



# Defenders @ Modern Table Tennis

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# Agenda

01

How to select a defender

- + *History of*
- + *Skills*
- + *Functions*

02

How to train a defender

- + *Step by step*
- + *Only Drills?*
- + *Limits*

03

How to choose right material for defender

- + *rubbers*
- + *Frames*
- + *Something else?*

04

Challenges of modern Table Tennis for defender

- + *What against*
- + *What in favour*
- + *For whom*
- + *For how long*

# 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
4. European champion with Dutch national team ( Li Jiao, Li Jie, Linda Creemers)2008, 2009, 2010, 2011
5. Participant of 2008, 2012 Olympic games with Dutch team

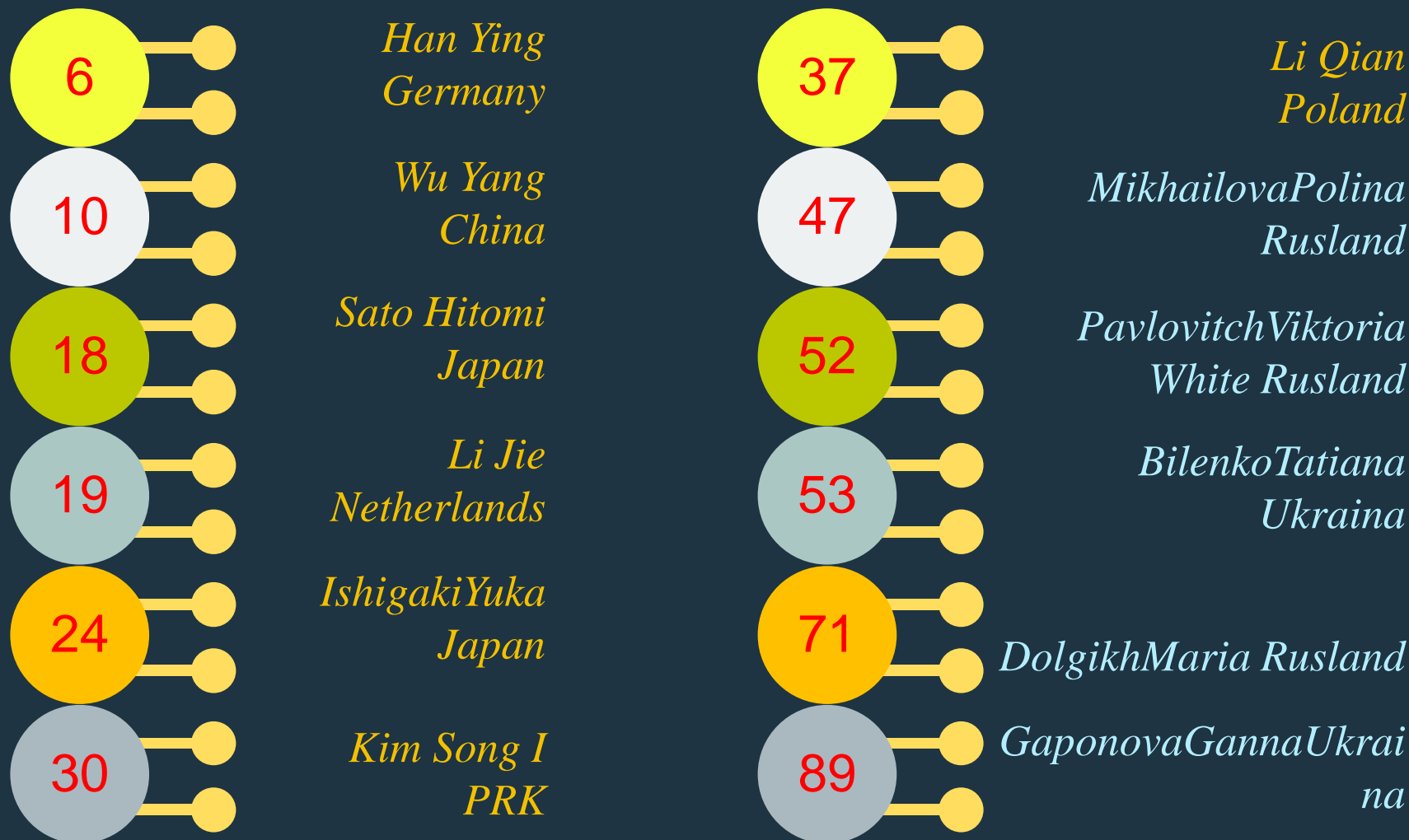


## As coach/trainer:

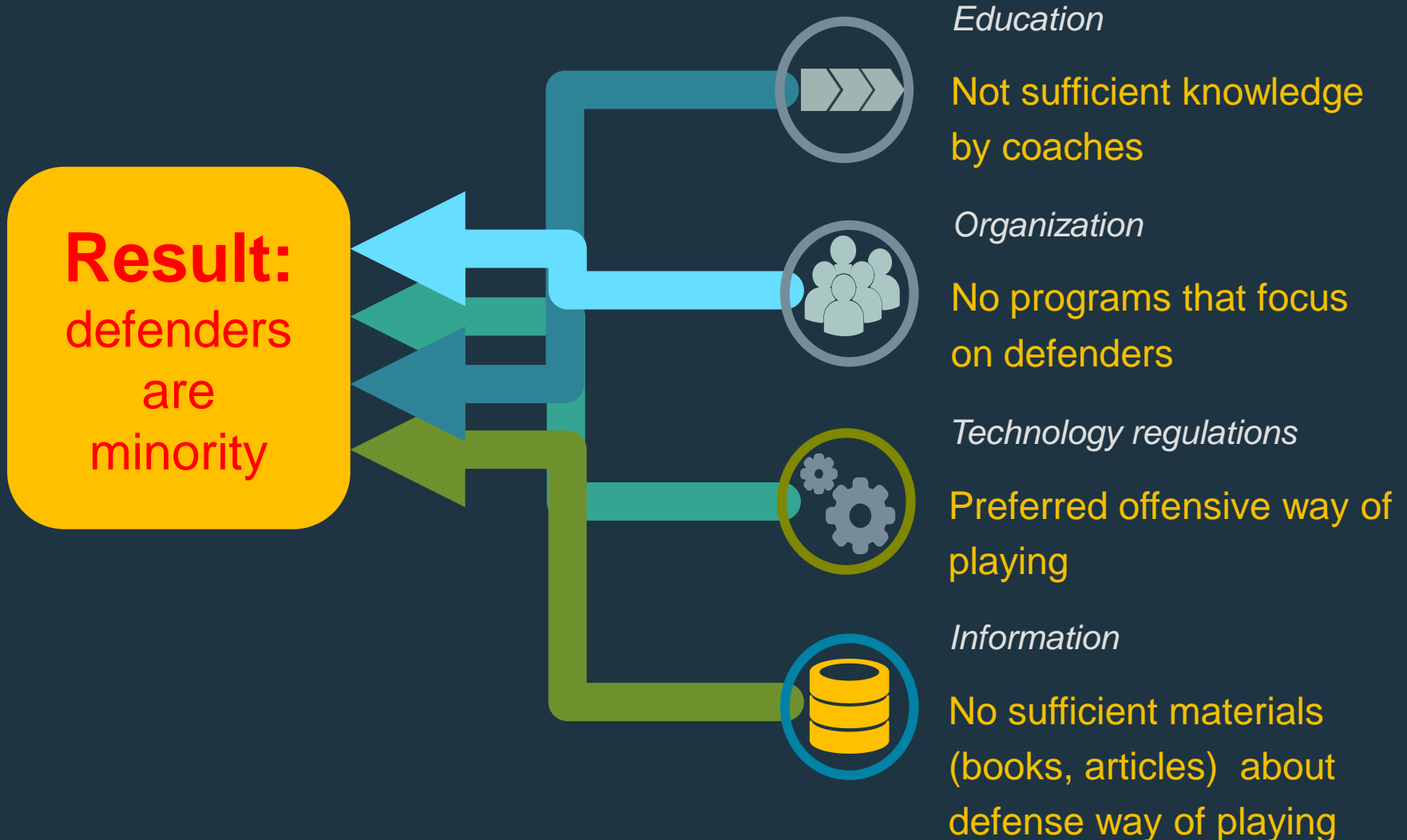
1. Start of my work as coach of Dutch national women team 2012
2. Finished Dutch Top Coach education program in Nederland
3. Silver medal with Dutch national team, golden medal of Li Jiao, silver medal of Li Jie at European games in Baku 2015
4. Olympic games in Rio 2016. Our dream of winning a medal did not become a reality.



# Most of European woman defenders are from **few** countries only



# Why the number of defenders is low?



# 01 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

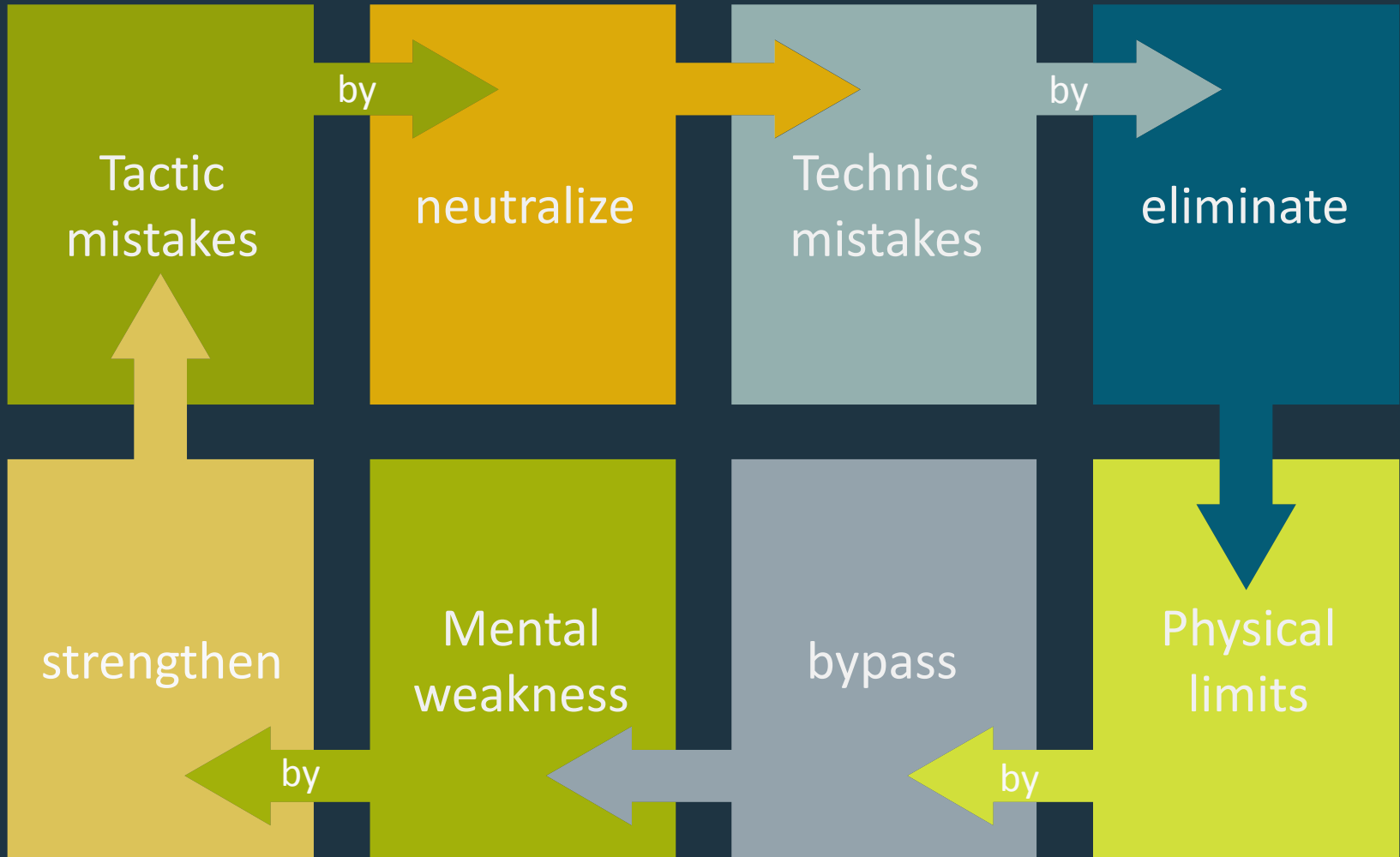
## 02 How to train a defender

# Nothing new

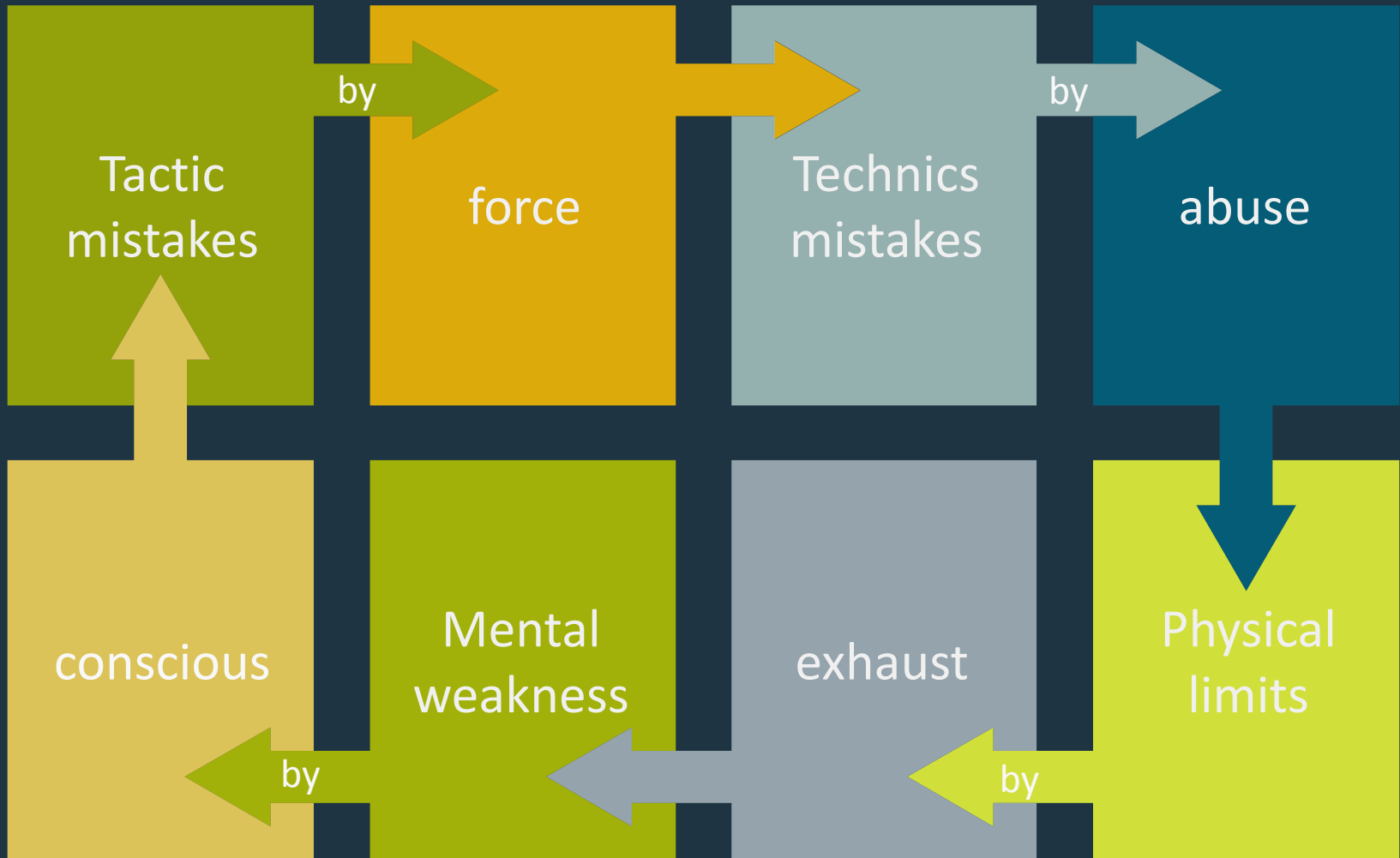
Four focus areas to plan:



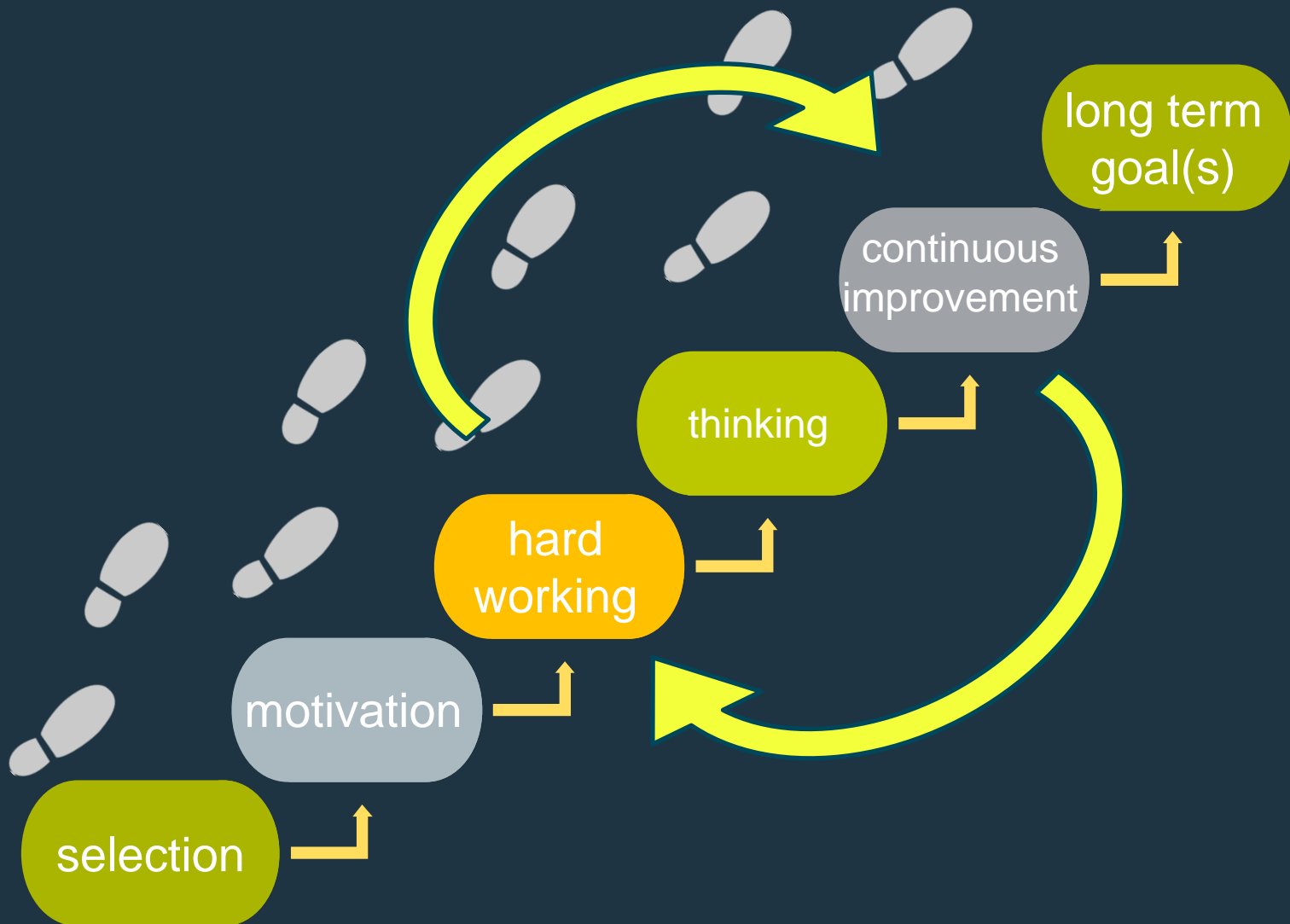
# To get rid of own



# To misuse opponent



# Long term steps



# 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:

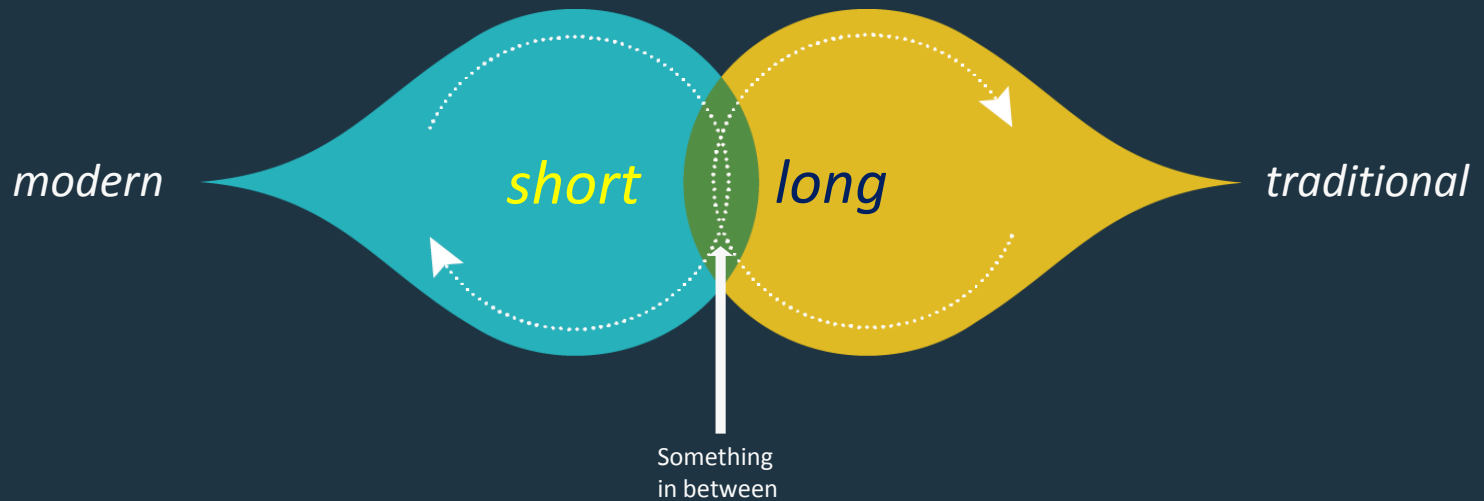
- Size and shape (big sweet spot)
- Speed (dumping frequency)
- Control (softness/hardness)
- Handle (twiddling)





# Role of pimples

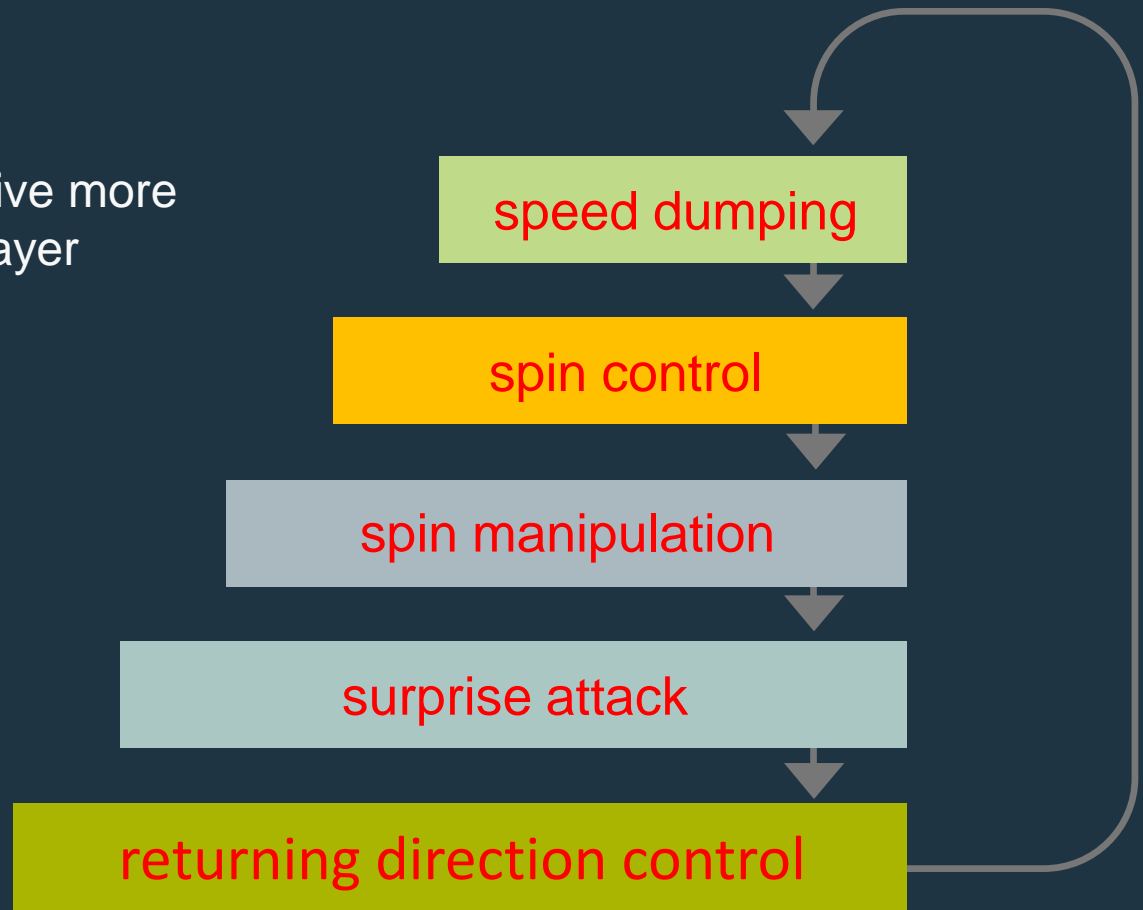
Almost all defenders use pimples rubbers.



# Why pimples?

*Because it gives more possibility for strokes variations*

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



# Equipment

| Player             | Defense rubber                        | Blade                                 |
|--------------------|---------------------------------------|---------------------------------------|
| Han Ying           | TSP - Spectol – short                 | VICTAS - Koji Matsushita              |
| Wu Yang            | FRIENDSHIP - RITC 802 - short         | DONIC - defplaysenso                  |
| Sato Hitomi        | BUTTERFLY - Feint Long II - long      | NITTAKU - Herculean strength supercut |
| Li Jie             | BUTTERFLY - Challenger - short        | BUTTERFLY - Matsushita Pro            |
| Ishigaki Yuka      | DHS - Sharping Nittaku- short         | NITTAKU - Kim Kyung Ah                |
| Kim Song I         | BUTTERFLY - Feint-Soft- long          | BUTTERFLY - Defence Pro               |
| Li Qian            | TIBHAR - Speedy Soft D.TecS- long     | BUTTERFLY - Hadraw Shield             |
| MikhailovaPolina   | BUTTERFLY - Challenger Attack - short |                                       |
| PavlovitchViktoria | BUTTERFLY - Feint Long III - long     | BUTTERFLY - Gionis Carbon             |
| Bilenko Tatiana    | BUTTERFLY - Feint Long III - long     | BUTTERFLY - Defence III               |
| Dolgikh Maria      | BUTTERFLY - Feint Long II - long      | BUTTERFLY - Joo Se Hyuk               |
| GaponovaGanna      | BUTTERFLY - Feint Long II - long      | BUTTERFLY - Joo Se Hyuk               |

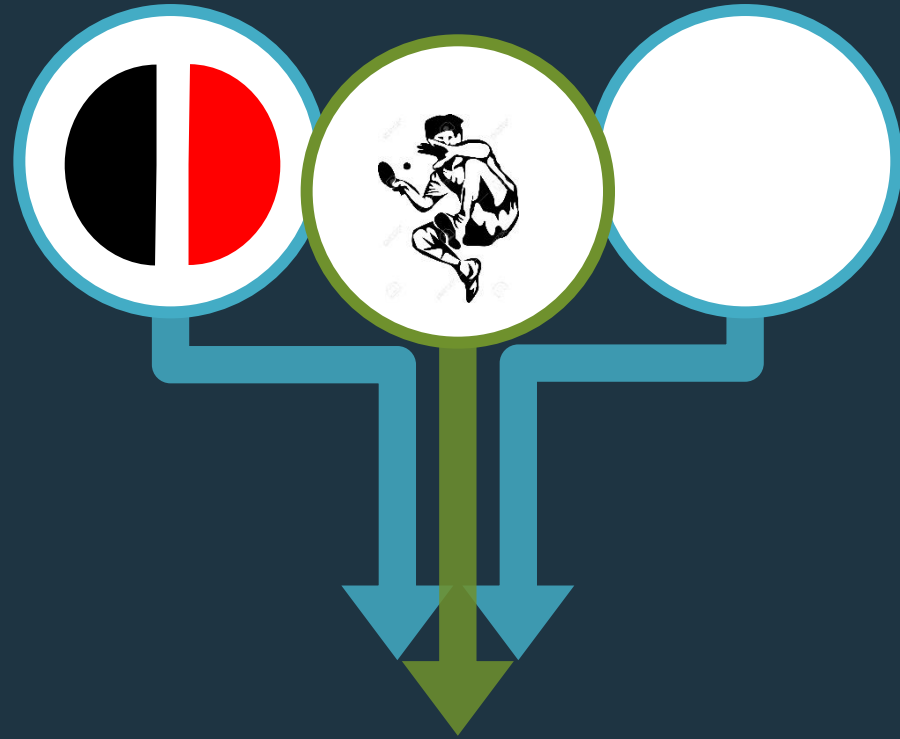
# 04 Defender challenges in modern Table Tennis

# Example video with Kim Song I



# Changes in time

- **Different colors of rubbers**
- **Bigger size of ball**
- **Plastic ball**
  - Very hardness (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?