

# Analysis of Sun Yingsha's Tactics and Countermeasures against Ito Meicheng -- Taking 2019-2021 as an example

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**Abstract.** The Tokyo Olympics have come to an end, and the Chinese table tennis team has achieved excellent results of 4 gold and 3 silver medals. The end of the Olympic cycle represents the arrival of the next competition cycle, and Sun Yingsha has left a profound impression in various world competitions. Japanese player Meicheng Ito, who is the same year as Sun Yingsha, is a strong competitor to the Chinese women's table tennis team. Meicheng Ito has a fast, fierce, and fierce backhand style, and has repeatedly defeated Chinese women's table tennis players in world competitions, proving her strength. According to statistics, it has been found that since 2018, Sun Yingsha has only narrowly lost once against Ito Meicheng, indicating that she must have had a reason to win against Ito Meicheng. By analyzing the technical and tactical aspects of the four matches between representative post-00s athletes Sun Yingsha and Ito Meicheng in China and Japan from 2019 to 2021, this study aims to identify Sun Yingsha's technical and tactical characteristics, as well as her strengths and weaknesses. This article mainly adopts the methods of literature review, video observation, and three-stage indicator evaluation to analyze the technical and tactical aspects of Sun Yingsha's four singles matches against Japanese female table tennis player Meicheng Ito in the 2019 World Cup women's team final, the 2020 World Cup women's singles quarter finals, the 2021 Tokyo Olympics women's singles semi-finals, and the women's team final. The following conclusions are drawn: 1. The starting and grabbing stage is Sun Yingsha's main scoring stage, and the use of technical and tactical methods is clear. In serving and grabbing the third and fifth boards, serving is Sun Yingsha's major advantage. 2. Sun Yingsha performed well in the overall handling of receiving and serving during the receiving and grabbing phase, with outstanding performance being that she showed stability and high quality in both forehand scoring and attacking, as well as backhand rebounding and side grabbing on the backhand half platform. 3. During the stalemate stage, Sun Yingsha did not have the upper hand, but the difference between the two was not significant. The backhand was the main line of confrontation between Sun Yingsha and Ito Meicheng, but the score was not ideal. With more and more board turns, Sun Yingsha appeared impatient and made a move to strengthen the rotational quality too much, avoiding the confrontation during the stalemate.

**Keywords:** Sun Yingsha; Table tennis; Technical and tactical measures; Ito Meicheng.

## 1. Introduction

### 1.1. Topic selection basis

As a key player of the Japanese table tennis team, Mizuru Ito has repeatedly defeated Chinese players in major world competitions. Sun Yingsha, as a new generation of outstanding young athletes, demonstrated her outstanding table tennis skills on the field of the Tokyo Olympics and delivered a decent answer. At the Tokyo Olympics, Sun Yingsha played against the main player of the Japanese table tennis team, Ito Meicheng, who is also born in the 2000s, twice in the women's singles and women's team, and successfully won. Therefore, the match between Sun Yingsha and Ito Meicheng was taken as the research point to study Sun Yingsha's technical and tactical skills and application details in the competition. Through the obtained data support and theoretical basis, data and theoretical references were provided for Sun Yingsha and other athletes in future training and competitions.

## **1.2. Research Objectives**

In recent years, Ito Meicheng has repeatedly defeated key players of Chinese women's table tennis teams such as Ding Ning, Liu Shiwen, and Zhu Yuling on various world competitions, creating considerable pressure on Chinese women's table tennis teams. Sun Yingsha, an outstanding young table tennis player from our country, showed a clear advantage in overall performance against Mito Ito. So, under the impact of Japanese table tennis players represented by Ito Meicheng, Chinese table tennis teams will inevitably be disrupted to a certain extent. Only through deeper research and analysis of Sun Yingsha's technical and tactical application in the match against Ito Meicheng can we better confront the impact that Ito Meicheng has brought to Chinese table tennis teams. The author will use the video of Sun Yingsha's match against Ito Meicheng from 2019 to 2021 and collect game data as the research basis to more intuitively and clearly analyze Sun Yingsha's on-site performance, technical and tactical use, and characteristics against Ito Meicheng.

## **1.3. Research significance**

More and more young athletes with outstanding abilities are emerging in the world table tennis world, and their technical and tactical play methods are constantly changing and innovating with the times. To this end, by studying the video footage of Sun Yingsha playing against Ito Meicheng, this study analyzes Sun Yingsha's on-site technical and tactical system and characteristics, as well as her technical and tactical application and performance. How to defeat Ito Meicheng through the application of techniques and tactics, in order to further play the exemplary role of Sun Yingsha as a young athlete, and provide theoretical basis for other athletes, including Sun Yingsha, to compete against Ito Meicheng in various major competitions in the future, as well as some reference basis for current theoretical research on table tennis techniques and tactics.

## **2. Literature review**

In his 2020 article "Research on the Technical and Tactics of Sun Yingsha's Two International Tournaments against Ito Meicheng in October 2019" published in *Sports Boutique*, Yi Fangxian from Wuhan Sports Institute used the match between Sun Yingsha and Ito Meicheng in two singles matches at the German Open and the Swedish Open as a reference to study the main winning and losing factors of the two matches. It is pointed out that (1) Sun Yingsha's strength is on par with that of Ito Meicheng in the stalemate and attack stages, and they are equally outstanding, but there is a significant gap in their strength in the reception stage. In two singles matches, Sun Yingsha, who won the game, was shown to be superior to Ito Meicheng in the third dan; In the negative field, if Sun Yingsha performs poorly in the receiving and grabbing segments, the other holding and attacking segments will also weaken accordingly. (2) In terms of psychological changes during gains and losses, Sun Yingsha entered the game faster than Ito Meicheng at the beginning, but at the end of the game, her performance in the starting and receiving stages was not stable enough, sometimes fierce and sometimes weak; Ito Meicheng's starting and receiving sections have a higher scoring rate in the middle and end of the game than in the beginning, demonstrating good game adjustment ability and a more reasonable handling of key balls. (3) Overall analysis shows that Sun Yingsha is better than Ito Meicheng in terms of technical ability, but Ito Meicheng is stronger than Sun Yingsha in terms of competitive ability; Sun Yingsha can widen the score gap at the beginning, while Ito Meicheng has a higher winning rate in key scores; Sun Yingsha is prone to being affected by receiving and serving, which can affect her performance in the game, while Ito Meicheng can still ensure the performance of the serve and snatch when receiving and serving improperly.

Cao Ben and Zhou Xinyi conducted a technical and tactical analysis of the match between Sun Yingsha and Ito Meicheng based on the four stage indicator evaluation method, using five world matches in 2019. In the article "Analysis of Sun Yingsha's Technical and Tactical Application in the 2017 Japan Open", Li Zhaomin pointed out that Sun Yingsha's overall performance was good in the match against Ito Meicheng, actively attacking, and having comprehensive skills. On the basis of

learning Heino Meiyu's playing style, Sun Yingsha's playing style also incorporated her own strengths, with a masculine and fierce female playing style. And it is pointed out that although Sun Yingsha is young, her mentality is stable and she can concentrate when she falls behind in the game, equalize the score, and reverse Chen Meng when she falls behind 1:3 in a big score, indicating that Sun Yingsha has strong psychological abilities.

Ren Shiyuan and Ren Jie wrote in "Analysis of the Technical and Tactical Application of Japanese Table Tennis Player Ito Meicheng" that Ito Meicheng's serve has undergone many changes, while both rotation and quality have been improved. In the process of attacking and grabbing, the scoring rate also increases with the improvement of the stability of the third board attack. The score of the backhand is comparable to the situation of losing points, and the main aspect of losing points is the introduction. The tactical changes during the stalemate phase of Ito Meicheng were not significant, and the scoring rate was relatively low.

Cao Ben and Zhou Xinyi wrote in their article "Based on the four stage indicator evaluation method, there are no significant loopholes in Sun Yingsha and Ito Meicheng. The main part of the strategy is to use the serve and receive sections. In the receive section, Sun Yingsha cannot adapt well to Ito Meicheng's serve and makes many mistakes. When receiving the serve, she splits long to Ito Meicheng's backhand baseline, which has a good effect."

In her master's thesis "Comparative Analysis of Techniques and Tactics of Three Excellent Female Table Tennis Athletes from China and Japan", Zhang Jiao stated that in the serving round, Sun Yingsha mainly scored directly from her serve in the game, combined with tactics, and scored continuously in the stalemate of her own serve. Ito Meicheng's playing style is similar to that of Sun Yingsha, with a fast serving speed and frequent changes, and a tactical approach that combines backhand on the court with forehand fast attack to score; Sun Ying has high service quality and scores directly, making her the strongest player in the national women's table tennis team with a male oriented playing style. Ito Meicheng's overall strength is inferior to Chen Meng and Sun Yingsha, but as a player with a rubber fast attack style, he has his unique scoring method.

### **3. Research objects and methods**

#### **3.1. Research Object**

Sun Yingsha, an outstanding new generation female table tennis player from our country, played against Japanese female table tennis player Meicheng Ito in four singles matches in the women's team final of the 2019 World Cup, the quarter finals of the 2020 Women's World Cup, the semi-finals of the women's singles at the 2021 Tokyo Olympics, and the women's team final.

#### **3.2. Research Methods**

##### **3.2.1. Literature review method**

By consulting search software such as CNKI, VIP, Wanfang, and Baidu Academic, read and study relevant literature on table tennis and its technical and tactical research.

##### **3.2.2. Video observation method**

By watching video footage of Sun Yingsha's 3-2 victory over Ito Meicheng in the women's team final of the 2019 World Cup, her 4-2 victory over Ito Meicheng in the quarter finals of the 2020 Women's World Cup, her 4-0 victory over Ito Meicheng in the women's singles semi-finals of the 2021 Tokyo Olympics, and her 3-1 victory over Ito Meicheng in the women's team final, statistics were conducted.

The competition sessions are as follows:

**Table 1.** Competition Match Table

opponent	Competition Name	score
Ito Meicheng	2019 World Cup Women's Team Finals	3:2
Ito Meicheng	2020 World Cup Women's Singles 1/4	4:2
Ito Meicheng	The semi-finals of the 2021 Tokyo Olympics	4:0
Ito Meicheng	2021 Women's Team Finals	3:1

### 3.2.3. Three stage indicator evaluation method

By analyzing the video footage of Sun Yingsha's match against Ito Meicheng from 2019 to 2021, each ball was subdivided into the starting, receiving, and holding stages, and the data was summarized.

**Table 2.** Table Tennis Three Stage Standard Evaluation Table

	Serve and attack		Receive and attack		Sustained rally	
	Scoring rate%	Usage rate%	Scoring rate%	Usage rate%	Scoring rate%	Usage rate%
excellent	70		50		55	
good	65	25-30	40	15-25	50	45-55
pass	60		30		45	

### 3.2.4. Mathematical Statistics

Perform statistical analysis on the video data of Sun Yingsha's four matches against Ito Meicheng, including the attacking, receiving, and stalemate segments. The calculation method is as follows:

Segment score rate=[Segment score/(Segment score+Segment loss)] x 100%

Segment utilization rate=[(segment score+segment loss)/(total score+total loss)] x 100%

Scoring rate=[Score/(Score+Loss)] x 100%

Loss rate=[loss/(score+loss)] x 100%

Usage rate=[(score+loss)/(total score+total loss)] x 100%

Score percentage=[Score/Total Score] x 100%

## 4. Research results and analysis

### 4.1. Statistical Analysis of Sun Yingsha's Three Stage Indicators in Four Games

**Table 3.** Three stage technical statistics of Sun Yingsha against Ito Meicheng

	Serve and attack			Receive and attack		Sustained rally	
	Serve	Third beat	Fifth beat	Receive	Fourth beat	Rally I	Rally II
Point	39	34	9	46	20	8	24
fault	2	26	16	22	40	15	20
Scoring rate		65.08%		51.56%		47.76	
Usage rate		39.25%		39.87		20.87%	

After watching the video footage of the game, Table 3 shows the comprehensive data of Sun Yingsha in the three stages of serving, receiving, and holding off in the four matches against Ito Meicheng. According to the standards of the table tennis three stage data evaluation table, Sun Yingsha's scoring rate (65.08%) in the serving and holding stage of the match against Ito Meicheng is passing and the utilization rate (39.25%) exceeds the evaluation value of the utilization rate of the serving and holding stage; The utilization rate of the emergency response segment (51.56%) is higher than the excellent standard, and the statistical results of the utilization rate (39.87%) also significantly exceed the evaluation standard; At the same time, the score rate of the stalemate stage (47.76%) passed, but the utilization rate (20.87%) was far below half of the evaluation standard level. Based on the above statistical data, we can see more intuitively the competitive situation of Sun Yingsha in these four matches from 2019 to 2021. Sun Yingsha's high scoring rate in the serve and attack phase was her main means of winning against Ito Meicheng. From the statistical table, it can be seen that Sun Yingsha's scoring situation in the serve and the third board was the most optimistic. The strong first three boards gave Sun Yingsha an advantage in winning the match against Ito Meicheng.

#### 4.2. Analysis of Sun Yingsha's serve landing route

**Table 4.** Statistics of serve landing points

Sun Yingsha			
	Frequency	Point	Usage rate
Backhand baseline	61	17	41.22%
Centre baseline	3	0	2.03%
Forehand baseline	0	0	0%
Backhand middle court	6	3	4.05%
Centre middle court	5	2	3.38%
Forehand middle court	0	0	0%
Backhand net zone	35	8	23.65%
Centre net zone	13	4	8.78%
Forehand net zone	23	5	15.54%
Serve fault	2		1.35%
Sum	148	39	100%

The serving of a table tennis player is a crucial technique to assist them in taking the lead in subsequent matches. From Table 4, it can be clearly seen that Sun Yingsha's technical and tactical performance in the match against Ito Meicheng was mainly based on serving long backhand shots, while also combining short shots that spread from the backhand net to the entire Taiwan net as the main serving method. The utilization rate of backhand baseline is 41.22% of the overall serving rate, and the total near net short shots in Taiwan are 47.97%. Sun Yingsha's serve mainly serves to proactively suppress Ito Meicheng's backhand, and combined with short shots from all over Taiwan to mobilize Ito Meicheng's position towards the backhand baseline, while actively attacking the first three boards. At the same time, we can also notice that Sun Yingsha scored 39 points directly from her serve, which accounts for a very high proportion of the total serve of 148. This also indicates that Sun Yingsha's serve has high rotation and quality, giving her an advantage in winning the next game.

#### 4.3. Analysis of the Specific Situation of Sun Yingsha's Third Board Techniques and Tactics in the Launch and Snatching Stage

**Table 5.** Technical and Tactical Analysis of the Third beat in the serve and attack section

Sun Yingsha				
	Point	Fault	Scoring rate	Usage rate
Forehand attack	9	7	56.25%	24.24%
Backhand attack	14	9	60.87%	34.85%
Side way attack	5	1	83.33%	9.09%
Flick	1	0	100%	1.51%
Short push	3	0	100%	4.55%
Long push	1	2	33.33%	4.55%
Block	1	13	7.14%	21.21%
Sum	34	32	51.52%	100%

We can clearly see that Sun Yingsha's backhand pull scoring rate is 60.87% and utilization rate is 34.85% in the use of the third board techniques and tactics in the attacking and grabbing stage. Therefore, her third board techniques and tactics in the attacking and grabbing stage are mainly based on backhand attacks, demonstrating Sun Yingsha's high utilization and scoring rate of backhand techniques. At the same time, Sun Yingsha's forehand pull has a usage rate of 24.24%, accounting for the majority, with a scoring rate of 56.25%. Although she has a scoring rate of 83.33% compared to her side pull, her usage rate is only 9.09%. Based on the above data, it can be distinguished that Sun Yingsha's technical and tactical methods in the third board of the starting and grabbing stage against Ito Meicheng. Watching the video recording, it can be found that Sun Yingsha made extremely high defensive mistakes when facing Ito Meicheng's attack, with a scoring rate of only 7.14%. This is mainly due to Sun Yingsha's insufficient preparation for the change in landing point of Ito Meicheng's backhand rubber rebound after serving a long ball, resulting in misjudgment.

#### 4.4. Analysis of the Specific Situation of Sun Yingsha's Techniques and Tactics in the Fifth Board of the Launch and Snatching Stage

**Table 6.** Technical and Tactical Analysis of the Fifth beat in the serve and attack section

Sun Yingsha				
	Point	Fault	Scoring rate	Usage rate
Forehand attack	1	0	100%	4%
Backhand attack	5	3	62.50%	32%
Side way attack	3	0	100%	12%
Flick	0	0	0%	0%
Short push	0	0	0%	0%
Long push	0	1	0%	4%
Block	1	11	8.33%	48%
Sum	10	15	40%	100%

According to Table 6, it can be seen that Sun Yingsha's scoring rate for defense in the fifth board technique and tactics is only 8.33%, while her utilization rate accounts for 48% of the overall score. This data indicates that if Sun Yingsha cannot initiate an attack on her own in the first three boards and is seized by Ito Meicheng, it will be difficult for her to resist Ito Meicheng's strong attack. Sun Yingsha should focus on her own ability to grab the first three rebounds during the attacking phase. If she is unable to attack, she needs to take the initiative to cut the ball long and let Ito Meicheng passively take over, in order to find opportunities.

#### 4.5. Analysis of Sun Yingsha's Specific Techniques and Tactics of Receiving and Serving in the Receiving and Snatching Stage

**Table 7.** Comparison of receiving and serving skills and tactics in the receiving and grabbing stages

Sun Yingsha				
	Point	Fault	Scoring rate	Usage rate
Forehand attack	8	3	72.73%	17.19%
Backhand attack	8	2	80.00%	15.63%
Side way attack	5	3	62.50%	12.50%
Forehand Flick	2	0	100%	3.12%
Backhand Flick	3	2	60.00%	7.81%
Forehand Long push	11	4	73.33%	23.44%
Backhand Long push	6	0	100%	9.38%
Forehand Short push	2	3	40.00%	7.81%
Backhand Short push	2	0	100%	3.12%
Sum	47	17	73.44%	100%

According to Table 7, it can be seen that Sun Yingsha has a high scoring rate of 73.44% in receiving and serving, indicating that her judgment of Ito Meicheng's serve is very accurate. Forehand chopping, forehand pull, and backhand pull are the top three most commonly used techniques, accounting for 23.44%, 17.19%, and 15.63%, respectively. The combined usage of these three techniques accounts for 56.26% of the overall usage rate, which also reflects that Mito Ito's serve is mainly distributed in these three positions. At the same time, the scoring rates of these three techniques are also not low, accounting for 73.33% of forehand splits, 72.73% of forehand pull, and 80% of backhand pull. After Ito Meicheng made a long backhand baseline or half backhand, Sun Yingsha grabbed a backhand pull, and her backhand pull had high stability while ensuring strong rotation on stage. Watching the video recording, it was found that after serving a short ball in the forehand position, most of the balls were played by Sun Yingsha. She chose to take advantage of Ito's serve rotation to actively split long, allowing Ito Meicheng to take up the board in a passive position before entering the stalemate stage of defense.

#### 4.6. Analysis of the Specific Situation of Sun Yingsha's Fourth Board Techniques and Tactics in the Takeover Section

**Table 8.** Comparison of Techniques and Tactics for the Fourth Beat in the Takeover and Takeover Section

Sun Yingsha				
	Point	Fault	Scoring rate	Usage rate
Forehand attack	5	9	35.71%	22.95%
Backhand attack	8	5	61.54%	21.31%
Side way attack	2	3	40.00%	8.20%
Forehand Flick	0	0	0%	0%
Backhand Flick	1	0	100%	1.64%
Forehand Long push	0	0	0%	0%
Backhand Long push	2	0	100%	3.28%
Forehand Short push	0	1	0%	1.64%
Backhand Short push	0	0	0%	0%
Block	2	23	8.00%	40.98%
Sum	20	41	32.79%	100%

On the usage of the fourth board in Table 8, Sun Yingsha's total score rate is unsatisfactory, at 32.79%. The defensive position with the highest utilization rate is 40.98%, with a scoring rate of 8%; Following is a forehand pull with a utilization rate of 22.95% and a scoring rate of 35.71%; The utilization rate of backhand pull is 21.31%, with a scoring rate of 61.54%. The defensive technique with the highest utilization rate of 40.98% has a scoring rate of only 8%. If Sun Yingsha's placement and quality in handling the serve are not in place, she will be attacked by Ito Meicheng. Ito Meicheng's offensive speed is very fast, whether it is backhand glue or forehand glue. Without sufficient preparation, her defensive position and release are very passive.

#### 4.7. Analysis of the specific situation of Sun Yingsha's technical and tactical skills during the stalemate phase

**Table 9.** Technical and tactical analysis of the Sustained rally

	Sun Yingsha			
	Point	Fault	Scoring rate	Usage rate
Forehand attack	5	10	33.33%	22.39%
Backhand attack	18	21	46.15%	58.21%
Side way attack	9	2	81.81%	16.42%
Centre court attack	0	2	0%	2.98%
Sum	32	35	47.76%	100%

Table 9 shows the technical and tactical analysis of Sun Yingsha's four matches against Ito Meicheng in the stalemate stage. In the stalemate stage, Sun Yingsha has a slight disadvantage compared to Ito Meicheng, at 47,76%. It can be clearly seen that the backhand position is the most commonly used single board technique by Sun Yingsha in the confrontation with Ito Meicheng, with a utilization rate of 58.21%. This indicates that backhand is Sun Yingsha's main technique in the confrontation with Ito Meicheng. It cannot be ruled out that due to Ito Meicheng's backhand raw rubber particle playing method, the two will mainly use backhand to line when forming a confrontation. However, Sun Yingsha's scoring rate in the backhand position is not high, at 46.15%. Through watching the game video, it was found that while scoring high-quality points, she may also make mistakes due to the sinking ball hit by Ito Meicheng's backhand particles, or she may want to further enhance the quality of the ball pulling. At the same time, it can also be noted that although Sun Yingsha's side pull has a usage rate of only 16.42%, her scoring rate is as high as 81.81%. Watching the video, it can be found that side pull not only has higher hitting quality than backhand, but also gives Ito Meicheng an unexpected effect of scoring without batting preparation. The scoring rate of forehand pull is relatively low, only 33.33%. Watching the video, it can be seen that the reason is mostly due to Ito Meicheng's backhand actively changing the line to his forehand. This type of ball has a fast speed and rotates and sinks. If Sun Yingsha passively pulls this type of ball, her position is hit by the ball, and her technical movements are incomplete and she makes mistakes.

## 5. Research conclusions and policy recommendations

### 5.1. Research Conclusion

The serving and grabbing stage is Sun Yingsha's main scoring stage, with clear technical and tactical application. In serving and grabbing the third and fifth boards, serving is a major advantage for Sun Yingsha. It can make Ito Meicheng make direct mistakes in receiving the serve during the game and create more active opportunities for Sun Yingsha's third board attack. In the match against Ito Meicheng, Sun Yingsha's starting and grabbing segments demonstrated her solid foundation in forehand and backhand, as well as her strong attack. Sun Yingsha's game techniques and tactics were more focused on using short shots to directly grab the ball and long shots to enter the stalemate stage,

which was a relatively strong tactic. The main method was to fight and enter the stalemate stage. Therefore, in the starting and grabbing segments, Sun Yingsha used less on stage techniques in the third and fifth boards, and made too many defensive mistakes in catching the ball.

Sun Yingsha performed well in the overall handling of receiving and serving during the receiving and grabbing phase, with outstanding performance being that she showed stability and high quality in both forehand scoring and attacking, backhand rebounding and side grabbing on the backhand half platform. However, the handling of short balls in Taiwan is slightly monotonous, mainly focusing on forward and backhand splits, occasionally changing a few short swings, and the frequency of picking and twisting balls on stage is very rare. In this stage, Sun Yingsha's defensive coordination after taking the initiative to split long was not ideal. When facing the particle fast attack style of Mizumi Ito, the difficulty of defense was higher than that of the reverse glue loop ball. If her shot was too fierce, mistakes would also come with it.

In the stalemate stage of the match against Ito Meicheng, Sun Yingsha did not have the upper hand, but the difference between the two was not significant. The backhand is the main route between Sun Yingsha and Ito Meicheng, with a usage rate accounting for more than half of the overall stalemate, but losing points is slightly higher than scoring. Although the lateral position is not frequently used, the scoring situation is very optimistic. This also indicates that Mizuru Ito believes that in a stalemate, Sun Yingsha's forehand has more killing power than her backhand, so she tends to suppress the ball more in Sun Yingsha's backhand position. As the number of rebounds increased, Sun Yingsha showed a lack of patience and showed a desire for quick action when facing the rapidly sinking ball from Ito Meicheng. Her shots strengthened the rotational quality too much to avoid the confrontation in the stalemate.

## **5.2. Suggestions for countermeasures**

Although Sun Yingsha demonstrated a positive and strong attacking ability in both forehand and backhand during the starting and grabbing stages of 5.2.1, she can still seek improvement in stability and enhance the scoring rate of active attacks in future training. Secondly, when facing not only Mito Ito but also other granular players, it is important to pay attention to the backhand confrontation after serving a long ball from the baseline.

In the receiving and grabbing section, Sun Yingsha needs to increase her handling of small balls on the table and seek some changes in receiving and serving. The technique of splitting the long ball is a commonly used method of receiving and serving in the match against Mizumi Ito. However, there are obvious loopholes in the connection between turning to defense after splitting the long ball. In future training, we can focus on the practice of turning from splitting to defense and from defense to attack.

Sun Yingsha does not have an advantage in the stalemate confrontation. It is recommended to strengthen the backhand pull while continuously increasing the rotation and arc, and pay attention to the stability of going on stage. Do not overly think about adding mass and forget the importance of going on stage. When facing backhand rubber players, the confrontation of the backhand line is inevitable. Only by improving the continuous stability of the backhand in the stalemate can we better create opportunities for forehand active attack.

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