

Serve:

→ **Serve:** The first shot to begin a rally. The serve is alternated between the two players, after two serves the service goes to the opposite player regardless of the winning shot.

→ There are different types of serving.

→ Forehand and Backhand serves

→ Short and Long serves.

→ Topspin and Backspin serves

→ When serving in Table Tennis, if the ball hits the net but still bounces on the opponents side of the table, the point is a let (which means it needs to be replayed).

Backhand Push:

→ **Backhand push:** The ball is played on the backhand side, with a flat bat face to push the ball over the net.

→ The Backhand push shot is a controlled shot.

→ Step into the shot with your strongest foot with the paddle facing towards where you want the ball to be placed.

Forehand Push:

→ **Forehand push:** The ball is played on the forehand side, with a flat bat face to push the ball over the net.

→ The Forehand push shot is a controlled shot.

→ Step into the shot with your weakest foot with the paddle facing towards where you want the ball to be placed.

→ Make sure our body is opened to make the shot.

Forehand and Backhand Chop:

- Start the paddle from the top of your body and move across your body to get that chopping position.
- Forehand, move from right to left, in an upwards and downwards movement.
- Backhand chop, move from left to right, in an upwards and downwards movement.

Forehand and Backhand Drive:

→ **Forehand/Backhand drive:** A shot played on the forehand side, contact cuts on an angle (closed bat position) to the ball to make it move differently,

Key Words:

- Table
- Ball
- Bat
- Open/Closed/Neutral Grip
- Position
- Service
- Drives
- Push
- Smash
- Lob
- Block
- Net



Tactics:

- Play on your opponent's weaknesses.
- Play consistently and don't make unforced errors.
- Move your opponent around the table.
- Vary your strokes.
- Vary the speed, spin and direction of your strokes.



Rules:

- A serve MUST bounce on both sides of the table.
- Players cannot volley the ball, it must always bounce first.
- A player can serve in any direction, it does not have to be diagonal.
- You cannot touch the table with any part of your body during a point, Service rules:
 - Must serve behind the white line.
 - The ball must be presented to your opponent.
 - you must toss the ball up 6 inches and hit the ball on the way back down.

Positions:

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **index finger pointing towards the target** (like a gun)

1. READY POSITION
 - Crouched with left foot slightly forward
 - Close to the table
2. BACKSWING
 - Rotation turns the waist to the right
 - Arm rotates back and downwards of the elbow
3. FORWARD MOVEMENT
 - Arm moves forward and upwards as the body uncoils from the waist
 - Weight transfers from the right to the left foot
 - Contact at top of the bounce
4. FOLLOW THROUGH
 - Bat arm continues to move forward and upwards, finishing in line with the nose
 - Recover to ready position



Backhand Push

Making an L shape with your elbow on the backswing and push your arm forwards to an I on the swing

Finish with your **index finger pointing towards the target**

1. READY POSITION
 - Crouched facing the direction you would like the ball to travel
 - Close to the table
2. BACKSWING
 - Bat moves back towards the stomach with an open angle
3. FORWARD MOVEMENT
 - Produced from the elbow as bat moves forward and slightly downwards
 - Contact the bat underneath and
4. FOLLOW THROUGH
 - Bat moves forwards and downwards
 - Recover to ready position

Scoring System:

- **Scoring system to 21.**
- **Two serves each**
- **You score a point by your opponent not returning the shot or your opponent not being able to return the shot correctly.**
- **You need to beat your opponent by two clear points.**

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