

Team Work and Leadership Cultivation in University Table Tennis Teaching

Tong Yao, Zhi Li

Physical Education Department, Shanghai Maritime University, Shanghai, China, 201306

Abstract: In the teaching of table tennis in universities, teamwork and leadership training are crucial issues. As a group sport, table tennis emphasizes teamwork and leadership skills. The paper aims to discuss how to effectively cultivate students' sense of teamwork and leadership in college table tennis teaching, so as to improve their comprehensive quality and competitive level. Through in-depth study of team cooperation mode and leadership training method in table tennis teaching, it can provide useful reference and enlightenment for college PE teaching. From the perspective of combining theory with practice, the paper will discuss how to cultivate students' teamwork spirit and leadership potential in the table tennis teaching, in order to inject new vitality and ideas into the physical education teaching in colleges and universities.

Keywords: College sports; Table tennis; Team work; Leadership

As a team sport, table tennis not only tests the technical level of individuals, but also needs the close cooperation and tacit understanding between team members. Through ping-pong teaching, students can not only improve their technical skills, but also cultivate teamwork spirit and learn to listen and coordinate. At the same time, the cultivation of leadership is also one of the important goals of table tennis teaching. In group sports, the role of leaders is crucial. They need to show their ability to lead the team, motivate the players, coordinate and cooperate. Therefore, the study of teamwork and leadership training in table tennis teaching in universities can not only help students develop their skills in an all-round way, but also promote the promotion of team cohesion and cultivate more talents with leadership potential.

1. The teaching status of sports table tennis ball course in colleges and universities

1.1 The status of college sports table tennis ball courses is marginalized

Although table tennis, as a traditional sport, has a broad mass foundation and profound cultural heritage in China, the phenomenon of table tennis course is gradually marginalized in the college physical education course.

With the increasing social demand for comprehensive quality education, the setting of physical education courses in colleges and universities is also developing in the direction of diversification. In this context, some traditional sports such as basketball, football and other more popular physical education courses have gradually become the focus of physical education teaching in colleges and universities, while table tennis such projects are relatively neglected. Because table tennis is less competitive than other sports, it is considered to lack enough competitive and challenging nature, so its position in college physical education is gradually marginalized.

1.2 The content allocation of table tennis ball course is not scientific

The problem of the unscientific allocation of table tennis course content is mainly reflected in the setting and arrangement of the course content, which brings some troubles and challenges to the students.

The unscientific allocation of table tennis course content is also reflected in the course arrangement. In the physical education and table tennis course in colleges and universities, we often only pay attention to the theoretical teaching and technical training in the classroom, ignoring the importance of extracurricular practice and competition. Table tennis is a sport that requires long-term persistence and a lot of practice. It is far from enough to only train it in class. Without the opportunity of extracurricular practice and competition, it is difficult for students to apply the skills learned in class to the actual competitions, and it is difficult to cultivate table tennis players with real competitive level.

1.3 The teaching scene of sports table tennis players in colleges and universities is single

In many colleges and universities, the teaching of table tennis courses is often limited to the traditional classroom explanation and simple technical training, and is lack of innovative and diversified teaching methods. This single teaching method may lead to the decrease of students' interest in table tennis, and affect their learning enthusiasm and participation. In addition, in the table tennis courses in some colleges and universities, the teaching content is often limited to the basic hitting skills and rules of the explanation, and the lack of comprehensive coverage of tactics, psychological quality, training methods and other aspects. This single teaching content may make it impossible for students to fully grasp all aspects of table tennis, and affect their comprehensive ability and competitive level.

2. Cultivation of teamwork ability in the teaching of university table tennis soldiers

2.1 The cultivation of team cooperation spirit

Teamwork is not only a skill, but also a kind of spirit. Table tennis teaching can effectively cultivate students' teamwork spirit. Table tennis is a team sport, which requires close cooperation between the players to achieve good results. In the game, the players need to cooperate with each other, tacit cooperation, to win together. The cultivation of this team spirit can make students learn to listen to others' opinions, respect others' ideas, and cultivate students' communication skills and team spirit.

2.2 Improvement of communication skills

Communication skills are not only simple messaging, but also an important means to build effective interpersonal relationships, coordinate team actions, and solve problems. Therefore, how to improve the communication ability in college table tennis teaching, and then promote the cultivation of teamwork ability has become an important topic.

Improving communication skills can be achieved in various ways. In table tennis teaching, the communication between coaches and players is crucial. Coaches should listen to the players' opinions and suggestions, encourage them to express their ideas, and promote two-way communication. At the same time, the coach also needs to clearly convey the training plan, tactical layout and other information to ensure that the players understand and implement. Through good communication between coaches and players, a relationship of mutual trust and respect can be established, laying a foundation for team cooperation.

Communication within the team is also an important part of cultivating teamwork ability. Players need to coordinate with each other and work together to achieve the team's goals. In the competition, communication can help the players adjust tactics, coordinate in time, and improve the overall combat effectiveness of the team. In the training, the communication between team members can promote technical exchange and common progress. Through good communication within the team, the team can strengthen its cohesion and enhance the overall execution and competitiveness of the team.

2.3 The impact of teamwork on personal growth

Team work develops students' communication skills. In the team, students need to work closely with their teammates, communicate effectively, and share ideas and opinions. By communicating with others, students learn to listen, express their opinions, and improve their communication skills, which are crucial to both future career development and relationship building. Teamwork helps to develop students' leadership skills. Within the team, each member has the opportunity to play the role of a leader, organizing and coordinating team activities. By leading a team, students can learn to assign tasks, motivate players, resolve conflicts, and develop outstanding leadership skills to lay the foundation for their future careers.

3. The cultivation of student leadership in university table tennis teaching

3.1 Cultivation of responsibility and decision-making ability

Cultivating students' leadership and decision-making ability not only helps students to succeed in table tennis, but more importantly, lays a solid foundation for their future career and life. In a table tennis team, students need to learn skills such as teamwork, communication and coordination, motivation and encouragement, which are all important parts of leadership. By participating in team training and competitions, students can learn how to play different roles in the team, such as leaders, coordinators, inspirations, etc., to develop their leadership skills. Leadership development also helps students learn how to effectively manage their time, resources, and manpower, which is critical to their future career development.

In table tennis competitions, students need to make quick and accurate decisions in a rapidly changing playing environment. Through training and competition, students can gradually develop their own decision-making ability. They need to learn to analyze the situation, develop strategies, and adjust tactics, which are effective ways to develop decision-making ability. The decision-making ability developed in table tennis competitions can also be applied in students' daily life, helping them to better solve problems and

cope with challenges.

3.2 Team building and Motives

Team building helps to cultivate students' spirit of cooperation, communication skills and team spirit, while motivation can stimulate students' enthusiasm and motivation, and promote them to play a better leadership. Team building plays a vital role in college table tennis teaching. Through team activities and collaborative training, students can learn how to cooperate, coordinate, and communicate with others. In a team, students need to cooperate and support each other, which helps to cultivate their sense of teamwork and cooperation spirit. Team building activities can also help students build good interpersonal relationships and enhance trust and understanding between each other, thus laying a good foundation for their future leadership development.

3.3 Strain capacity and pressure management

The cultivation of student leadership is of great significance in table tennis teaching. By participating in team competitions and cooperative training, students can learn to lead the team, motivate their teammates, and communicate effectively. These skills are essential for future leadership roles or teamwork. In the competition, leadership can help students make the right decisions at critical moments and lead the team to victory.

Sstrain ability is also essential in table tennis teaching. There are often unexpected situations, such as a sudden change of tactics or environmental factors. Through training and competition, students can learn to quickly adapt to changes, adjust strategies, and stay calm to meet challenges. This resilience is not only reflected on the pitch, but also can help them better deal with emergencies in their daily life.

Stress management is another skill that needs to be developed. Table tennis competition is often accompanied by competitive pressure and psychological pressure, students need to learn how to keep calm, pay attention, and effectively manage their emotions. This ability is not only reflected in the competition, but also very important for students to face challenges and pressures in the future.

4. Conclusion

To sum up, through the study of teamwork and leadership training in ping-pong teaching in universities, we can deeply realize the importance of teamwork and leadership for students' development. Research provides useful inspiration for improving teaching quality and students' growth. I hope that in the future, we can pay more attention to teamwork and leadership cultivation in teaching practice, so as to lay a solid foundation for students' all-round development and future career.

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