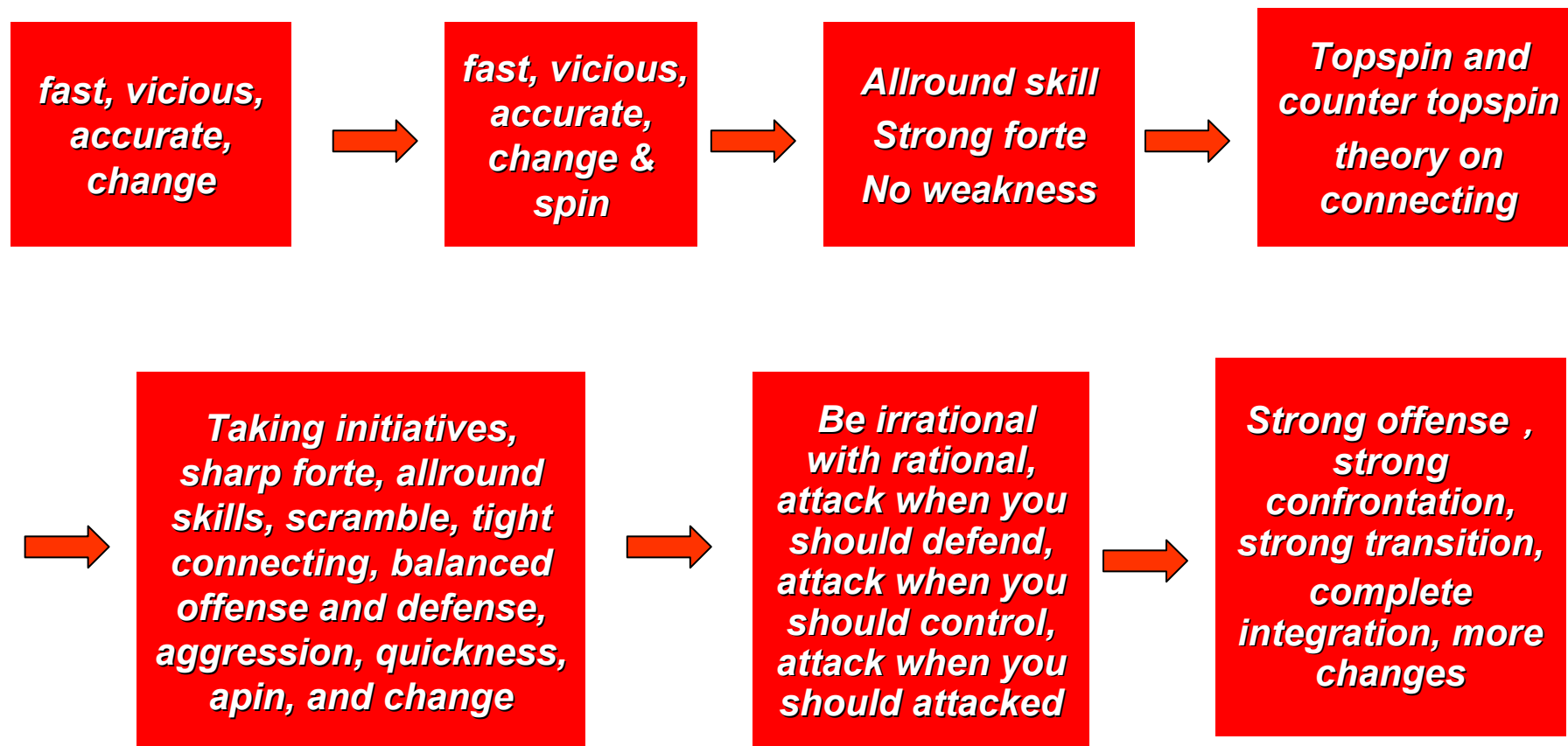
Master Directive

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III. The Five Elements

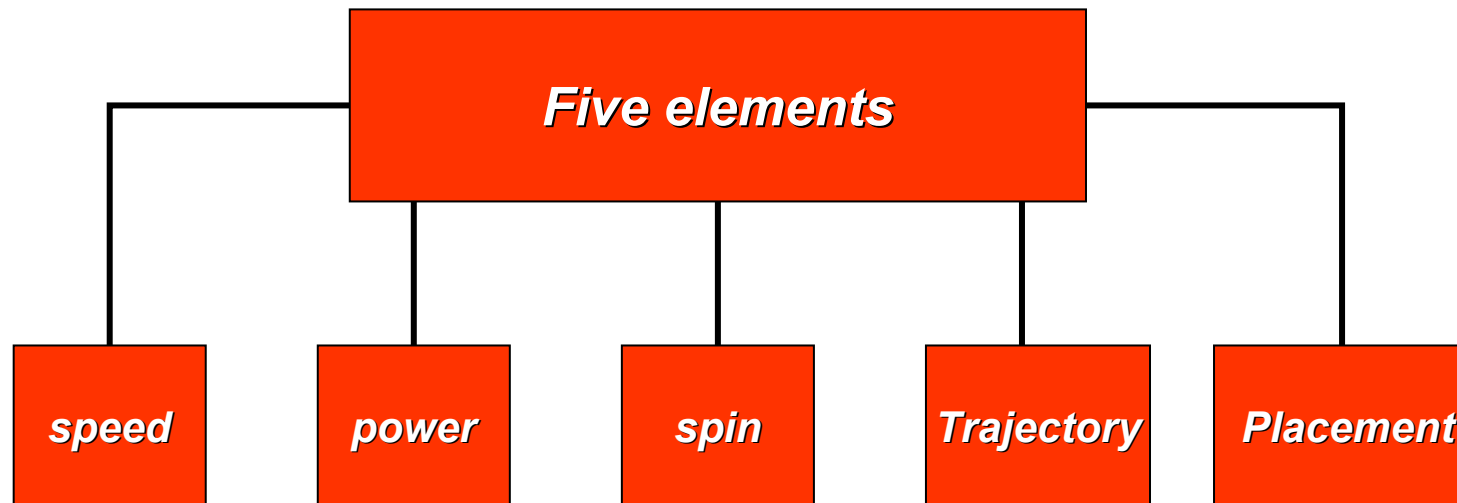
Five elements

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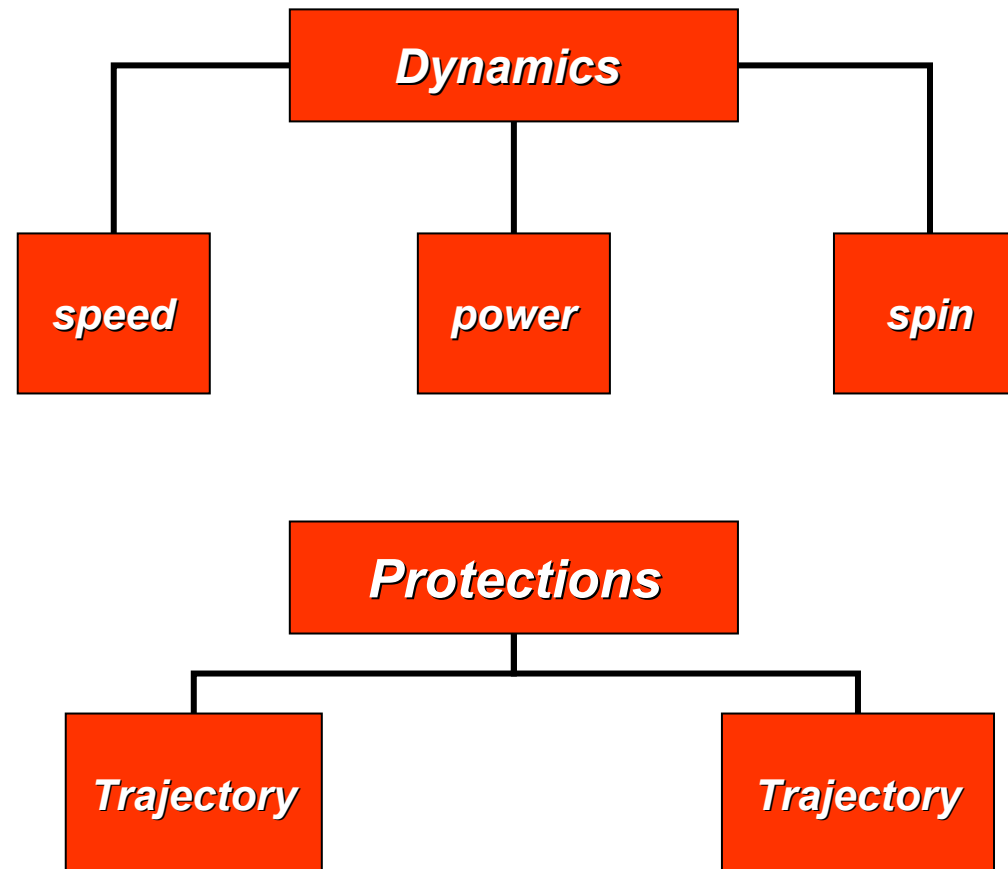
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***Fully integrated
Stay ahead***

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	<i>speed</i>	<i>power</i>	<i>spin</i>	<i>Trajectory</i>	<i>placement</i>
<i>BoLL Timo</i>	<i>excellent</i>	<i>fair</i>	<i>excellent</i>	<i>good</i>	<i>good</i>
<i>WANG Liqin</i>	<i>excellent</i>	<i>excellent</i>	<i>good</i>	<i>good</i>	<i>fair</i>
<i>MA Lin</i>	<i>good</i>	<i>fair</i>	<i>excellent</i>	<i>excellent</i>	<i>excellent</i>
<i>WANG Hao</i>	<i>excellent</i>	<i>excellent</i>	<i>excellent</i>	<i>good</i>	<i>good</i>

Steps to innovate

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Designing styles → nurturing characters

→ ensuring quality → smooth & instinctive

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IV. How Chinese view the current state of European table tennis

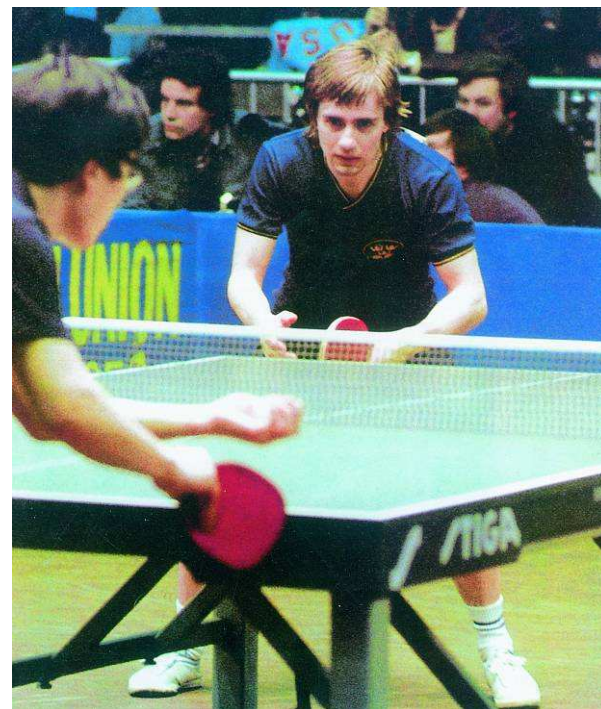
Peak of the world

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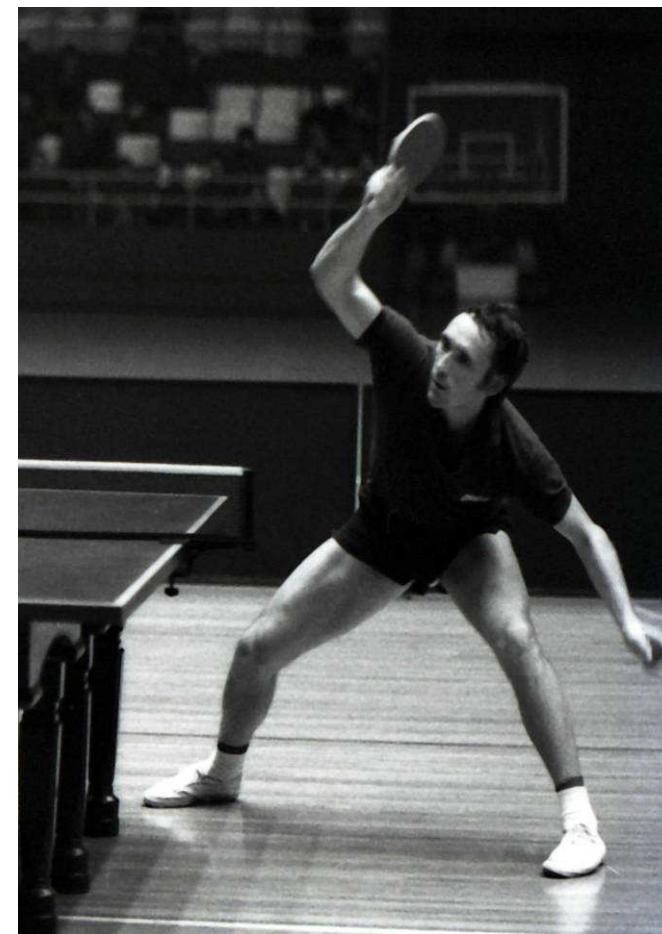
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*T. Klampar
S. Bengtsson
D. Surbek*



The Kings

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Solid Ones

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1 Differences in system

Staunch Supports

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So Popular So Strong

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*Ten- thousand – man
strong tournament
at Bird Nest*



Collective Edge Scientific System

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*Outstanding Elites
Huge Population*

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From Babies to The Promise Land

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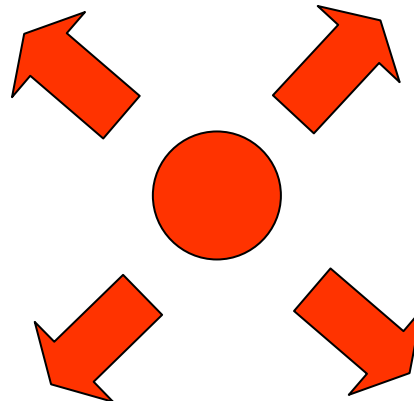
Isolated Efforts

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*More Exchange
Improve Together*

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2 Coaching

**Coaches
primary factor**

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**World Champs,
Olympic Champs
turn Head Coaches**

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3 C o n c e p t

**Generation
After
Generation**

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**WANG Hao
MA Long**



**MA lin
WANG Liqin**



**LIU Guoliang
KONG Linghui**



**WANG Tao
MA Wenge**



**JIANG Jialiang
CHEN Longcan**

Mission and Obligation

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Table Tennis Academy

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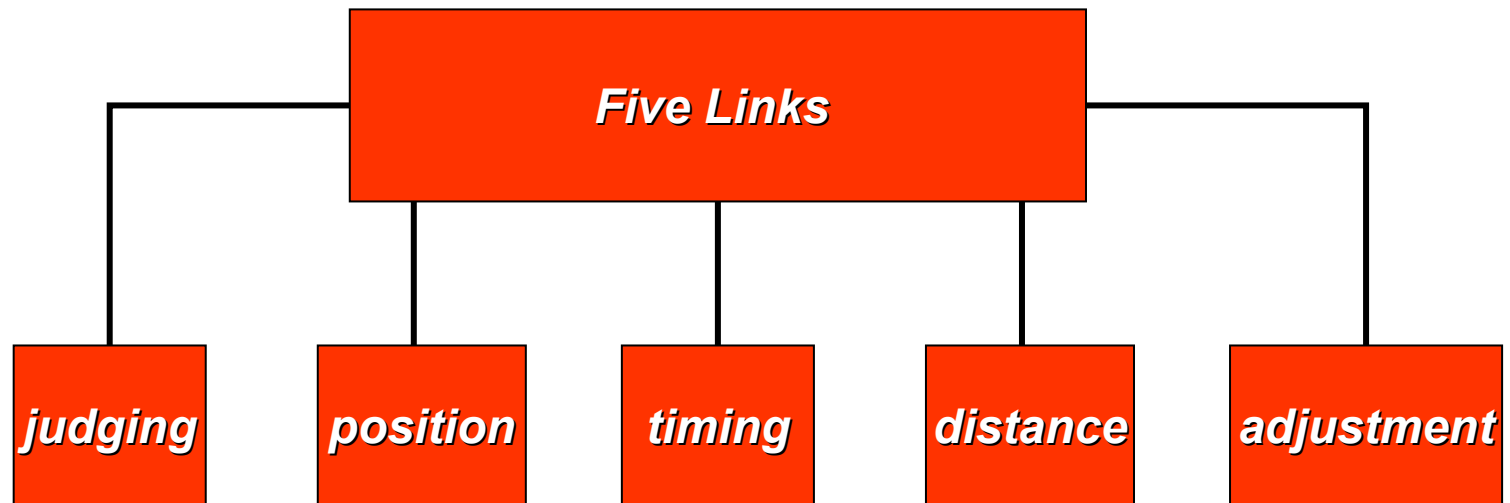
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V. The Five Links of Hitting a Shot

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1. judging

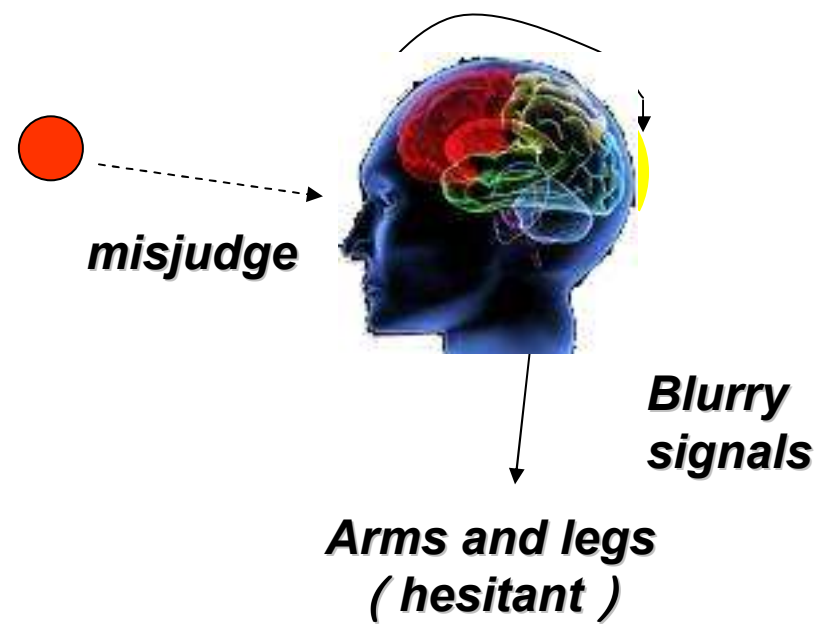
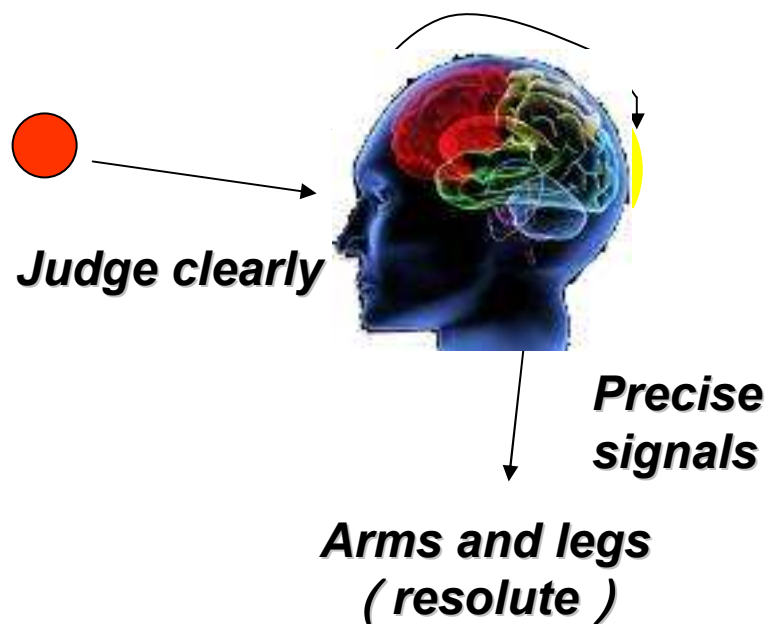
Brain and Signals

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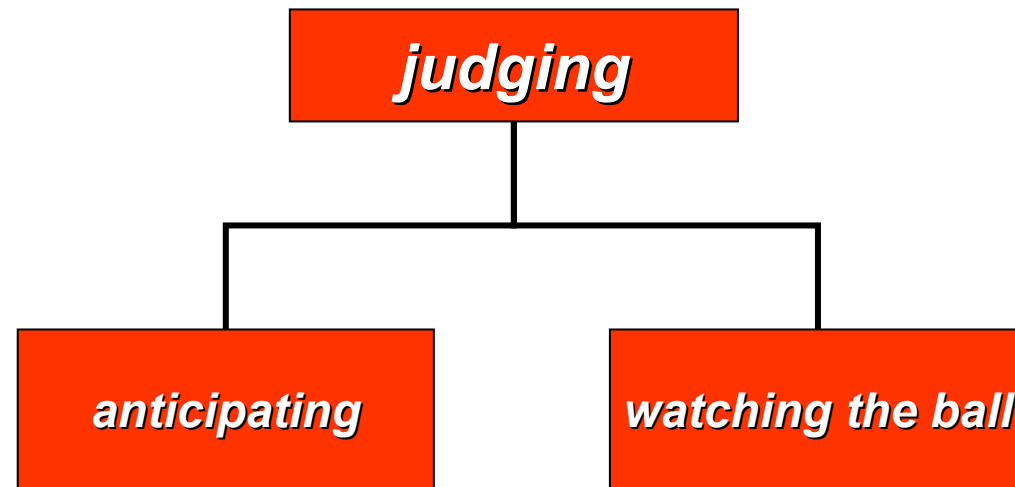


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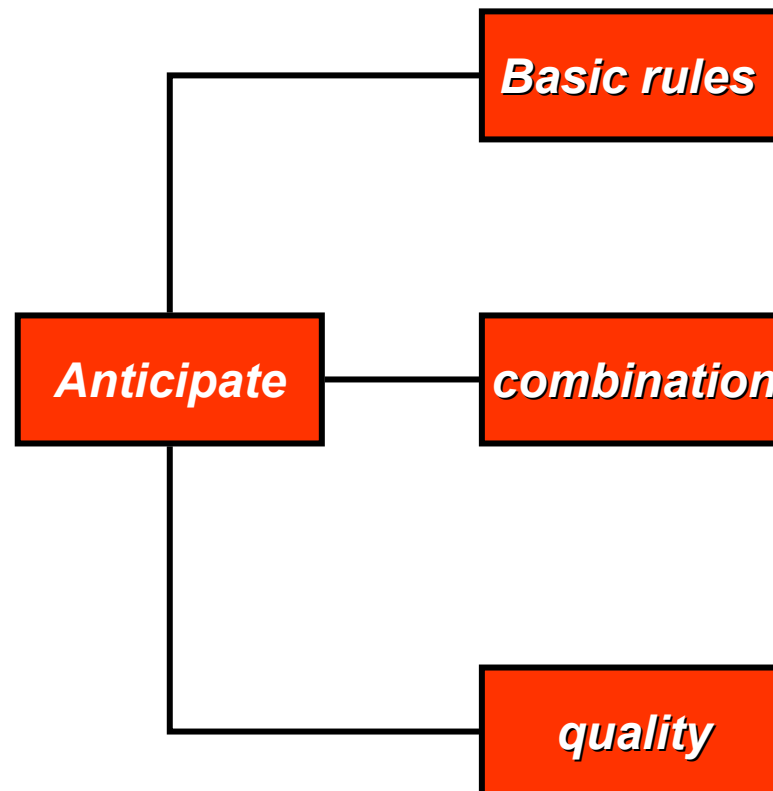
Anticipation

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Basic Rules of Anticipation

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<i>My shots</i>	<i>Opponent's</i>	<i>My shots</i>
<i>backspin serve</i>	<i>Difficult attack</i>	<i>attack backspin, attack over the table</i>
<i>topspin serve</i>	<i>Difficult to play short</i>	<i>Attack topspin</i>
<i>Fast deep serve</i>	<i>Must return deep</i>	<i>Step back and attack</i>
<i>Down the line</i>	<i>Cross court</i>	<i>Position to prepare for cross court</i>

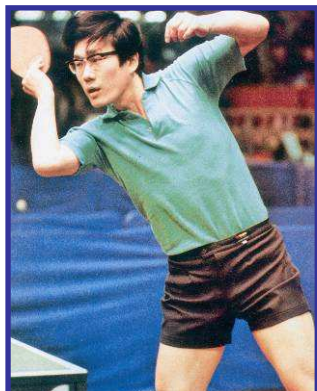
Win with Combination

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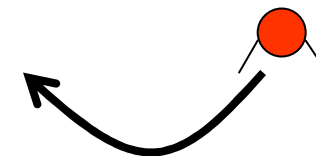
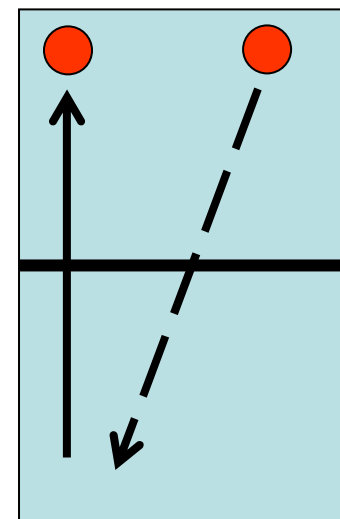
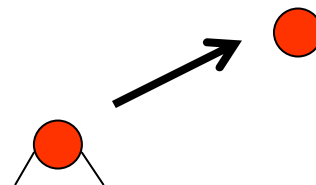
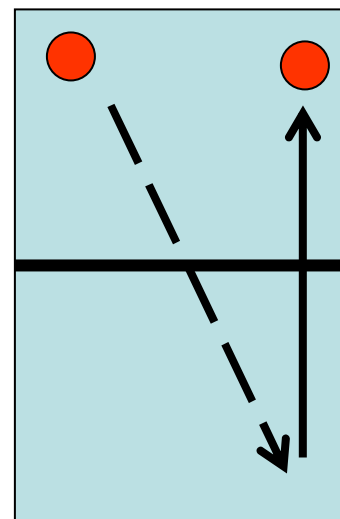
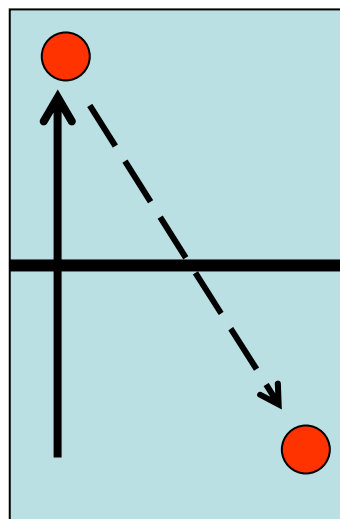
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World champ
Kohno



*Outplay the other
Quality guaranteed*

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Ma's Serve



WANG Hao's Backhand



WANG Liqin's Forehand

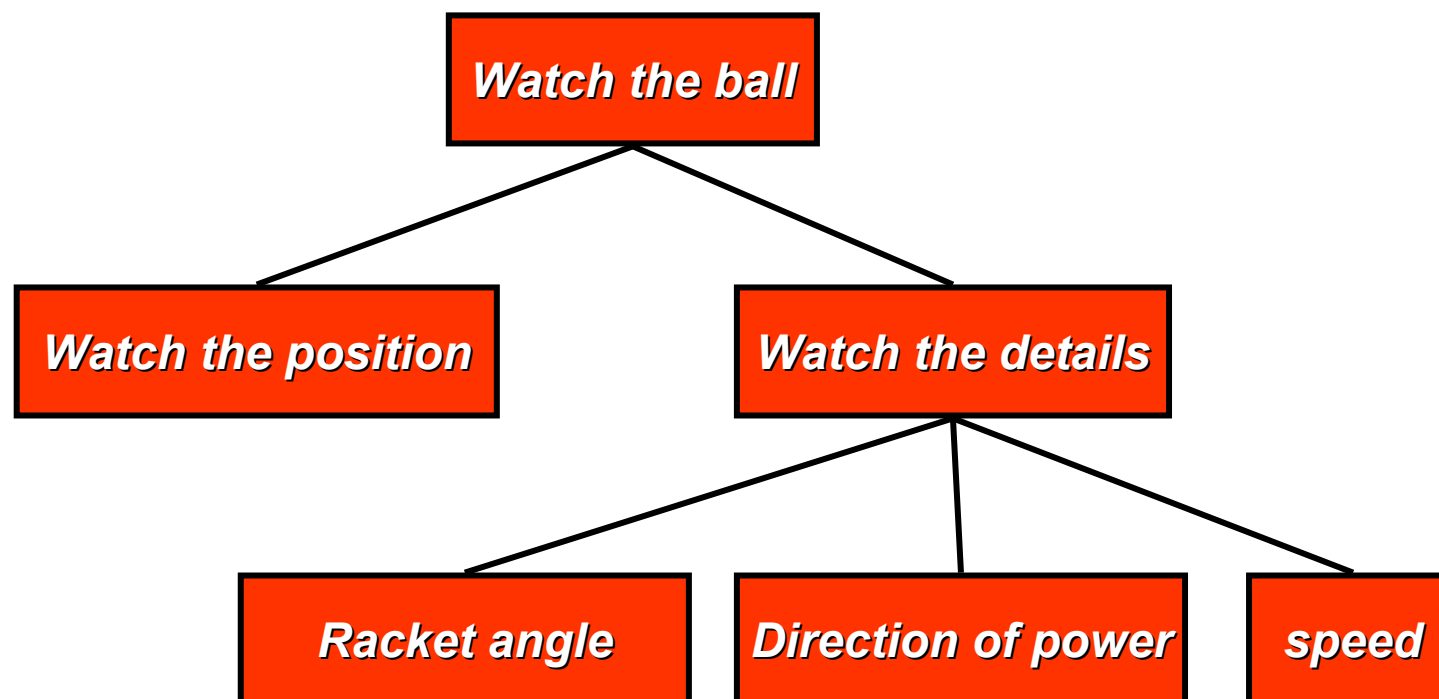
Watching the Ball

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*Keep eyes Leveled
Watch the Waist*

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*Boros'
high toss*



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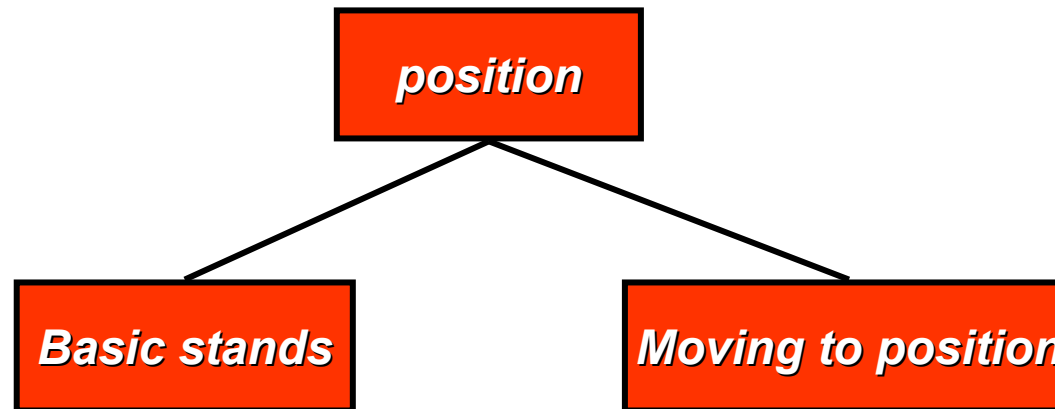
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2 Position

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Basic Stances

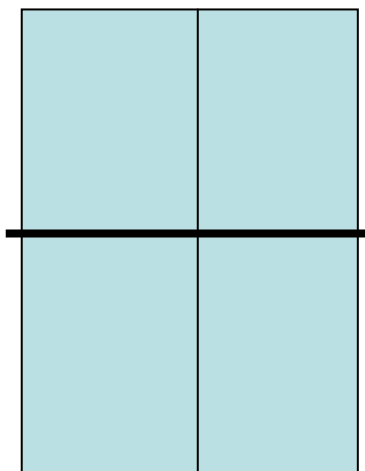
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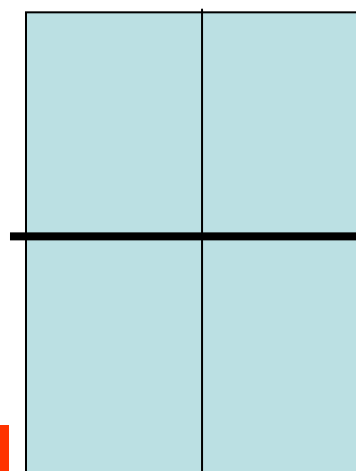
WANG , 1.86m



**MA
backhand
corner**



DENG , 1.50m



**SAMSONOV
Middle**



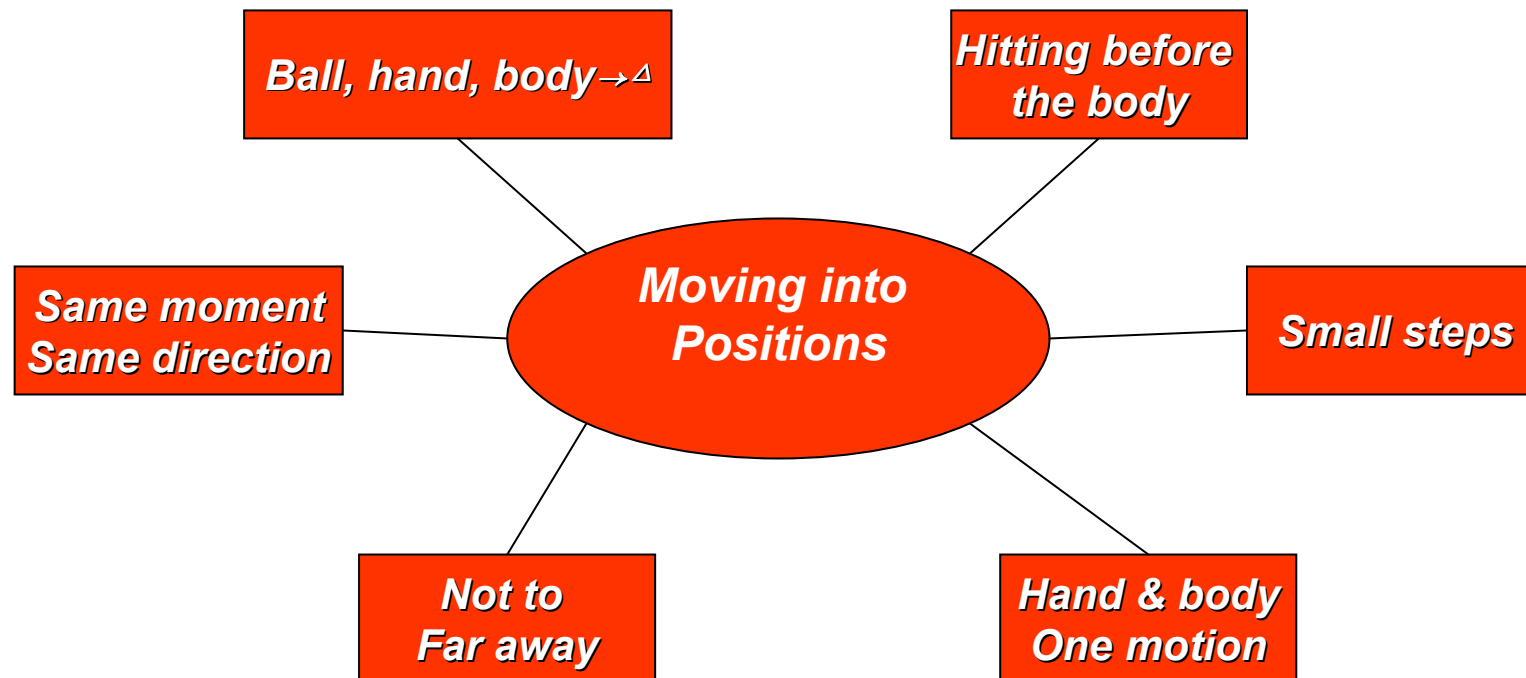
Moving into Positions

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3 Time

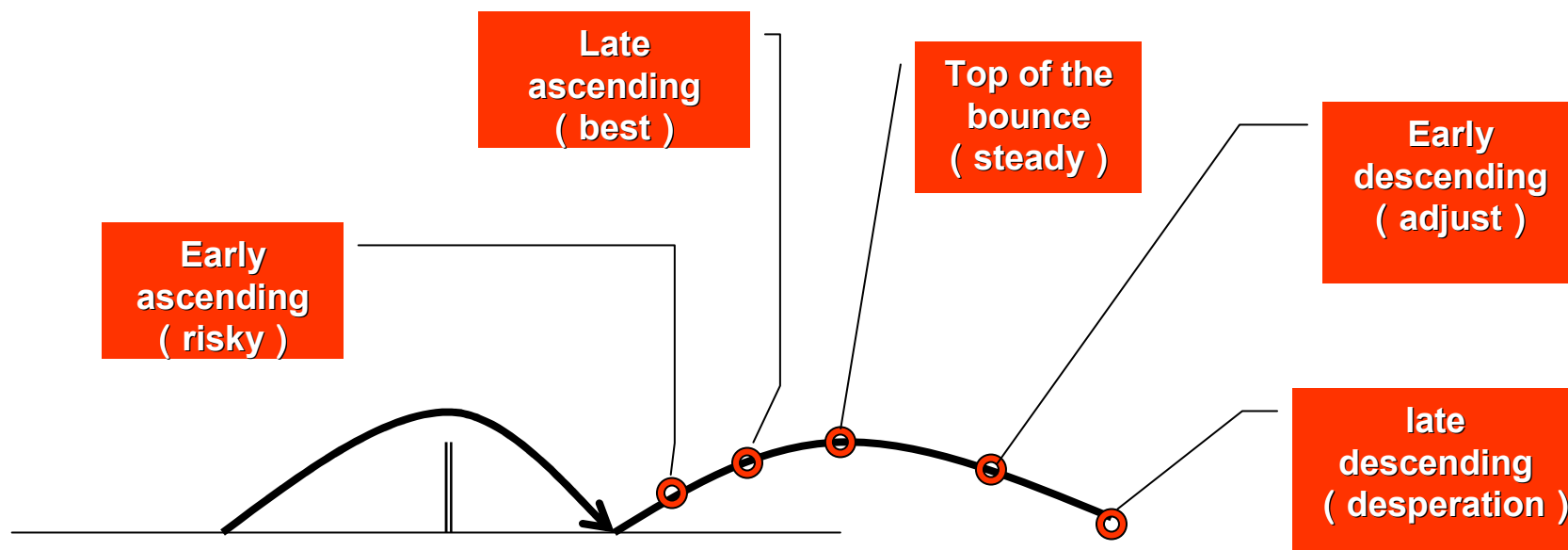
The right timing

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4 Distance

*Center of gravity –
distance – stroke - power*

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	<i>center of gravity</i>	<i>distance</i>	<i>stroke</i>	<i>power</i>
<i>Kills</i>	+++	+++	+++	+++
<i>Attack</i>	++	++	++	++
<i>Rally & Defense</i>	+	+	+	+

(focus on one point)

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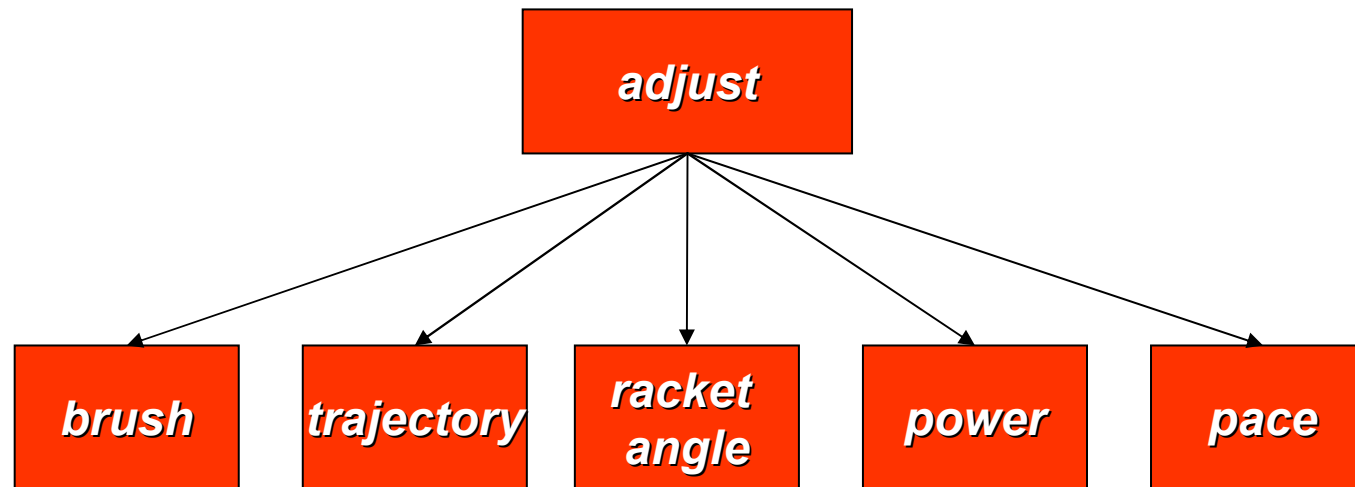
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5 Adjustment

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Brushing

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<i>Fingers</i>	<i>PhD</i>
<i>wrist</i>	<i>undergrad</i>
<i>forearm</i>	<i>secondary</i>
<i>arm</i>	<i>elementary</i>



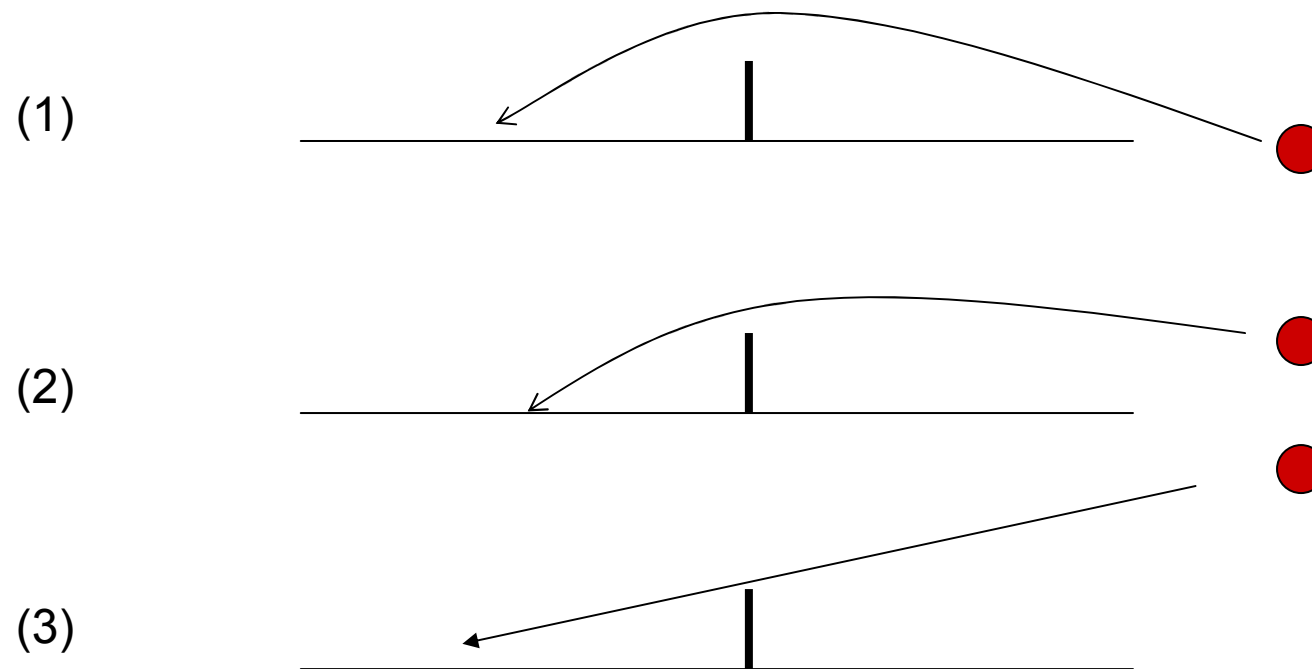
Trajectory

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Racket angle

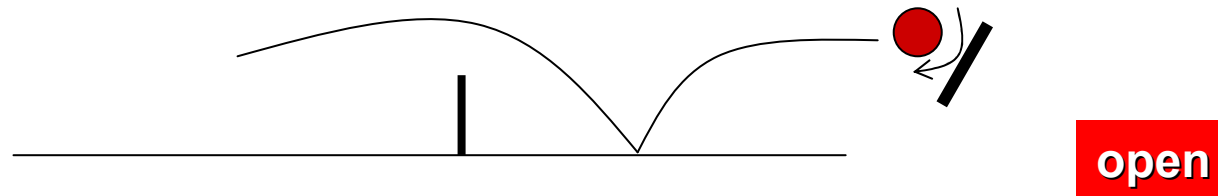
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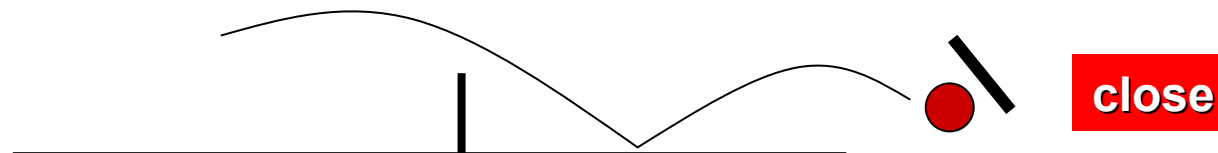
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good



bad



Power

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<i>power</i>	<i>Shots</i>	<i>Strength</i>
<i>strong</i>	<i>Kill, loopkill</i>	<i>90%</i>
<i>medium</i>	<i>Attack, continuous attack</i>	<i>60-70%</i>
<i>Own + opponents</i>	<i>Fast rally → attack</i>	<i>40-50%</i>
<i>Opponent's</i>	<i>Active defense</i>	<i>20-30%</i>
<i>absorbing</i>	<i>Short serves and push</i>	<i>10-15%</i>

Pace

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	<i>Pace (+ power)</i>	<i>Situation</i>
<i>I play</i>	<i>Slow + weak</i>	
<i>Opponent</i>	<i>Fast + strong</i>	<i>on the attack</i>
<i>I play</i>	<i>Fast + strong</i>	<i>on the attack</i>
<i>Opponent</i>	<i>Slow + weak</i>	
<i>I play</i>	<i>Fast + strong</i>	<i>From defense to offense</i>
<i>Opponent</i>	<i>Fast + strong</i>	
<i>I play</i>	<i>Slow + weak</i>	<i>Fighting for control</i>
<i>Opponent</i>	<i>Slow + weak</i>	

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Five Do's in hitting the shot

Center of Gravity

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Leading the Racket

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forehand



backhand



serve



flick



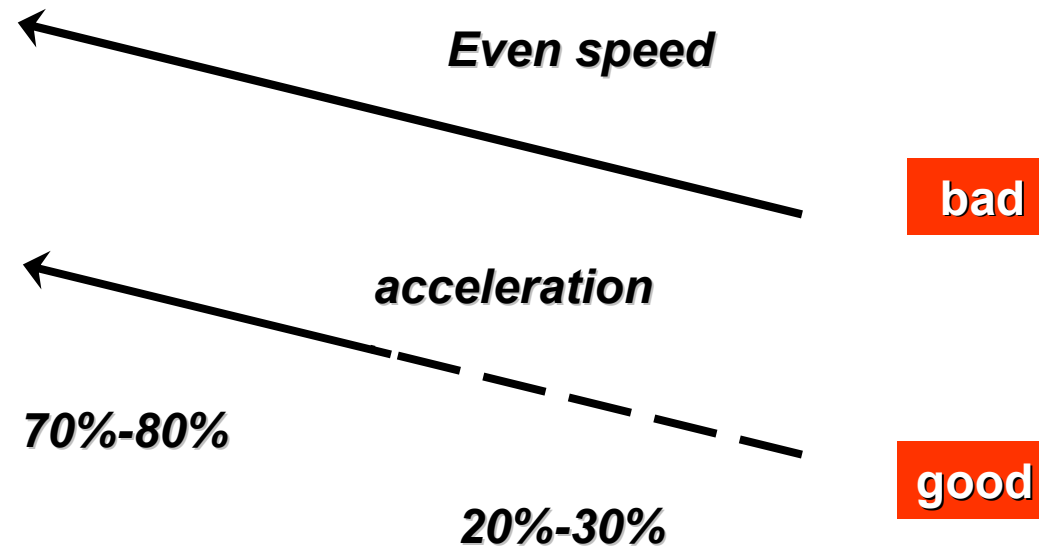
Focus on one point

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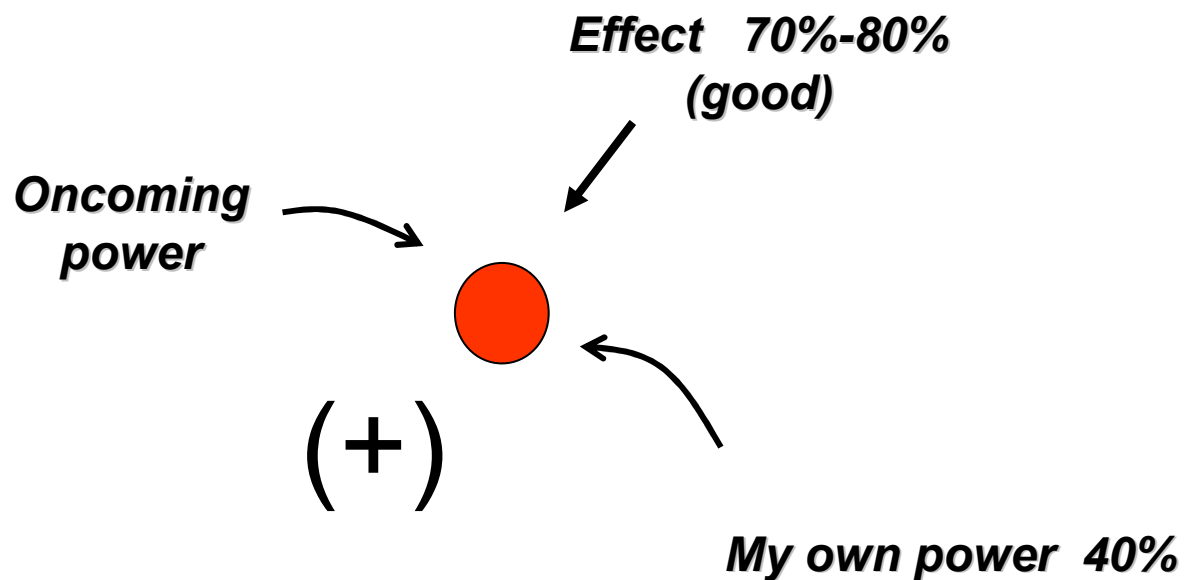
Playing off Opponent's Power

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Direction of Racket

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serve



push



backhand



forehand



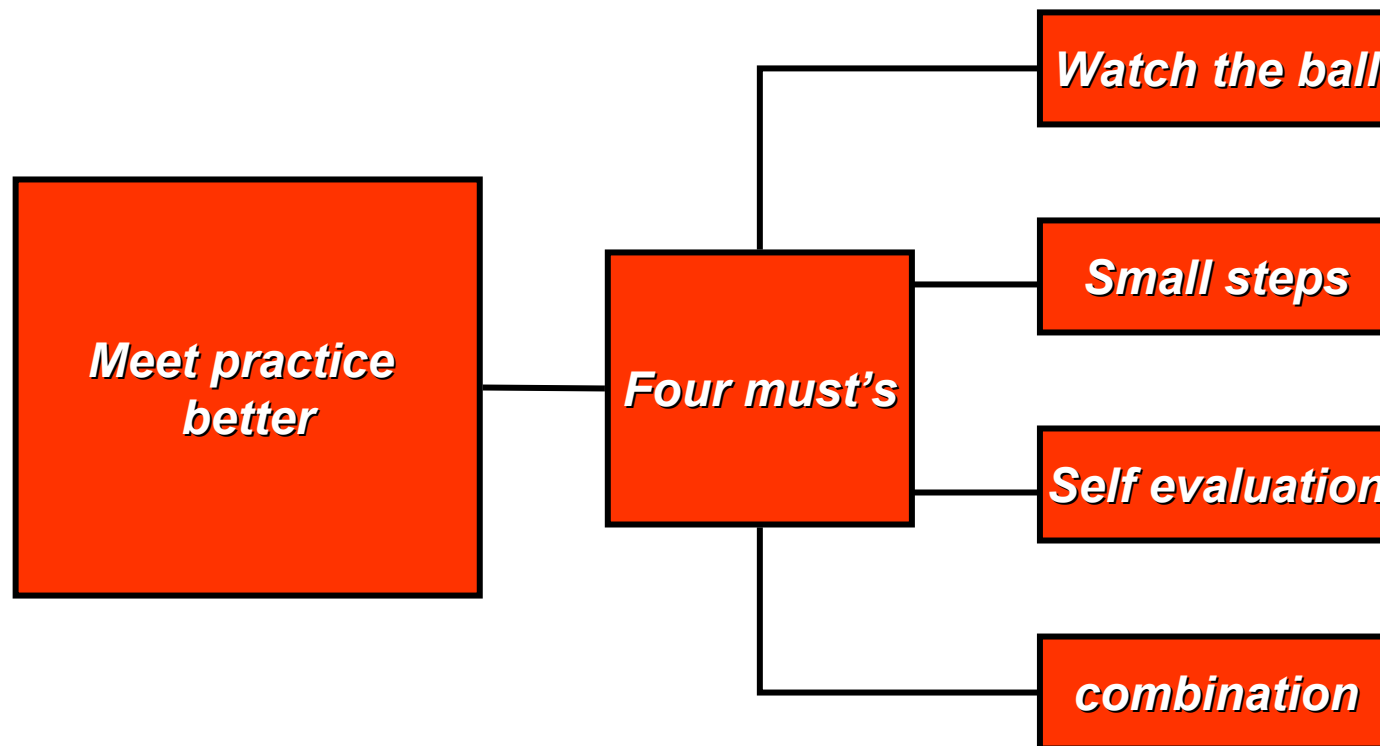
Four Must's in practice

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Thanks to you all !

See you in Olympic Finals!

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中国乒乓球队 Chinese Table tennis Team