

TABLE TENNIS

Beginner - 1

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Introduction to Forehand

Forehand

The forehand in tennis and other racket sports such as table tennis, squash and badminton is a shot made by swinging the racquet across one's body in the direction of where the player wants to place the shot



Forehand – Right hand player

- For a right-handed player, the forehand is a stroke that begins on the right side of his body, continues across his body as contact is made with the ball, and ends on the left side of his body.

Forehand – Left hand player

- For a left-handed player, the forehand is a stroke that begins on the left side of his body, continues across his body as contact is made with the ball, and ends on the right side of his body.

Forehand

There are four basic elements that needs to be followed to execute a basic forehand:

- a. Ready Position
- b. Back Swing
- c. Forward Movement
- d. Follow Through

Executing Forehand



Ready Position



Backswing



Foreward Movement



Follow Through

- Feet shoulder width apart and 45° to the table.
(Right-handers – left foot forward)
(Left-handers – right foot forward)
- Start with the racket at hip height and beside you
- Follow through to your head as if saluting

Basic Activity – 4

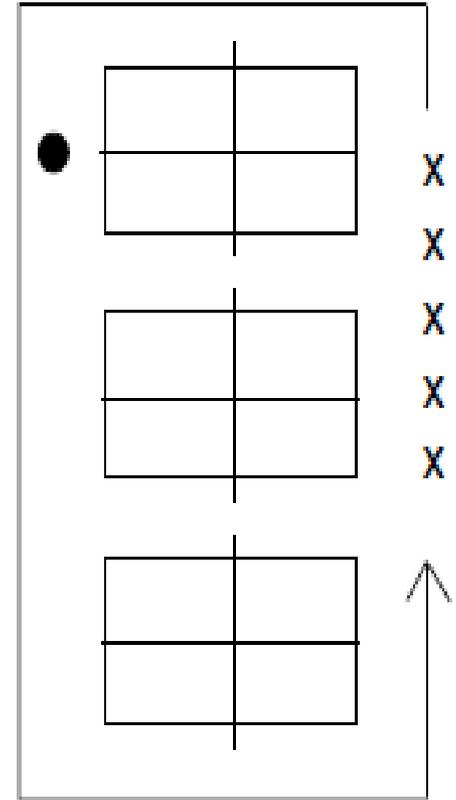
Requirements

- Three table tennis tables
- Distance of four students per table
- Table tennis balls
- Each student with the racket

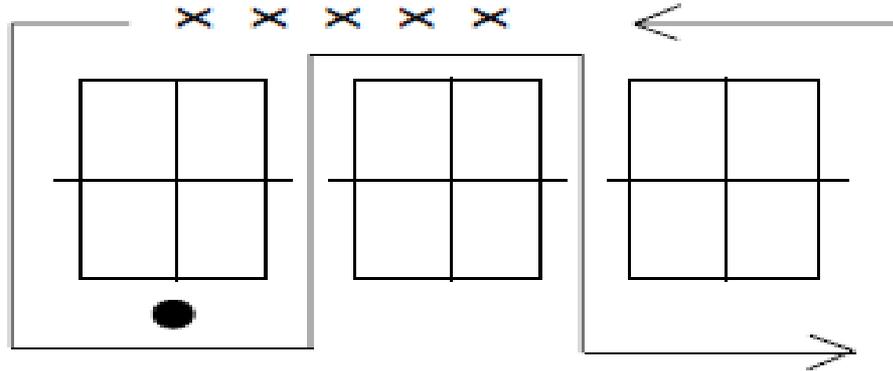
Round the Table - 1

- Players hit one forehand and run around the tables
- The number of tables to run around can be calculated at one table per four players. If only 1 table, estimate a similar distance
- After several rounds it can become elimination with players making a mistake sitting down
- As the players are reduced, so too is the number of tables (i.e. one table per four players) or distance
- When down to 2 players, they stand next to each other taking in turns hitting the ball, placing the racket on the table and spinning around
- Repeat with backhand but going in the opposite direction

Note: The diagram is for right-handers playing forehands
Left-handers should use backhand when right-handers use forehand



Round the Table - 2



- Using 3 or 5 tables (1 table/4 players) players hit one ball and zigzag around the tables
- After several rounds it becomes elimination
- When down to 10 players just circle the tables and continue as for normal 'Round the Table'

