

**SPECIFIC METHODOLOGICAL ASPECTS OF ENHANCING THE CADET'S
ATHLETIC PERFORMANCE IN TABLE TENNIS IN THE FINAL AGE STAGE IN THE
PROCESS OF LONG-TERM PERFORMANCE**

*Mocrousov Elena¹,
Grosul Valeria²,*

State University of Physical Education and Sport, Chisinau

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The main task of modern sport is to improve athletic results of athletes at the international level. Significant intensification of training and competitive loads at the present stage, focused on high sporting achievements, including those on international level, presumes the search for new and effective means and methods, as well as consideration of age peculiarities of the rising generation, including in table tennis. Athletic performance in table tennis is a long-term, multi-stage process and we can distinguish 4 stages in it: initial sports selection, transition from cadet age (13-15 years) to junior one, transition from junior age (16-18 years) to adult athletes and athletes of highest sports mastery.

Goal of research: enhancing the cadet's athletic performance in table tennis in the final age stage in the process of long-term performance.

Anticipation of research: it is assumed that the study of the transition period of the cadet's athletic performance in table tennis, as well as recommended by us means and methods of their adaptation to the new sport – age period (juniors) will contribute to their stabilization and improvement of sport achievements in the long-term performance process.

Research objectives: 1. Study the state of problems in the theory and practice of table tennis. 2. Study age-related and functional feature of cadets and juniors when playing table tennis. 3. Develop a program of athletic and technical performance in table tennis for cadets in their transition period to the juniors in the process of long-term performance. 4. To prove the effectiveness of experimentally developed means and methods of athletic and technical performance of cadets for proper competition form in primary junior age in the process of long-term performance.