

Table Tennis – Backhand/Forehand

Keywords

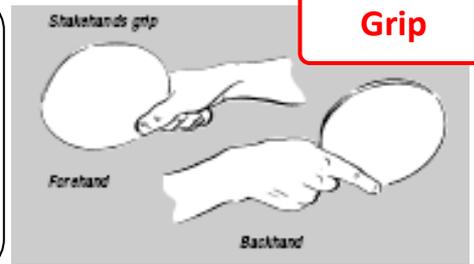
Attack	Return
Serve	Push
Rally	Disguise
Forehand	Side Spin
Backhand	Topspin
Coordination	Slice

Can you think of anymore?



Teaching Points

- Fit paddle firmly in hand with 1 finger across the back of the bat

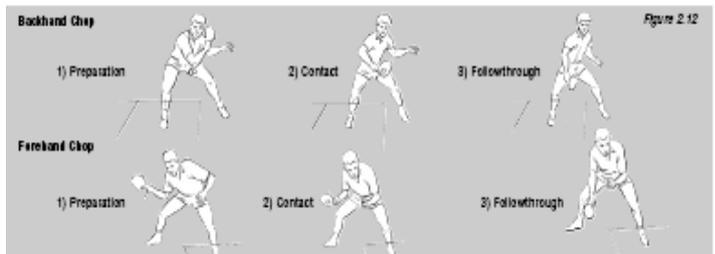
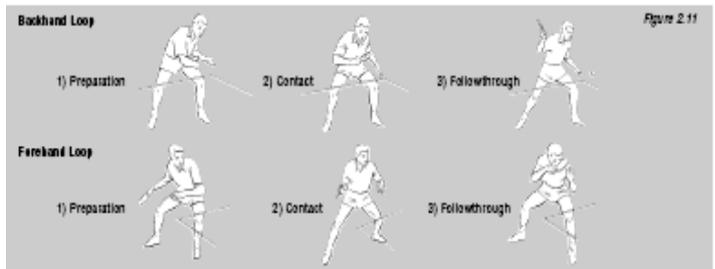


Teaching Points

- Low stance and light on toes
- Make smooth connection between backswing and forward swing, rotating at the hips
- Start action low and follow through up high



Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike shuttle?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game



Forehand/Backhand Drill

One player plays shots straight ahead down each side (H's) and the other plays cross court shots into alternate corners (X's).

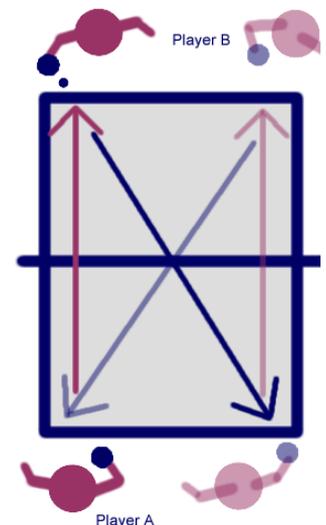


Table Tennis – Serves

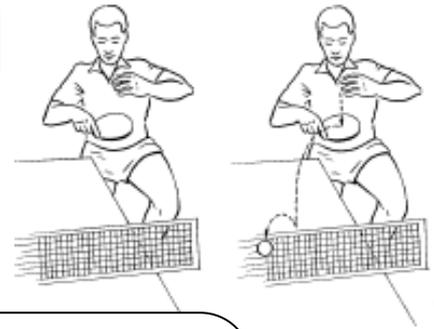
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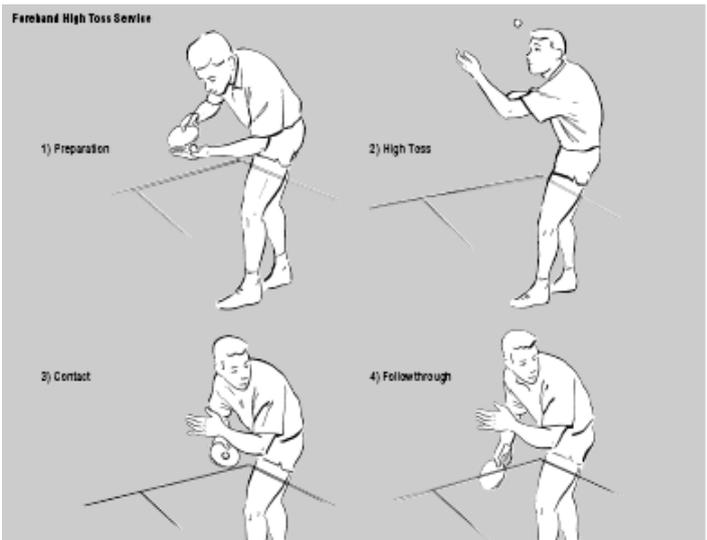
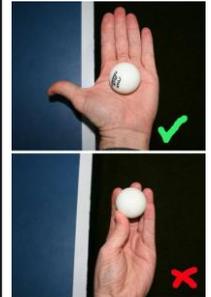


Service Action



Teaching Points

- Serves must be from behind the line and you must 'present' the ball
- Ball toss must travel at least 6 inches into the air
- Serves must land on both sides of the table



Can you experiment with different varieties of serve?

- Can you add topspin, sidespin or slice to your serve?
- How could you disguise your serve without breaking the laws of serve?

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