Defenders @ Modern Table Tennis

Elena Timina
ETTU May 2017
The real defender
How I become a defender

Long term goal

Knowledge

Perseverance & Patience

Try everything wherever possible

Continuous Improving
My Career

As player:
1. Joined Soviet Union junior team 1982
2. European champion and World Cup winner with Russian national team 1994
3. ¼ finale Olympic Games 1992,1996 double with Irina Palina
5. Participant of 2008, 2012 Olympic games with Dutch team

As coach/trainer:
1. Start of my work as coach of Dutch national women team 2012
2. Finished Dutch Top Coach education program in Nederland
3. Silver medal with Dutch national team, golden medal of Li Jiao, silver medal of Li Jie at European games in Baku 2015
Most of European woman defenders are from **few** countries only

6

Han Ying
Germany

10

Wu Yang
China

18

Sato Hitomi
Japan

19

Li Jie
Netherlands

24

Ishigaki Yuka
Japan

30

Kim Song I
PRK

37

Li Qian
Poland

47

Mikhailova Polina
Rusland

52

Pavlovitch Viktoria
White Rusland

53

Bilenko Tatiana
Ukraina

71

Dolgikh Maria
Rusland

89

Gaponova Ganna
Ukraine
Why the number of defenders is low?

Result: defenders are minority

- Education
  - Not sufficient knowledge by coaches
- Organization
  - No programs that focus on defenders
- Technology regulations
  - Preferred offensive way of playing
- Information
  - No sufficient materials (books, articles) about defense way of playing
How to select a defender
Selection of a defender

MENTAL
- Patience, patience, patience
- Resistant to mistakes
- Like repeating till perfection
- Like keeping ball in play
- Let opponent makes mistakes

PHYSICAL
- Perseverance
- Endurance
- Explosive & speed power
- Flexibility

ENVIRONMENTAL
- Comfortable with longer distance from table
- Need/like space

INTELLIGENCE
- Overview
- Tactical analyze
- Ball anticipation
- Opponent prediction
- Interest in technology
How to train a defender
Nothing new

Four focus areas to plan:

Tactic

Technics

Mental

Physical
To get rid of own Tactic mistakes by neutralize Technics mistakes by eliminate

by strengthen by Mental weakness by bypass

by Physical limits
To misuse opponent

Tactic mistakes by force

Technics mistakes by abuse

Mental weakness by conscious

Physical limits

exhaust by
Long term steps

- long term goal(s)
- continuous improvement
- thinking
- hard working
- motivation
- selection

Long term steps

- selection
- motivation
- hard working
- thinking
- long term goal(s)
03  How to choose right material for defender
Diversity of materials

However number of defenders specific materials are less then for other type of play, diversity of materials are also huge.

What are basic characteristics of rubbers for defenders:
• Receive control
• Spin manipulation
• Speed dumping
• Trajectory characteristic (low)

What are basic characteristics of blades for defenders:
• Size and shape (big sweet spot)
• Speed (dumping frequency)
• Control (softness/hardness)
• Handle (twiddling)
Role of pimples

Almost all defenders use pimples rubbers.

modern  short  long  traditional

Something in between
Why pimples?

Because it gives more possibility for strokes variations

In addition, diversity, will give more options to fit material to player habits.

- speed dumping
- spin control
- spin manipulation
- surprise attack
- returning direction control
## Equipment

<table>
<thead>
<tr>
<th>Player</th>
<th>Defense rubber</th>
<th>Blade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Han Ying</td>
<td>TSP - Spectol – short</td>
<td>VICTAS - Koji Matsushita</td>
</tr>
<tr>
<td>Wu Yang</td>
<td>FRIENDSHIP - RITC 802 - short</td>
<td>DONIC - defplaysenso</td>
</tr>
<tr>
<td>Sato Hitomi</td>
<td>BUTTERFLY - Feint Long II - long</td>
<td>NITTAKU - Herculean strength supercut</td>
</tr>
<tr>
<td>Li Jie</td>
<td>BUTTERFLY - Challenger - short</td>
<td>BUTTERFLY - Matsushita Pro</td>
</tr>
<tr>
<td>Ishigaki Yuka</td>
<td>DHS - Sharping Nittaku - short</td>
<td>NITTAKU - Kim Kyung Ah</td>
</tr>
<tr>
<td>Kim Song I</td>
<td>BUTTERFLY - Feint-Soft- long</td>
<td>BUTTERFLY - Defence Pro</td>
</tr>
<tr>
<td>Li Qian</td>
<td>TIBHAR - Speedy Soft D.TecS- long</td>
<td>BUTTERFLY - Hadraw Shield</td>
</tr>
<tr>
<td>MikhailovaPolina</td>
<td>BUTTERFLY - Challenger Attack - short</td>
<td></td>
</tr>
<tr>
<td>PavlovitchViktoria</td>
<td>BUTTERFLY - Feint Long III - long</td>
<td>BUTTERFLY - Gionis Carbon</td>
</tr>
<tr>
<td>Bilenko Tatiana</td>
<td>BUTTERFLY - Feint Long III - long</td>
<td>BUTTERFLY - Defence III</td>
</tr>
<tr>
<td>Dolgikh Maria</td>
<td>BUTTERFLY - Feint Long II - long</td>
<td>BUTTERFLY - Joo Se Hyuk</td>
</tr>
<tr>
<td>GaponovaGanna</td>
<td>BUTTERFLY - Feint Long II - long</td>
<td>BUTTERFLY - Joo Se Hyuk</td>
</tr>
</tbody>
</table>
04 Defender challenges in modern Table Tennis
Example video with Kim Song I
Changes in time

- Different colors of rubbers
- Bigger size of ball
- Plastic ball
  - Very hardiness (lower deformation -> less pimples are touched)
  - Low stickiness (less possibility of spin manipulation)
  - Ball even bigger (lower control)
  - Bigger speed (required more dumping or more to the body strokes)

Is still future for defenders?
Questions?