AIM: The study aimed to analyse the influence of playing style on the physiological responses of offensive players and on match characteristics during table tennis matches.

METHODS: Eight table tennis players were involved in the study. Among them, six players with an offensive playing style (Off) played respectively two matches: one against an offensive player (Off vs. Off matches) and the other one against a defensive opponent (Off vs. Def matches). Duration of rally (DR), real playing time (RPT), effective playing time (EPT), frequency of shots by minutes, and shots per rally were measured. Heart rate (HR) was monitored continuously while rating of perceived exertion (RPE) was obtained after each match. Blood lactate concentrations ([La]) were measured both at the end of each set and at the end of the match.

RESULTS: DR (5.4±0.7 s vs. 3.2±0.4 s), RPT, EPT (31.8±5.0% vs. 20.3±1.7%), shots per rally (6.6±0.9 vs. 4.6±0.9), HRmean (146.0±5.9 bpm vs. 139.9±9.0 bpm), HRmean relative to the predicted maximal HR (HRmax-p) (74.8±4.0% vs. 71.7±4.3%) and RPE (7.0±1.1 vs. 5.5±1.5) were significantly higher (P<0.05) in Off vs. Def matches. No significant differences (P>0.05) for HRpeak, [La]mean and [La] peak were noticed between Off vs. Def matches and Off vs. Off matches.

CONCLUSIONS: Table tennis playing style influences match characteristics and the offensive player's physiological responses.

Key words of paper Nr.49:
- Playing style
- Physiology
- Testing
- Table tennis
- Offensive play


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