

**DEVELOPING HUMAN THINKING AND MOVING SPEED THROUGH
TABLE TENNIS**

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ABSTRACT

The article describes information about table tennis, one of the sports that require speed, thinking and mobility in humans. Information on the emergence of table tennis, the introduction of sports in mental health and physical activity in developed countries, and the results.

KEYWORDS: *Sports, Movement, Intelligence, Thinking, Speed, Table Tennis, Racket, Wood, Rubber.*

INTRODUCTION

Sport is a force that affects not only a person's physical strength and movement, but also his spiritual development. While many sports are associated with movement, some sports require a person to have a depth of mind and understanding. One such sport is table tennis. This is evidenced by the decision of the President of the Republic of Uzbekistan 11.04.2022 PQ -201 "On measures to bring youth to a new level of involvement in mass sports in the community" in Uzbekistan [1].

We can see many articles about the history of table tennis and its routines. In scientific publications, scientists have stated in their publications that table tennis affects the human mind in different ways. In particular, N.Amilina, P. Baykulov, N.Gurneya, E.Demitrovich, L.Ormai and R.Martensa have made scientific and theoretical analysis of table tennis, one of the sports in their scientific research[2].

Table tennis is a table game played with small balls and rackets. It first appeared in East Asia. It has spread too many countries since the 1920s. Originally, "pingpong" was called French pingpong - the sound made when a ball hits a racket and a table. Table tennis table size 152.5x274.3 cm; bal. 76 cm; type 183x 15.25 cm, the face of the wooden racket is covered with a rubber plate. The ball is made of white plastic, diameter 37.2-38.2 mm, weight 2.4-2.53 g. The size of the playground is 6-7 x 12-14 m. Official competitions are held in gyms: men and women - as a team, compete individually and in pairs, as well as in mixed doubles. The game is played from 3 or 5 parties. If one of the players scores 21 points, he is considered the winner. If the score is 20:20, the game will continue until one of the players scores more than 2 points. The International Table Tennis Federation (ITTF, founded in 1926) unites more than 130 national

federations. The World Championships have been held every two years since 1926, and have been included in the Olympic program since 1988. According to some sources, the history of table tennis is associated with European countries. The history of table tennis dates back to 20th century England, a way to play indoor tennis. Earlier in the beginning the books were used as hammocks and hit the ball or the cover from the side with their hands.

MATERIALS AND METHODS

As this activity expanded, the toy company took the idea and developed wooden rackets to play with. They increased the noise and were therefore called 'ping pong'. As the history of table tennis originated in Europe, its rules also began to have a special order in Europe. The first rules of table tennis were introduced in 1884 by F. Published by Ayers as Miniature Indoor Lawn Tennis Game. At the end of the 19th century, there were no standard equipment for games, and rackets and balls were made of different materials. Table tennis requires a person to forget about many social problems and depth, along with mobility[3].

By 1881, James Gibb had brought colored balls from America to England and decided to use them to play table tennis. And in 1902, C. Goode developed a rubber-coated racket, so that by the beginning of the twentieth century, the equipment of table tennis was gradually perfected. In 1901, an official table tennis tournament was held in India, which experts consider to be the first international tournament.

The International Table Tennis Federation (ITTF) was founded in 1926 at a meeting of representatives from Austria, England, Hungary, Germany, Denmark, India, Czechoslovakia, Sweden and Wales. Its headquarters are in Lausanne, Switzerland. Currently, 226 countries are members of the International Table Tennis Federation; in particular, the Table Tennis Federation of Uzbekistan became a member in 1993. The first World Cup was held in London in 1927, a year after the founding of the International Table Tennis Federation (ITTF)[4].

Table tennis was first included in the 1988 Summer Olympics in Seoul, South Korea. Today, table tennis is one of the most popular sports in the world, with about 850 million people practicing it. In tennis, it is important for a person to be able to move precisely and balance with precision[5].

CONCLUSION

It is obvious that in physical education and sports it is important to get the right balance in preparing and teaching students for tennis lessons. Due to the strong influence of table tennis on the human mind and its psychological significance, the developed countries of the world create conditions for their employees to play table tennis in their organizations and spend their leisure time meaningfully. That is why in Japan, Hungary, Korea, Budapest and China, more and more psychologically engaged people working with computer technology are involved in table tennis games.

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