Servis u stonom tenisu

Стонотениски савез Србије
Stonoteniski savez Srbije
Table Tennis Association Of Serbia

Fakultet za Sport i Turizam
Univerzitet EDUCONS – Novi Sad

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Serve analyses of elite European table tennis matches

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Results showed that forehand short serve prevailed (76.9%) instead other types of serve, mostly placed in the middle of the table on the opponent's backhand side. Percentage of point won directly with serve was **11.6%, points won with 3rd stroke - 22.4%** and points won with 5th stroke after serve (10.9%). Lost points after serve mostly were after 3rd stroke (25.0%) and after 5th stroke (22.4%) and serve errors were noted in 1.5% of all analyzed points. In the 3rd phase of the game serve points were won mostly with 3rd and 5th stroke instead previous phases of the game.

Match analyses of the final game of Men's World Championship 2014 - China vs. Germany

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Research article

EFFECTS OF RULE CHANGES ON PERFORMANCE EFFICACY: DIFFERENCES BETWEEN WINNERS AND LOSERS TABLE TENNIS PLAYERS

UDC 796.386.01

Zoran Đokić[1], Gunter Straub[2], Ivan Malagoli Lanzoni[3], Michail Katsikadelis[4], Goran Munivrana[5]

Nowadays, players use, to a larger extent, different ways to win, but the effectiveness of the serve and return play gained importance.

Djokić et al.: Role of serve and return of serve at European Games 2015 table tennis…

Role of serve and return of serve at European Games 2015 table tennis tournament

Zoran Djokić[1*], Goran Munivrana[2,4], Dragomir Levajac[3]

Percentage of winners on their serve won point efficacy was **60.60±7.43%** (in the range from 47.27 to 83.33%), lost points were 39.37±7.47% (16.17-52.73%) and won points on opponent serve was 53.28±6.73% (40.91-70.97%).

Technical challenges after rule changes

International Table Tennis Congress
Luxembourg, 23.11.2018.

Zoran Djokic, PhD - Faculty of Sport and Tourism, Novi Sad, Serbia

Tims

LUXEMBOURG INSTITUTE OF HEALTH
RESEARCH DEDICATED TO LIFE

LIROMS

CTTC-E

FLTT

Period of playing with new rubbers

14 performance indicators W/L

7 TTA 7 SRA

Lost point after serve	**W<L**
Winning stroke	**W>L**
Points won after receive of serve	**W>L**
Playing forehand topspin on backspin	**W>L**
Overplayed situation	**W<L**
Playing backhand topspin on backspin	**W<L**
Points won directly with serve	**W>L**
Errors in return serve	**W<L**
Lost points after receive	**W<L**
Points won directly in receive of serve	**W>L**
Points won with 3rd ball after serve	**W>L**
Errors	**W<L**
Playing backhand block	**W<L**
Forehand push	**W>L**

High impact

Role of serve and return of serve at European Games 2015 table tennis tournament

15th ITTF Sports Science Congress
Dusseldorf, 27.05.2017.

Zoran Djokic, PhD - Faculty of Sport and Tourism, Novi Sad, Serbia

Goran Munivrana, PhD - Faculty of Kinesiology, Split, Croatia, ITTF

Dragomir Levajac, Bsc - University of Konstanz, International Sport Studies, Germany

Table 3 Percentage and Index of serve & return (SRSSi) for medalist players

	WONSER	LOSSER	WOPSER	$SRSS_i$	$SRSS_i$ - Mean
Ovtcharov 2nd round	59.0	41.0	58.5	2.86	
Ovtcharov 3rd round	68.8	31.3	71.0	4.47	
Ovtcharov ¼ final	67.3	32.4	62.9	4.02	**3.27**
Ovctharov ½ final	58.7	41.3	51.1	2.66	
Ovtcharov Final	54.4	45.6	52.4	2.34	
Mean	**61.6**	**38.3**	**59.2**		
Samsonov 2nd round	68.9	31.1	53.5	3.93	
Samsonov 3rd round	62.3	37.7	47.2	2.90	
Samsonov ¼ final	73.5	26.5	54.3	4.83	**3.21**
Samsonov ½ final	54.4	45.7	63.8	2.59	
Samsonov Final	47.6	52.4	45.6	1.78	
Mean	**61.3**	**38.7**	**52.9**		
Kou 1st round	59.6	40.4	54.4	2.82	
Kou 2nd round	56.1	43.9	46.4	2.34	
Kou 3rd round	54.9	45.1	49.0	2.30	
Kou ¼ final	59.1	40.9	55.3	2.80	
Kou ½ final	36.2	63.8	45.7	1.28	**2.32**
Kou 3rd place	57.1	42.9	46.0	2.41	
Mean	**53.8**	**46.2**	**49.5**		

Match analyses of the final game of Men's World Championship 2014 - China vs. Germany

Zoran Djokic[1], Goran Munivrana[2] and Dragomir Levajac[1]

CHN – GER 2014

	CHN	GER
SWDIR	10.28	5.50
SWFIR	26.17	13.76
SWACT	18.69	19.27
SLOST	43.93	61.47
RWDIR	28.97	16.04
RWACT	32.71	28.30
RLOST	33.64	45.28
REROR	5.61	9.43

50% in World Championships final
Tamaki, Yoshida & Yamada (2017) concluded that Chinese male players displayed higher effectiveness of the first shot instead other countries.

POR-GER 2014

Most of the points after serve were won in 3rd and 5th stroke (65.2%), which is higher than some previous researches reported - 46.5% in European Championships final

Match analyses of final game of Men's Team European Championships 2014 - Portugal vs. Germany

Zoran Djokić[*1], Goran Munivrana[2] and Dragomir Levajac[1]

Serve analyses in elite European table tennis matches

ITTF Sport Science Congress
Budapest, 2019.

Zoran Djokic, PhD - Faculty of Sport and Tourism, Novi Sad, Serbia

Ivan Malagoli Lanzoni, PhD - School of Pharmacy, Biotechnology, and Sport Sciences. University of Bologna, Italy

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Gunter Straub - Association of German Table Tennis Coaches

RESULTS

Table 1. Results of analysis of serve type of all analysed sample and according result outcome (winners/losers)

	ALL SAMPLE		WINNERS		LOSERS	
	Frequency	%	Frequency	%	Frequency	%
FSHOSE	1126	76.9	584	80.0	542	73.8
FLONSE	254	17.3	102	14.0	152	20.7
BSHOSE	62	4.2	32	4.4	30	4.1
BLONSE	4	0.3	2	0.3	2	0.3

Chi-square test we can state the that there was a significant association between winning the match and serve type X2 (2, N=1466) = 11.685, p < 020).

Table 2. Results of analysis of serve outcome of all analysed sample and according result outcome (winners/losers)

	ALL SAMPLE		WINNERS		LOSERS	
	Frequency	%	Frequency	%	Frequency	%
SERDIR	170	11.6	94	12.9	76	10.3
SER3WN	328	22.4	170	23.3	158	21.5
SER5WN	160	10.9	92	12.6	68	9.2
SER7WN	90	6.1	60	8.2	30	4.1
SER3LS	366	25.0	176	24.1	190	25.8
SER5LS	328	22.4	126	17.3	202	27.4
SERROR	22	1.5	10	1.4	12	1.6
Won points	748	51.1	416	57.1	332	45.1
Lost points	716	48.9	312	42.9	404	54.9

Chi-square test we can state the that there was a significant association between winning the match and serve outcome, $X2(2, N=1466) = 34.229, p < .000$).

	SWDIR	SWFIR	SWACT	SLOST	SEROR
21-38mm	14.4	24.5	18.5	40.7	1.9
21-40mm	16.7	25.0	14.8	40.7	2.8
11-40mm	13.1	22.7	17.9	44.0	2.3
new rub.	9.0	20.0	22.2	47.6	1.2

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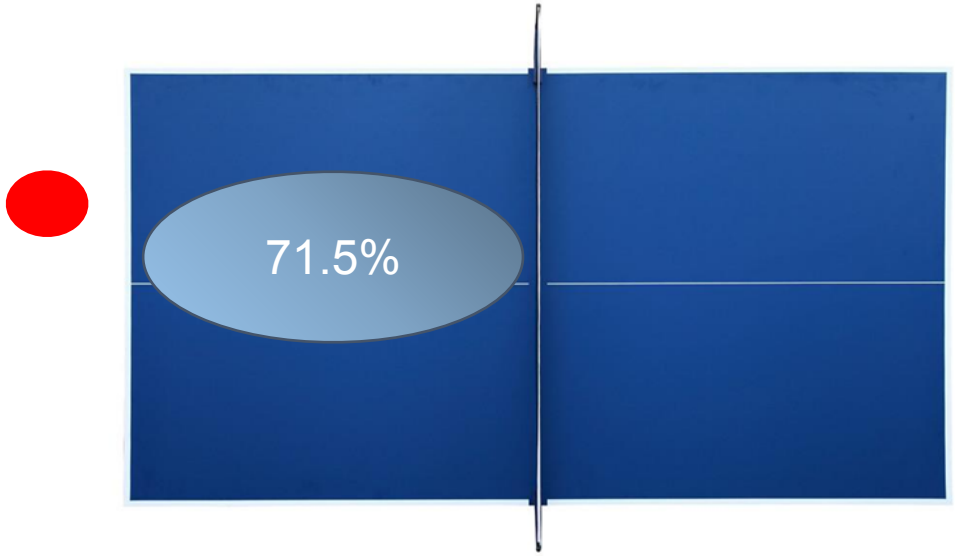
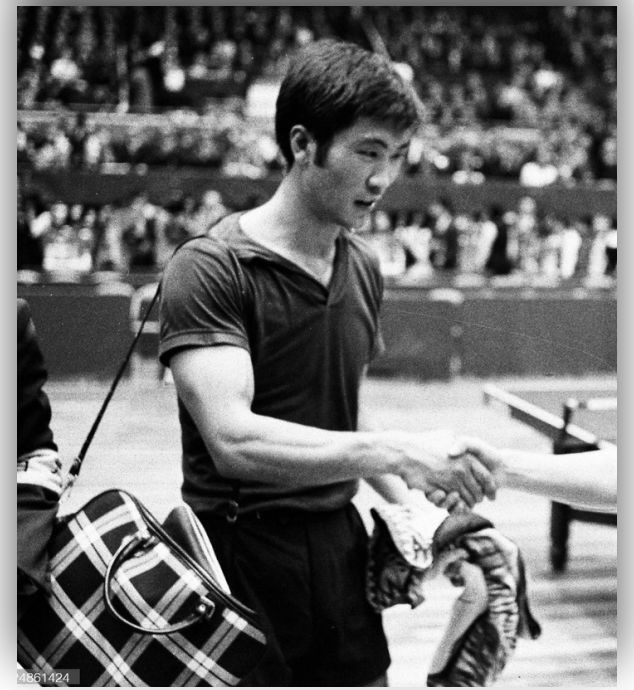
Table 3. Results of analysis of serve placement of all analysed sample and according result outcome (winners/losers)

	ALL SAMPLE		WINNERS		LOSERS	
	Frequency	%	Frequency	%	Frequency	%
SOUTFH	186	12.8	104	14.4	82	11.3
SMIDFH	306	21.1	140	19.4	166	22.9
SMIDBH	730	50.4	354	49.0	376	51.8
SOUTBH	224	15.5	122	16.9	102	14.0



1979….

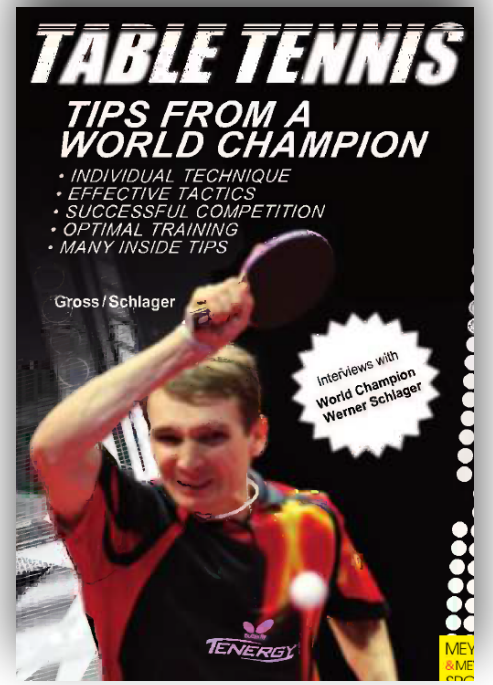


Pjongjang, Severna Koreja (1979)

Dragutin Šurbek i Antun Stipančić zlatni u muškim parovima,
Eržebet-Eržika Palatinuš i Gordana Perkučin bronzane u ženskim parovima.

2004 Croatia open….

POČETNI UDARAC I JEDINI U STONOTENISKOJ IGRI NA KOJI PROTIVNIK NE MOŽE DA UTIČE...



Which players have the best serves from your point of view at the moment? What is special about them?

Chen Qi or Vladimir Samsonov to name two of many. Naturally, technical ability is very important, but the best servers are also mentally the strongest.

SERVIS DONOSI NAJBRŽI TAKMIČARSKI NAPREDAK

(a posvećuje mu se najmanje vremena u treningu...)

- Osvajanje lakih poena (primer iz Praga 1986 Čehoslačka - Jugoslavija 4:4 - Panski)
- Obezbeđuje dobru poziciju (prednost) u nastavku odigravanja poena (direktno se diktira nastavak odigravanja poena)
- Ušteda energije (izbegava se nadigravanje i igranje dugih razmena udaraca u poenu (% spin-spin igre u meču?)
- Obezbeđuje se veća mirnoća,hrabrost prilikom vraćanja protivničkog servisa (omogućuje da se prijemu protivničkog servisa pristupi hrabrije i odlučnije)

Vrste servisa

- **Direktno zavisi od koncepcije igre igrača**
- Osnovni servis svakog igrača je kratak servis (forhend ili bekhend), ako je moguće sa nekom od varijacija (sa rotacijom na dole, sa rotacijom na gore (najteže je utrenirati), bez rotacije - prazna lopta, postranične rotacije)
- Brzi iznenadni dugi servis (ako se protivnik približi stolu i sprema se za prijem kratkog servisa)
- Servis iznenađenja ne mora da bude samo taj dugi,može da bude i jedan iz repertoara koji se čuva i primenjuje u momentu kada je poen neophodan za stvaranje pozicije za pobedu.
- Nijansu duži od kratkog - malo izlazeći, što znači da mu je drugi odskok, oko zadnje bele linije stola. Dovodi protivnika u dilemu, da li da pokuša da uđe na servis spinom ili da pasivno rezano(odpimpla) nazad na sto.
- Na taj servis je nemoguće ući dobro flipom, teško se može odigrati kratka lopta serveru, a isto tako teško je napraviti dobar polaz spinom.
- Primer: Šveđani protiv Kineza (1989)
- Pozicija iz koje se izvodi servis
- Nije pametno demonstrirati sve vrste servisa koje se koriste u prvim poenima ili prvom setu....

Obučavanje servisa

- **DOBAR I UTRENIRAN SERVIS, JE SAMO ONAJ KOJI SE SME ODSERVIRATI U SVIM SITUACIJAMA MEČA!**

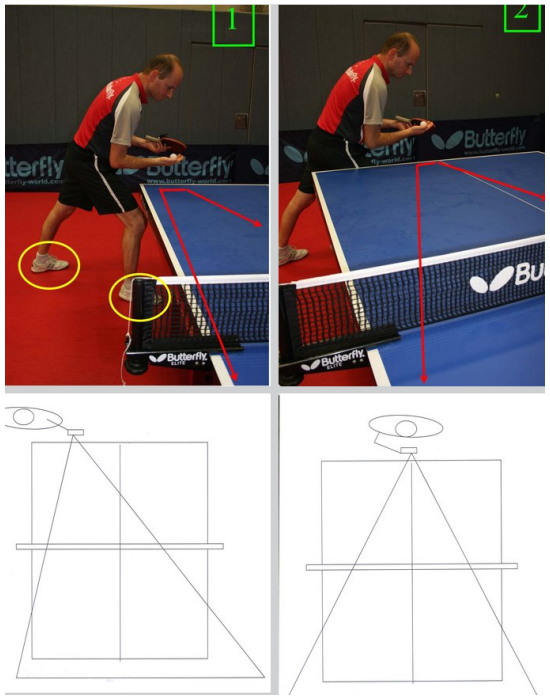
- Često se u važnim momentima seta a u najboljoj želji, poželimo da osvojimo lak poen, koristimo nedovoljno pripremljen servis i dolazimo u izgubljenu poziciju (kratak servis odlazi nam poludug, a dug je spor i tačno na reket protivnika)

PRIKAZ VEŽBI

- Osnovni položaj prilikom izvođenja servisa zavisi od konstitucije igrača i koncepcije igre
- Telo mora biti blago pognuto u idealnoj razdaljini od stola uz poštovanje osnovnog pravila o izvođenju servisa
- Hvat reketa
- Mesto kontakta lopte i reketa, važnost ugla reketa
- Priprema gornjeg dela trupa i nogu u poziciju i neposredna priprema pokreta (predpokret pred izvedbu) i brzim pokretom zgloba što je više moguće sakriti vrstu izvedene rotacije
- (Napomena:ne celom rukom, jer se usporava izvedba, a i predvidljiva je)
- Pogled na poziciju protivnika ,vreme izvedbe (ne žuriti) primenjivati iznenadne promene mesta i dužine servisa

- VAŽNO!
- Uvežbavati i automatizovati mesto prvog odskoka lopte na stolu, bitno za izvedbu svih vrsta servisa, kao i servisa iznenađenja (dug iznenadni servis)

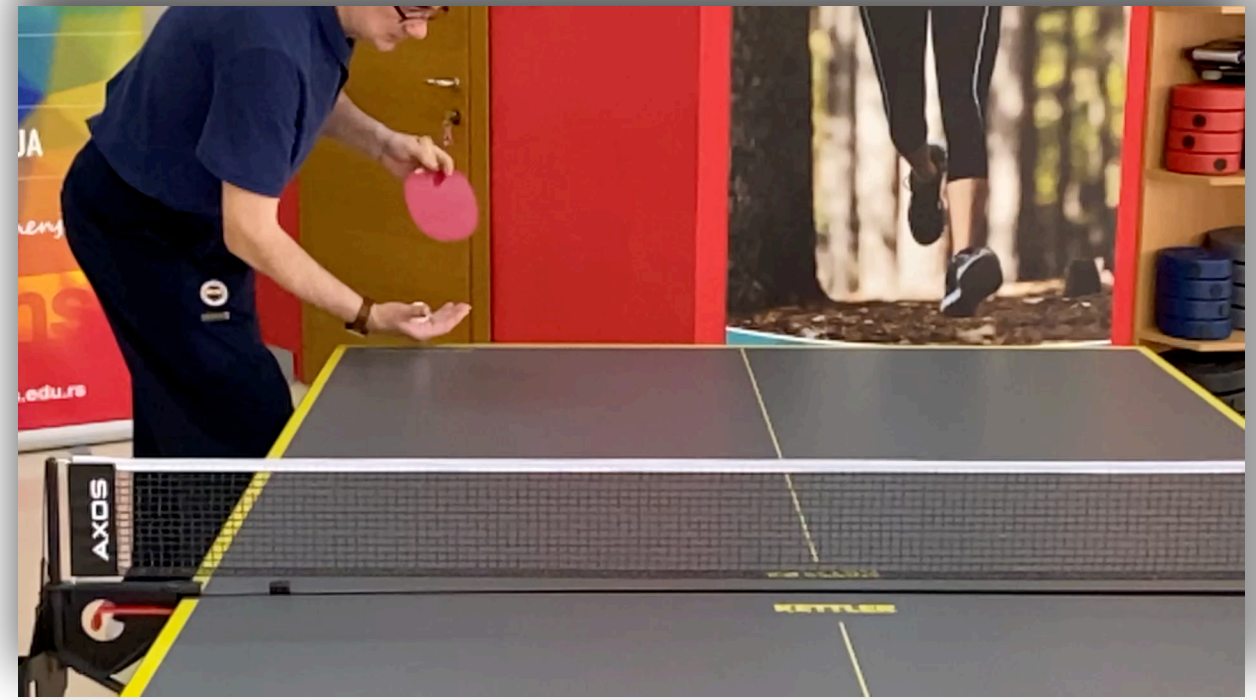
Početni položaj kod servisa



Servis iz sredine stola

Odskok lopte kod serve (kratka, duga, poluduga)

Kratka serva i sa bočnom rotacijom (slow motion)



Duga serva (slow motion)

- Trening je prilagođen pojedincu (ne rade svi isto) (igrač koji više igra bekhend?)
- Trening servisa iz kutije (za mlađe označiti mesto odskoka (peškir))
- Trening sa saigračem (saigrač trenira vraćanje servisa)
- Trening sa saigračem i odigravanje poena(varijacije samo 1. lopta, 2. lopta, ceo poen....)
- Trening kroz igru poena od 5:5, 8:8, 10:10 sa kombinacijama (samo dugi servisi neizmenično izvođenje - 1-1)

- **VAŽNO!**
- U kom delu treninga primenjivati gore navedeno ,neophodna procena trenera kada ubaciti trening servisa (trener mora da proceni u kom je stanju igrač zamorenost, koncentracija, raspoloženje...)
- Nije svejedno (logično je da će se uspešnije servirati, ako si miran i puls je 100, a ne 160. S druge strane, ako meč potraje igrač je uzrujan i umoran, a dolazi situacija da mora dobro odservirati...
- Kombinovati na treningu vežbe servisa, u svim delovima treninga elemenata i induvidualno kao i sa sparing partnerom)

Vežbe serve (iz kutije)

Vežbe serve
(sa nastavkom igre)

Uvežbavanje servisa

- Najteži deo stonoteniskog treninga
- Ne može se unapred odrediti njegovo trajanje.
- Zahteva jaču koncentraciju i pažnju, u odnosu na trening ostalih stonoteniskih elemenata, nema automatizma (svako izvođenje servisa je „priča za sebe“).
- Neophodna je podrška od strane trenera i saigrača
- Vreme trajanja uvežbavanja, zavisi od uspešnosti izvođenja pokreta (ne zavisi od procenta pogodaka, već poštovanju ostalih parametara servisa)
- Vreme se produžava ili skraćuje u zavisnosti od trajanja i dobre koncentracije.

Hvala na pažnji!