

# Analysis of the Change of Table Tennis Technical and Tactical Decision Under Different Scores

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**Abstract:** In table tennis, the technical and tactical decisions are adjusted according to the score. This paper analyzes the influence of factors such as score, opponent and own state, match stage and environment on tactical decision, and discusses the change of tactical decision under different score periods. The study found that players need to adjust their tactics flexibly according to the score situation to adapt to the rhythm of the game and strive for victory. This paper provides theoretical support and practical guidance for the technical and tactical decision-making of table tennis lovers and professional players.

**Keywords:** Table Tennis; Technical and Tactical Decisions; Score Change

## 1. Introduction

Table tennis is a sport of great skill and enjoyment. In the competition, the players' skill and tactics decision-making ability often become the key factor of the outcome. With the progress of the game, the dynamic change of the score not only reflects the immediate situation of the game, but also has a profound impact on the players' tactical choice and psychological state. Under different score segments, players need to adjust their technical and tactical decisions in time according to the differences in scores, the characteristics of opponents and their own competitive state, so as to adapt to the ever-changing rhythm of the game, so as to take advantage in the fierce competition. It is of great theoretical and practical significance for table tennis lovers to improve their competitive level and professional players to optimize their game strategies to study the changing rules of table tennis tactical decision under different scores.

## 2. Analysis of Influencing Factors of Table Tennis Technical and Tactical

### Decision-Making

#### 2.1 The Influence of Score Factors on Technical and Tactical Decisions

When the score is close, such as when the two sides fight to 5:5, the player needs to adopt more stable and varied tactics. At this time, the service will make more use of spin changes, such as sending side topspin and side backspin alternating balls, in order to disrupt the rhythm of the opponent's attack. In the stalemate phase, the opponent will be mobilized by changing the depth and Angle of the drop point, for example, the ball will alternately hit the opponent's forehand and backhand near the bottom line, forcing the opponent to return the ball while moving, increasing the probability of its mistakes. At the same time, players will pay more attention to the control of the rhythm in the attack, avoid blind force, but find the right time to attack, such as in the multi-beat holding, first through a few slow rhythm of the pull to observe the opponent's stance and return quality, once found that the opponent's return is introduced or the stance is slightly behind, they quickly speed up the batting rhythm, and carry out a powerful straight line attack or diagonal tear. To break the deadlock and take the lead in the score.

If the score gap is large, such as one side with a big lead of 10:5, the leading side will be more inclined to be conservative in the choice of techniques and tactics. When serving, some relatively stable and not easy to miss serving methods may be chosen, such as serving flat and rushing near the net short ball, the main purpose is to ensure the quality of the serve and avoid narrowing the score gap due to service errors. In the receiving link, it will focus on the techniques of swinging short and splitting long, and strive to return the ball to the other side's net or bottom line, control the rhythm of the game, and reduce the other side's attack opportunities. In the stalemate stage, the

leading side will use more transitional shots, such as the use of the ball to the backhand position of the other side, forcing the other side to only carry out defensive returns, so as to maintain their own rhythm and advantages, avoid mistakes caused by too risky attacks, and ensure the victory.

On the other hand, when one side is behind by a large margin, such as 5:10 behind, the lagging side needs to adopt more proactive offensive tactics. When serving, it increases the spin intensity and speed of the serve, such as sending a high quality side spin long ball in an attempt to score directly or create opportunities for subsequent attacks. In terms of receiving the serve, it will boldly use techniques such as attacking or backpulling, and will no longer be satisfied with a simple return or transition, but strive to put pressure on the other side at the first time. In the process of stalemate, the backward side will be more decisive to carry out forehand or backhand strong attack, such as the use of backhand twist and pull technology to take the initiative, through rapid rhythm and strong rotation changes to disrupt the other side's defensive deployment, and strive to recover the disadvantage within a limited time and number of rounds to achieve the reversal of the score.

## **2.2 The Influence of Opponents' Characteristics and Their Own State on Technical and Tactical Decisions**

Each table tennis player has its unique technical style and playing characteristics. In the face of different types of opponents, players need to make corresponding tactical adjustments. For example, when the opponent is good at the near table fast attack player, its technical characteristics are fast forehand attack, accurate drop, and flexible pace. For such opponents, players will use more balls that combine service turn and no turn when serving, such as serving backspin and no turn close tennis, making it difficult for opponents to directly attack fast in the near table, forcing their return quality to decline. In the phase of holding, it will use the change of the distance and Angle of the drop point to control the opponent's position, such as alternately hitting the ball to the opponent's near net short ball area and the bottom line, so that the opponent moves frequently between the near table and

the middle table, thus destroying its offensive rhythm. At the same time, in the attack will pay attention to the change of rhythm, to avoid a single rapid attack with the opponent, but by alternating the pace of the fast and slow to find offensive opportunities, such as a few boards of slow rhythm of the pull, and then suddenly accelerate the rhythm of a straight line attack, disrupt the opponent's defensive deployment.

If the opponent is a player who is good at looping, the technical characteristics of the backhand looping ball are strong rotation, strong power, and deep drop. In the face of such an opponent, the player will pay attention to the change of rotation and the control of the drop point when serving, such as issuing the ball alternating side top spin and side down spin, and concentrating the drop point in the opponent's middle and backhand short ball area, limiting the opponent's direct power loop attack. In the receiving link, the technology of splitting long or swinging short will be used to cope with the opponent's strong rotating serve, and the ball will be returned to the opposing side's two corners or in front of the net to control the rhythm of the game. In the process of stalemate, the forehand attack will be more used to suppress the opponent's backhand loop, such as through the continuous attack of the forehand to mobilize the opponent's stance, so that it can not comfortably send power loop in the middle table. At the same time, players will pay attention to the speed and flexibility of their feet in order to better cope with the opponent's powerful circular ball attack.

## **2.3 The Influence of Competition Stage and Environmental Factors on Technical and Tactical Decisions**

The stage of the competition and the factors of the competition environment also affect the players' technical and tactical decisions to some extent.

In the early stage of the competition, such as the group stage or the preliminary stage, the main goal of the players is to successfully advance, so the technical and tactical selection will be relatively stable. Will pay attention to the full display of their own technology and stable play, to avoid too many mistakes. When serving, it will adopt a variety of rotation and drop point changes, but it will not be too risky. For example, the ball with alternating top spin and side backhand spin on the serving side will

control the drop point in the opponent's middle and backhand short ball area, which can effectively control the opponent and ensure the quality and stability of its own serve. In the holding stage, it will focus on control, mobilize the opponent through the depth and Angle change of the drop point, and find the right time to attack, such as observing the opponent's stance and return quality through a few slow rhythm of the pull, once it is found that the opponent's return is introduced or the stance is slightly backward, it will quickly accelerate the batting rhythm, and carry out a powerful straight line attack or diagonal tear. To get ahead on the score.

The competition environment factors, such as the lighting of the venue, the wind speed, the cheering sound of the audience, etc., will also have a certain impact on the players' technical and tactical decisions. In a dark or windy environment, players may be disturbed when judging the rotation and speed of the ball, so they will be more cautious in the selection of techniques and tactics. It will appropriately reduce some difficult and low success rate technical actions, such as in the case of large wind speed, reduce the use of backhand twisting and pulling and other technologies that require higher ball sense, and instead use more stable swing short, wedge long and other technologies to control the rhythm of the game. At the same time, players will pay more attention to their own concentration and adaptability, adjust the position in advance, strengthen the prediction and other ways to deal with the adverse impact of environmental factors.

### **3. Technical and Tactical Decision Analysis Under Different Score Segments**

#### **3.1 Technical and Tactical Decisions in the Opening Phase (0:0 To 5:5)**

The opening stage is to test each other and find out the technical characteristics and loopholes of the opponent. Serve with a variety of rotation and landing changes, such as side up spin and side down spin alternate, landing on the forehand, backhand and middle short court, disrupt the opponent's receiving rhythm. According to the characteristics of the opponent's service, the receiving service can flexibly choose short swing, long split, attack and other techniques, such as the opponent's

service rotation is strong and the drop point is deep, and the swinging short return ball; The quality of the opponent's serve is average or the drop point is short, and the initiative to attack or pull back starts. In the stalemate stage, we pay attention to the control and change of the rhythm of the game, mobilize the opponent through the change of the depth and Angle of the drop, and choose the attack or defense technology according to the quality of the opponent's return and stance.

#### **3.2 Technical and Tactical Decisions in the Middle Stage (6:5 To 9:8)**

The situation of the game in the middle stage is gradually clear, but the score gap is small and the competition is fierce. The service focuses on changes in spin intensity and speed, such as high quality side backspin fast long balls, making it difficult for opponents to attack effectively. Take active offensive tactics according to the characteristics of the opponent, such as backhand twisting and pulling initiative. Decisive forehand or backhand strong attack in the process of stalemate, according to the opponent's position and return quality to choose the attack time and line, such as more beats after the pace of attack.

#### **3.3 Technical and Tactical Decisions at the Point and Match Stage (10:8 And Above)**

Game point and match point are key stages, players need to calm and steady play. The service adopts a well-prepared and successful way, such as the combination of turning and not turning the ball, to maintain the stability and concealment of the service. Serve receiving according to the characteristics of the opponent flexible choice of attack, backpull or steady transition techniques. In the process of stalemate, focus on the change of rhythm and landing point to find offensive opportunities, such as the sudden acceleration of rhythm attack after many beats of stalemate, maintain concentration and reaction speed, timely respond to changes of opponents, and play steadily to win the game.

### **4. Conclusion**

In table tennis matches, players need to flexibly adjust their technical and tactical decisions according to multiple factors such as the score situation, the characteristics of the opponent and their own state, the competition

stage and the environment. The opening focuses on testing and control, the middle bureau strengthens the tactical pertinence according to the score, and the points and match points remain calm and decisive. Only by mastering the technical and tactical decision-making strategies of different score segments can players give full play to their technical advantages and seize the opportunity for victory. Future research can combine the actual competition data, in-depth analysis of classic battle examples, more accurately reveal the rules of technical and tactical decision-making, and provide rich theoretical and practical guidance for the development of table tennis.

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