

Table Tennis @ Schools



When to play Table Tennis:

- PE class
- Classroom Active Breaks
- Classroom Rainy Day Breaks
- Lunchtime Activity
- Active School Week

Outcomes:

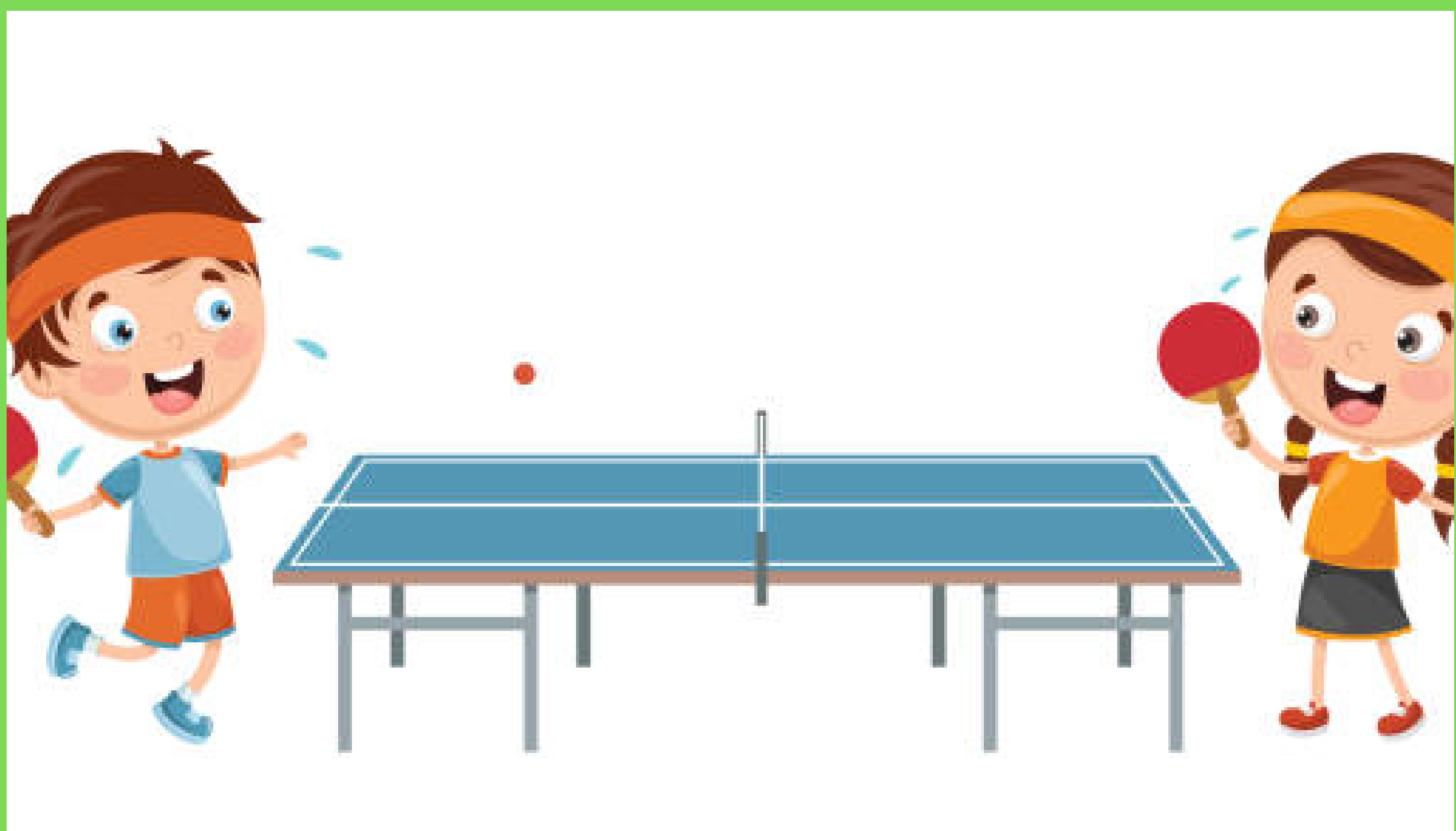
- Improve self-wellbeing through physical activity
- Obtain basic technical and tactical knowledge of the game
- Understand basic Table Tennis Rules and Regulations
- Have Fun!!

What will you need for each session - Start each session with equipment list

- Table Tennis Ball
- Table Tennis bat
- A Net
- A Table – example : a desk, (the bigger the better)
- Space - Give yourself plenty of space

Basic Rules:

- The aim while playing the game is to hit the ball over the net onto the opposite side of the table.
- The game is started with one player serving the ball every time a point is scored..
- The ball must take the first bounce on the server's side of the table followed by a second bounce on the opponent's side.
- The ball must pass cleanly over the net – if it 'clips' the net and goes over, it is a 'let', and the service is retaken.
- If the opponent is unable to return the ball back or the ball does not land on your side of the table, it is your point.
- Table Tennis game is played till one player (or a pair in case of doubles) scores 11 points and the other player scores less than 10 points. If the score reaches 10-10 then it is named as deuce. In such a scenario, the game extends until one of the players (or pair) scores 2 consecutive points.





Tips for Developing a Grip

Shakehands Grip (Western Grip)



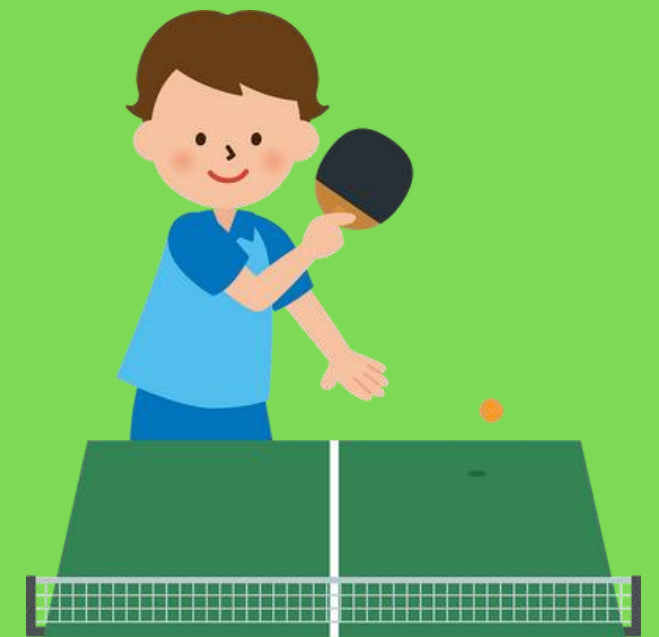
- The thumb is mainly relaxing over the rubber of the bat.
- holding the bat pretty much similar to a handshake

Penhold Grip



- It is similar to the way one would actually hold a pen while writing with the index finger and the thumb at the front of the handle and the rest folded behind the bat.
- Your wrist will become more flexible in this grip to push the ball

Choose a grip that is more natural to you!



Hand eye co-ordination, Developing a Grip, TT Bat/Ball Skills

1. HAND EYE COORDINATION

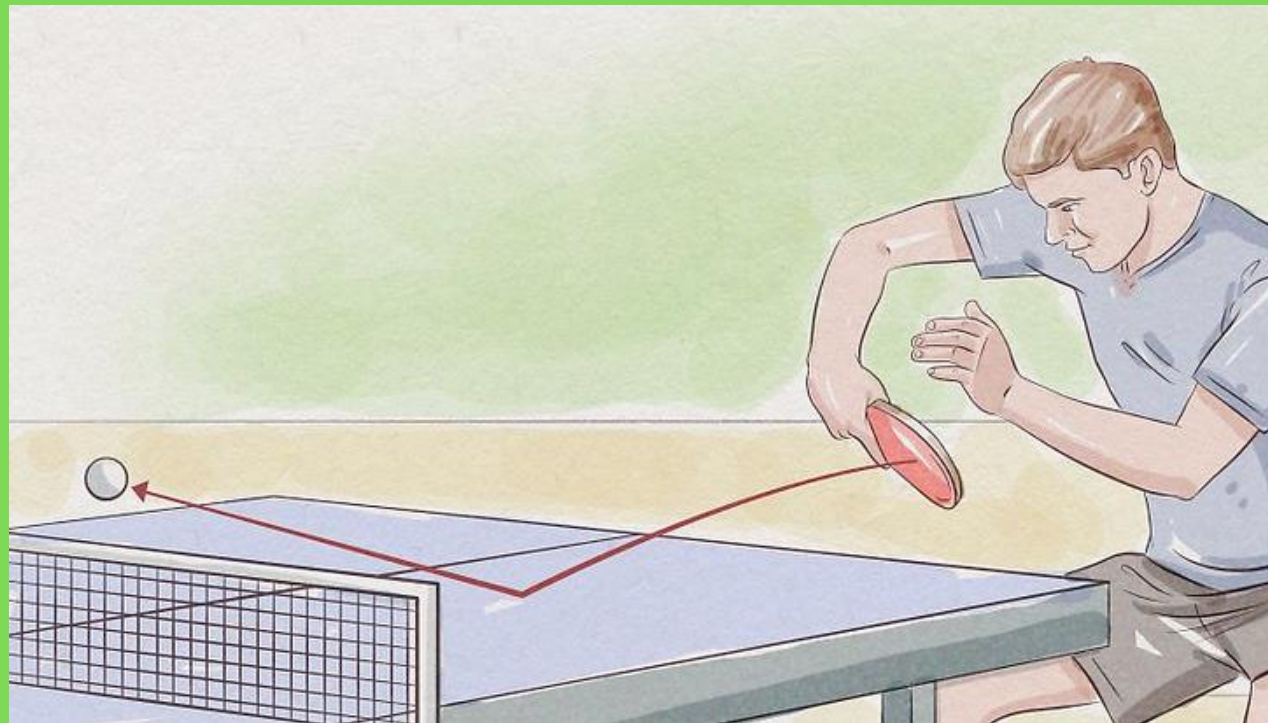
- Very important in order to be able to serve, react to a shot in correct time.

2. DEVELOPING GRIP – Get a Grip!

- Shakehands Grip (Western Grip)
- Penhold Grip
- Importance of a good grip – Make play easier; Increase rate of improvement

3. BAT / BALL SKILLS

- Ball balance
 - Bouncing the Ball on the Bat
 - Balance the ball on the bat; Walking while balancing the ball (Be creative by using an object with flat surface, i.e., a book, placemat, coaster...)
 - Throw Catch - hand eye coordination
 - Keeping the ball up with a partner
 - Bounce the ball on the bat and hit to partner on other side of table



Introduction to Backhand Drive

1. STANCE

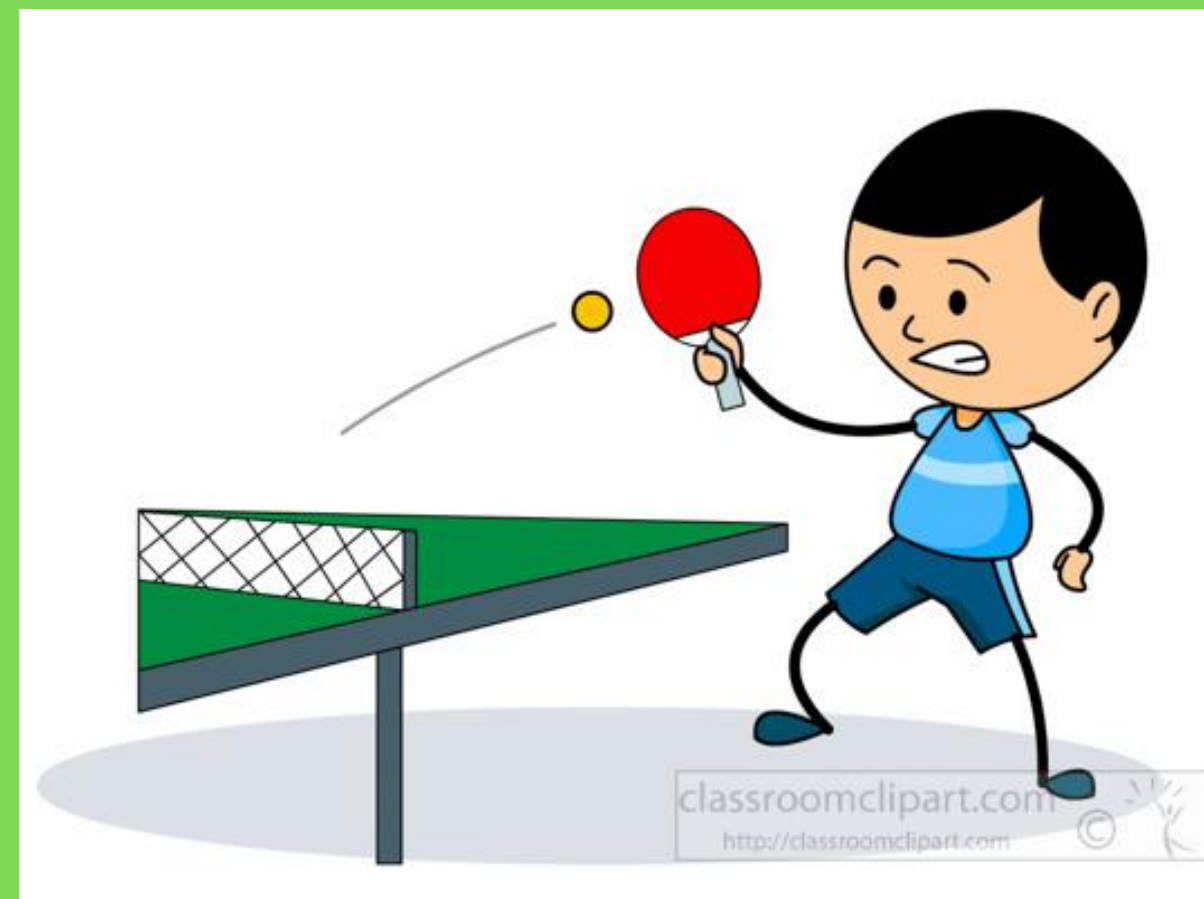
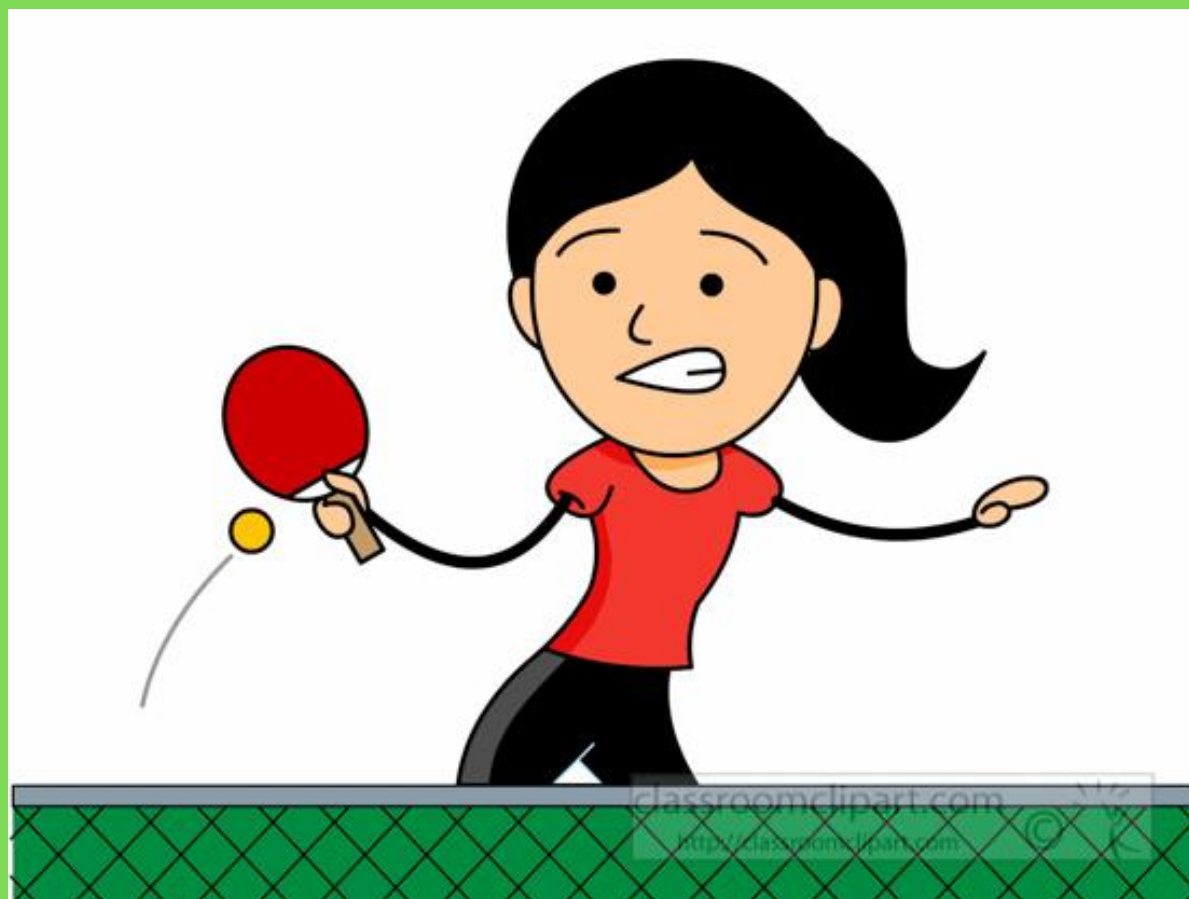
- “Goal Keeper”
 - Feet apart, Knees bent, Body leaning forward/ weight on front of feet

2. BACKHAND DRIVE TECHNICAL POINTS:

- Ready position
 - Bat arm above and behind the table, bat slightly angled; position of the Free arm
- Forward movement - Strike the ball at top of the bounce
- Follow through – Bat turns to be in front of eyes, top of the bat pointing up/ forward (bat arm bent at elbow, wrist and bat in a straight line)
- Return to the ready position

3. Practice

- Bounce the ball on the table, then play Backhand shot
- Throw the ball up, then strike the ball with Backhand drive to the other side of the table
- Set a target (a piece of paper, an object) on the other side of the table and try to play Backhand shot onto the target



Introduction to Forehand Drive Technique

1. Technique

- **Ready position:**
 - feet apart, knees bent, arm above and behind the table (“L” shape)
- **Forward movement –**
 - Strike the ball at the top of bounce
 - Follow through - Hip to Lip, bring the bat in front of your forehead, while playing the shot, feet/body turns forward, weight transfers from right leg to left leg
- **Return to ready position**
 - Note: Keep small space between upper arm and body (not too tight)

2 Practice

- **1. Bounce the ball on the table, then play forehand drive shot**
- **2. Throw the ball up, then strike the ball with forehand drive to the other side of the table**
- **3. Set a target (a piece of paper, an object) on the other side of the table and try to play forehand shot onto the target**