

## TRADUCTION

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## RESTAR ANALYSIS OF SERVICE

### 1. INTRODUCTION

In racket sports in general and in particular table tennis, the service has evolved from being simply the system by which jeopardized the ball over a given area, allowing us to start playing, up to be now a technical-tactical basic and essential element for somewhat directly.

Sport services are characterized by extreme variability level trajectories, speeds and especially effects. An effect is a rotation of the ball around a shaft and is characterized by three main criteria:

A) Its axis (qualitative aspect of rotation). Three pure rotation axes, which correspond to the three-dimensional axes defining espacio: X, Y and Z.

B) His sense (qualitative aspect of rotation). There are only two directions of rotation, for or against clockwise.

C) Its speed (qualitative aspect of rotation). That may be variable u.

The ability to subtract a service properly, without a doubt, more dificl part of the art of current table tennis. We know that the serve is the only blow that is not conditional on the contrary, it is the only occasion in which the play has 100% control over the situation. Indeed, we can get where we want and how we want, but po course, within legal limits allowing us the technical rules of the game.

Also, today, as a result of the research and development of gestural technique, the optimization of physical training and technological improvements applied to materials, most players have a strong and decisive service, so these factors have added much more power in the technical action of the rest.

### 2. THE REST

The correct return of serve is as important as the service itself technique. The rest has gradually evolved, becoming a fundamntal element in the technical and tactical play table tennis, provided that run efficiently, in order to prevent the opponent connecting a knockout punch, or to afford to take the initiative.

There is no ideal or special for the return of the different types of services formula, since depending on the type of service the rest could be done through different responses, either by a stroke of defense or attack, and of course right or backwards.

The return of the service is both a technical-tactical action individual character, strongly influenced by different psocilogicos and essentially with a clear purpose and intent factors.

-Make Direct both.

-Prevent The opponent take the initiative.

-Take The lead in the game.

To make a good rest requires:

A good rule of gestural technique and a correct position base.

-Know The optimum time to apply the technique perfect action.

-The Ability to read well the snaps (effect, speed and placement).

-Know Make decisions in a short ime (milliseconds).

-Poseer A good intention tactics game with clear actions in specific situations.

-Be Very brave and not doubt since there is practically no time to think.

The main element to be taken into account to correctly subtract a service is able to read the effect of kick. Speed and placement service are also two very important components but considered secondary.

Reading the effect type and amount thereof, is the first step and the fundamental characteristic without this capability, we will serve no other elements to subtract effectively. Speed and placement are relatively easy to read. The most difficult is to discover as quickly as possible the amount of rotation and the effect or various combination effects that carry them out.

Next, study the effect of different types. Read well the effect or effects of a long basically involves two actually:

Distinguish the effect type or types of combined effects that lead them out.

Distinguish the amount of effect that leads, or quantities of different types of effect that takes every serve, if it is a kick with combined effects.

The combination of the coordinate axis (X, Y, Z) with the direction of rotation, generates six kinds of fundamental effects produced on the ball. In short, the different types of effects can be classified into the following categories.

-Effect Up or topspin. OZ

-Effect Down or cut effect. OZ

-Left side-effect. OY

-Effect Right side. OY

The combination of these four categories are born other effects, the helical called:

Left side towards the combined effect up or down -Effect. OX

Lateral to the combined effect right up or down -Effect. OX

We distinguish the effect type or types of combined effects, according to the direction of travel of the blade when you touch the ball before or after.

The amount of rotation of the ball comes according to the type of coating and other components; depends also on the speed of the racket in relation to the ball, the contact angle paddle-ball trajectory that takes the ball, and even body language, ie, the player shows that wants to do after executing the kick, giving us an idea of kick made.

The technical action bounds near hitting the ball can be decomposed into two actions vertically and horizontally in one.

According to Erb, a function of the direction of the path of the blade we can find:

-Effect Cut: contact with the ball below the Ecuador with a movement from back to front and top to bottom (backward rotation) in the rest, the adverse impact with the ball descends racket.

-Effect Topspin: contact ball over Ecuador with a movement from back to front and from the bottom up (forward rotation), in the rest, the adverse impact with the ball racket amounts.

-Effect Left side: contact with the ball in Ecuador with a left lateral motion (rotation left), at rest, at impact adversely racket ball deviates to the left.

-Effect Right side: contact with the ball in Ecuador with a right lateral movement (rotate left), at rest, at impact adversely racket ball is deflected to the right.

-Effect Helical left: contact with the ball at the South Pole with a right lateral movement.

Elsewhere, the adverse impact with the ball racket suffers a strong lateral deviation to the left.

-Effect Helical right: contact with ball in South pole with a left lateral movement. Elsewhere, the adversely impact the racket the ball suffers a strong lateral deviation to the right.

Topspin or cut effects can be combined with side effects keep to the right or left.

### 3. ASPECTOS KEYS TO MAKE A REST CORRECT

There are some principles to consider for proper return of serve:

a) The receiver, at the moment when the service is performed, the technician will decide to use to return it according to their peculiarities, noting the path and the effect of the ball procedure.

- b) The receiver must always use a blow to enable or take the initiative or prevent take the adversary.
- c) The remainder must be active (but changing the intensity), ie run without hesitation on the technical procedure to use.
- d) The receiver if attacker, should be close to the bottom line of the table and on the side preferably left (if you are a right handed player), which may dominate 3/4 of the table with the Beat right, but this location will depend siemrpe game system to use. If the receiver is defense should be positioned at the center of the bottom line of the table and the ideal separation according to their playing conditions.

#### 4. EFFECT CARRYING AMOUNT OF SERVICE

As noted above, the most difficult aspect of determining the service is to recognize how much effect that leads pleota not the kind of effect. The vast majority of players fail this capability. When a player says that he does not know what effect carries the ball, in most cases refer to the exact amount of effect or effects that takes the throw.

This statement is still more evident when it comes to services with effect and void. They are actually carrying much effect kicks cut against others who have recently cut effect. Observe racket contact with the ball is the best way to realize the rotation carrying the ball.

The key to distinguish the amount of effect is in the acceleration and friction, ie, fine contact occurs between the blade surface and the ball.

If the player is going to get hit much faster and plays fine ball, ie long ball touches the kick take much effect, if effected otherwise take effect fewest.

We must bear in mind also, to discover how much effect, the area of the racket hits the ball (the more distal of the handle greater effect) and type of recubrimento that uses the opponent, since adherence vary considerably recubrimento a function of use (short peaks, long beaks, anti-spin and back-side).

In just contact shovel-ball, either before or after the time (because it seeks to camouflage the effect produced), the direction of motion of the racket indicate to us whether the service has side effects and the angle of the racquet, the type of efectoy tamien the effect, if it brings much effect above the first boat will be higher than with effect down, plus the first pot also distinguishes whether the ball is long or short (if the first bounce takes place near the network's serve will short).

Finally, depending on the specific area where the ball contacts the paddle encontraemos us as a rule with which the impacts below will tend to be cut, if it hits the central area will tend to be ineffective and if service is performed by up will tend to be with topspin.

When a player perfectly reads the effect type and amount thereof together with the speed and placement of the serve gets to decide what to do according to their technical ability, tactical needs and circumstances of each moment.

Once decided the following steps are: register and run the rest.

Besides everything discussed so momentopara correccion subtract the player needs a regular shapes according subtracting each type of kick and principles to Public Safety needs tactics that unless shouldn't be modified.

#### 5. FORMS REGULAR RESTAR

If the ball leaves the table should attack the service no matter the effect it takes.

Ante cut with combined sidespin or topspin balls must grapple with the technique of flip with a relatively fast acceleration.

If the ball is short and very cut effect is mainly short boat will return soon or combinations of long and flips smooth cuts.

-For Short balls is mainly will return to the execution of flip or deep cuts.

If we find balls balls pupa ie presenting uncertainty whether they will leave or not the en line of the

table. We have two possibilities, boat soon return them to the highest point loud banging and long corners, if we hope to leave the table will use a top-spin very fine execution and lot of effect.

## 6. RETURN OF DIFFERENT TECHNICAL SERVICES

The return of the services will be different in function of the type of short or long service regardless of variations of spin and speed.

Extended services: this kind of amenities must be returned with top-spin or attacks if the receiver is offensive or with blows defense if the receiver is defensive. However, modern defensive attack those services MUST be possible. It can be considered that a service is long if the ball after bouncing off the table or you can give a second boat near the bottom line.

Short services: in this type of service should also take the initiative performing a flip or with cut devolucoones or always chasing the purpose of preventing that it can take the initiative on the return own effect.

## 7. PRINCIPLES TO CONSIDER IN THE REST

The principles to be followed as a rule are listed below:

Always try atcaar the serve safely and effect when there is a minimum of possibilities. This attitude is not just a way to subtract but also a way to pressure the opponent psychologically, causing incertiidumbre and decline in the quality of the snaps, facilitating the following technical actions subtract.

-but You can attack, we must try to control the opponent with a short, short cut, preventing it from attacking or making a surprise blow that can not wait for the opponent.

-but Are sure how much effect that takes the kick, we utilizar neutral technique, wait for the ball qe ascend to the highest point making a strong and deep cut, with a view to better block the first input of the adversary.

-for Last article must return the serves always only decision and never touch the ball. To return any effect we serve, as a rule, always hit the ball with some acceleration trying so nullify the effect it brings.

