



UNIT 4



Fundamental Skills of Sports

Table Tennis



In this unit, we will learn about the game of table tennis, one of the fastest racquet game in the world. Played on a wooden table with a dark, matte surface divided by a net, this fast-paced sport uses a 40+mm ball and a racquet of any shape or size. Players use a combination of forehand and backhand strokes, applying both defensive and attacking techniques to win rallies and score points. It requires quick reflexes, as well as eye-hand and sound coordination. Fast movements, accuracy, concentration along with attention attracts people of all ages and genders to this game. Earlier known as Ping-Pong and Gossima, table tennis is a recreational, remedial and competitive sport.

To understand table tennis better we will learn about speed, strength, quick reaction time and its combination, as well as physical, mental, social, emotional and spiritual skills which enable players to play, sustain, and live a holistic life.



Grip



In any racquet sport, including table tennis, **Grip** is the first and foremost requirement to foster the skill of the sport. Grip is a technique to hold the racquet by which a player strikes the ball.

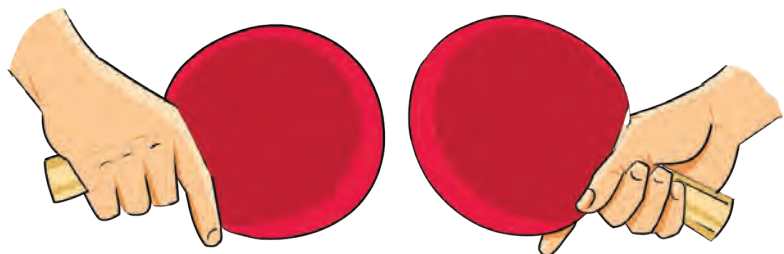
Warm-up	Skill	Cool-down	Circle time
Entangle and release weight on a rod through rope by wrist movement. Flexion, extension, radial and ulnar deviation, rotation of the wrist with open palm and closed fist.	Grip	Open hand palm stretch, wrist rotation clockwise and anti-clockwise.	<i>Strength and flexibility</i>

Grip

A grip is of two types:

1. SHAKEHAND GRIP

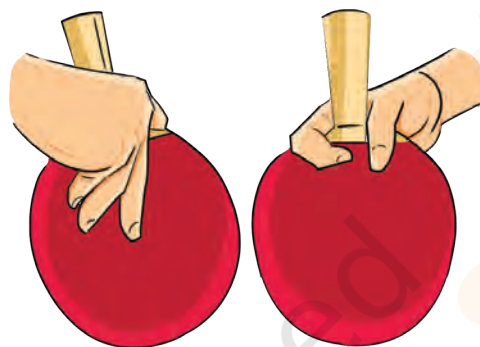
- Shake the hand with the slant racquet and hold it in the palm.
- Place the thumb and index finger parallel to the straight edge of the rubber.
- Wrap the remaining three fingers around the handle.



- Ensure that the grip is loose as this will give more readiness, flexibility and strength for better rotation and stability.

2. PENHOLD GRIP

- Hold the racquet as you are holding a pen.
- Thumb and index finger should hold the actual handle near the blade.
- The remaining fingers are positioned around the back of the racquet blade.



Note: There are two types of Penhold Grip; Chinese Grip and Japanese Grip but nowadays, the Shakehand Grip is more commonly used worldwide.

Lead-up Activity

TAPPING THE BALL (STANDING)

- Forehand tapping: Players will bounce the ball on the racquet using the forehand side (The side of the thumb/thumb facing side).
- Backhand tapping: Ask the player to bounce the ball on the racquet using the backhand side (Index finger facing up).
- Combination tapping: The player will tap the ball on the forehand and backhand side of the racquet alternately.
- Time duration: Two minutes for each activity and players will count the number of balls tapped.



Note for the teacher

The teachers should observe the coordinative ability of players such as, eye-hand, hand-sound and eye-sound coordination and ensure that they enjoy the session.

VARIATIONS

1. The same can be done while walking or running straight, around the table or in a zig-zag way.
2. This fun activity can be conducted outdoors. In case it is windy, a corridor is a good option.

Circle time – *Strength and flexibility*

- Identify, while holding the racquet, which muscles are involved and which joints allow the rotation of the hand while performing the alternate backhand and forehand tapping of the ball on the racquet. How did you manage to balance the knock on the ball from the centre of your paddle while walking or running?
- Discuss how you felt after completing the desired number of knocks on the ball by forehand and backhand.

Did You Know

Table Tennis is both an individual and team sport, featured in various tournament formats such as the New Swaythling Cup, Corbillon Cup, and Olympic patterns.

Footwork



Footwork is one of the most important aspects of table tennis, in order to return a ball at marked 1.525 m wide endline and its imaginary extension on both sides. The key principle of an efficient return is returning the ball in front of the body's medial line in the backhand grip and comfortable lateral movement in the forehand grip. Also, a quick and proper placement of the foot, sideways, backwards and forwards with a balanced weight, is necessary while returning to make it comfortable. Footwork helps players move efficiently to position themselves for the best possible execution of skills. Proper footwork allows for quick reactions, better balance, and smoother transitions between strokes.

Warm-up	Skill	Cool-down	Circle time
Jogging, skipping and ladder running	Footwork	Slow stretching and 30 seconds hold for calves, quadriceps, hamstrings	<i>Eye-hand-ear coordination</i>

Footwork

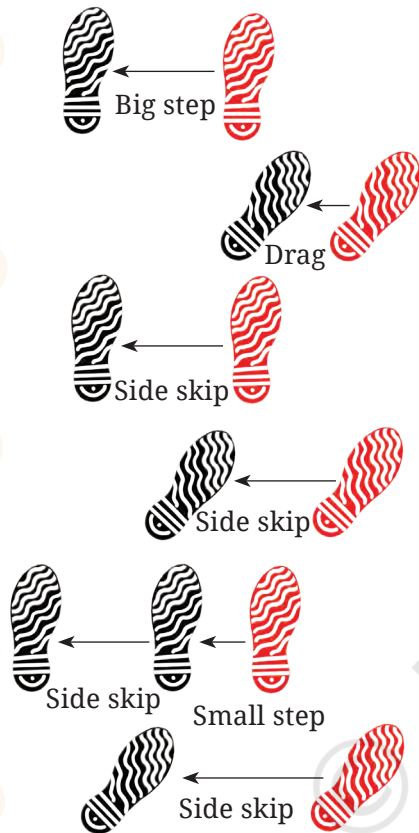
Types of footwork:

There are various types of footwork in table tennis namely:

- Side-to-Side footwork (Shuffling or Sliding step)
- In-and-Out footwork (Front-Back movement)
- Pivot footwork

- Crossover step
- One-Step footwork

To move left

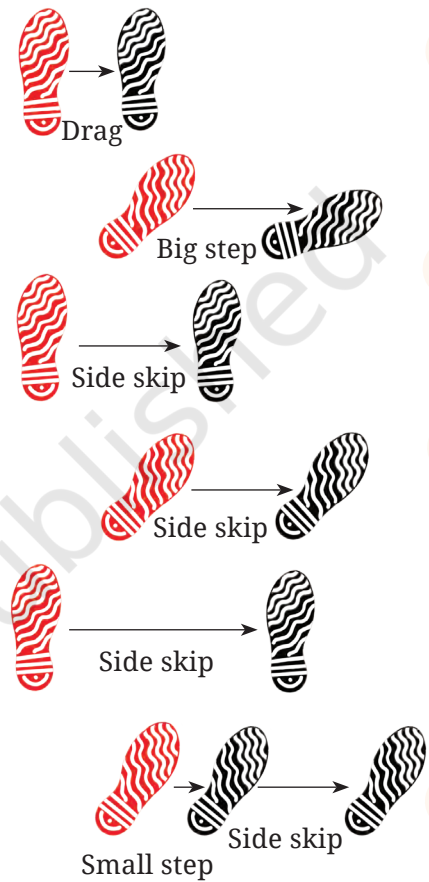


One-step footwork

Two-step footwork

Three-step footwork

To move right



Descriptions

Basic Footwork comprises the following:

1. STANCE

- Stand with feet shoulder-width apart.
- Keep knees slightly bent and body leaning forwards.
- Stay on the balls of your feet to enable quick movement.

2. SIDE-TO-SIDE MOVEMENT

- Push off with one foot to move laterally.
- Maintain balance while gliding smoothly.
- Keep the racquet in a neutral position, ready for the next stroke.

3. FORWARD MOVEMENT

- Step forward with the leading foot when attacking.
- Transfer your weight onto the front foot.
- Stay low to maintain stability.

4. BACKWARD MOVEMENT

- Push off the front foot to move backward.
- Keep the body centered and balanced.
- Stay ready to return to the table quickly.

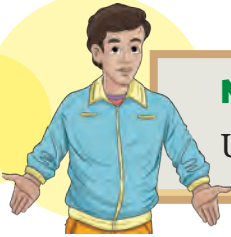
5. FOLLOW-THROUGH

- After each shot, return to ready stance.
- Stay light on your feet to adjust for the next movement.

Lead-up Activity

Players will stand on one side of the table, while the teacher or feeder calls out random directions such as, “Left!”, “Right!”, “Forward!”, or “Back!”. Players must move according to the instructions, as fast as possible while maintaining their balance.

- If a player moves in the wrong direction or is too slow, they receive a point against them.
- The first player to get 5 points against them, loses, and the winner advances to the next round.
- To add to the level of difficulty, the teacher or feeder can introduce a ball hitting requirement, where players must move to the correct position and hit a shot at the same time.



Note for the teacher

Use visual and verbal cues to help players react faster.

VARIATIONS

1. Set up cones or ladders in different positions, and players must move between them quickly while maintaining proper balance.
2. The coach throws multiple balls in different areas, and the player must adjust their footwork to hit each ball correctly.
3. Two players compete to see who can shuffle from side to side the fastest without losing balance.



Circle time – *Eye-hand-ear coordination*

How can visual and verbal cues to help improve footwork and what are some effective cues to enhance speed, balance, and positioning?

Do You Know

There are 11 classifications in the paralympic event of table tennis, Class 1 to 5 are for wheelchair play Class 6 to 10 for standing disabilities and Class 11 for intellectually challenged players.

Forehand Push



The **Forehand Push** is a defensive stroke in table tennis used to return short and low balls with backspin. It helps to maintain control in rallies by preventing opponents from attacking aggressively.

Warm-up	Skill	Cool-down	Circle time
In a fist position perform alternate elbow flexion and extension doing maximal contraction of the fist along with supination and pronation.	Forehand Push	Perform slow stretching of the arms, wrists, and shoulders. Practice deep breathing.	<i>Realisation</i>

Forehand Push

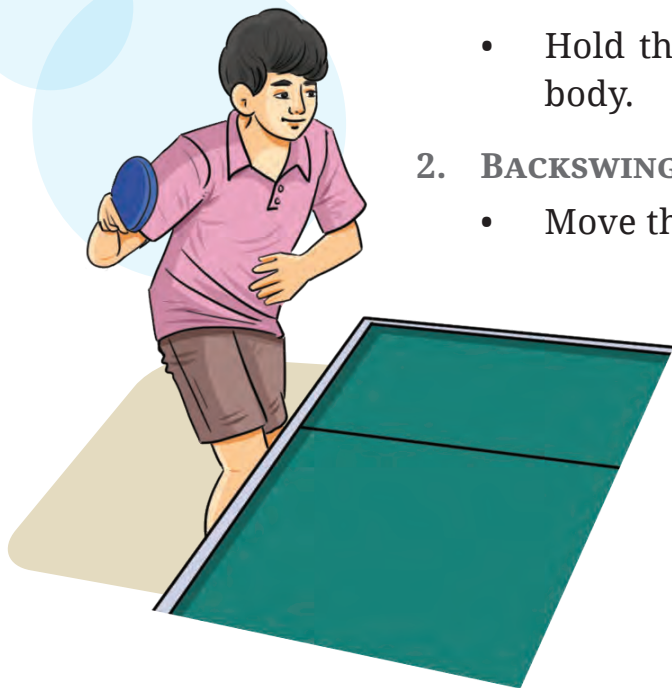
The Forehand Push comprises the following:

1. STANCE

- Stand with feet shoulder-width apart.
- Keep knees bent and lean slightly forward.
- Position the left foot slightly ahead.



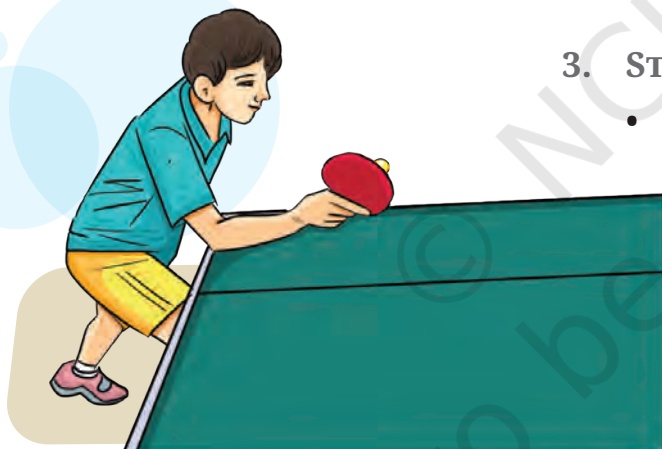
Some players prefer to stand parallel to the end line of the table.



- Hold the racquet at table height in front of the body.

2. BACKSWING

- Move the right foot back into a side-on stance.
 - Adjust the left foot to maintain the side-on position.
 - Move the arm back and slightly upwards, pivoting at the elbow.
 - Angle the wrist backwards.



3. STRIKE

- Make contact underneath the ball in front of the body, placing backspin on the ball.
Snap the wrist at the moment of contact of the ball and the racquet.

4. FOLLOW-THROUGH

- Continue the racquet movement forwards and downwards.
- Return to ready position.

Lead-up Activity

Players will pair up and rally using only the forehand push, trying to keep the ball on the table. If a player makes an error (hits into the net, off the table, obstructs the ball or lifts the ball too high), the opponent earns one point. The first player to win five points wins the round, while the loser switches to play with a different player.

Teachers can introduce a target accuracy challenge, where players aim to push the ball into marked zones on the table for bonus points.



Notes for the teacher

- Teachers should demonstrate the proper technique first, focusing on racquet angle, ball contact, and follow-through.
- Players should practice slow, controlled pushes before increasing speed and spin.
- Teachers should provide individual feedback, emphasising accuracy over power.

VARIATIONS

A deeper push that forces the opponent away from the table, disrupting their position.



Circle time – Realisation

Discuss how the ball moved when you hit it from different positions; for example, when your weight was on your rear leg, middle line, or on your forwards leg. How did each position change the power, control, and accuracy of your shot?

Backhand Push



The **Backhand Push** is a defensive stroke in table tennis used to return short, low balls with or without backspin. It is an essential skill for controlling rallies, returning serves, and preventing aggressive attacks from opponents.

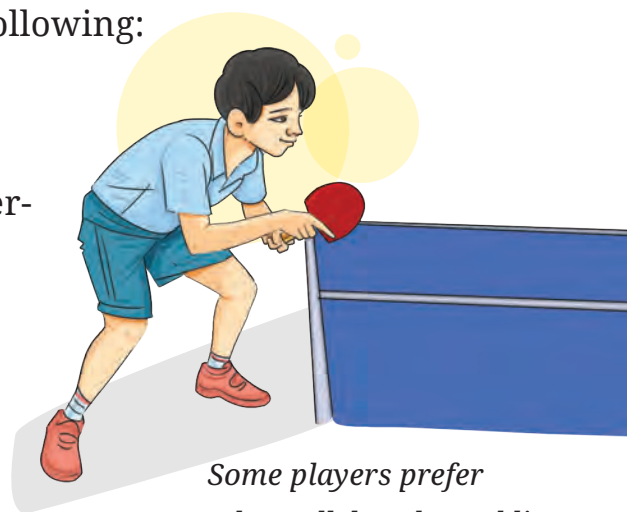
Warm-up	Skill	Cool-down	Circle time
In a fist position perform alternate elbow flexion and extension doing maximal contraction of the fist along with supination and pronation.	Backhand Push	Pushing fingers back with an open palm with the help of the other palm	<i>Feel the muscles</i>

Backhand Push

The Backhand Push comprises the following:

1. STANCE

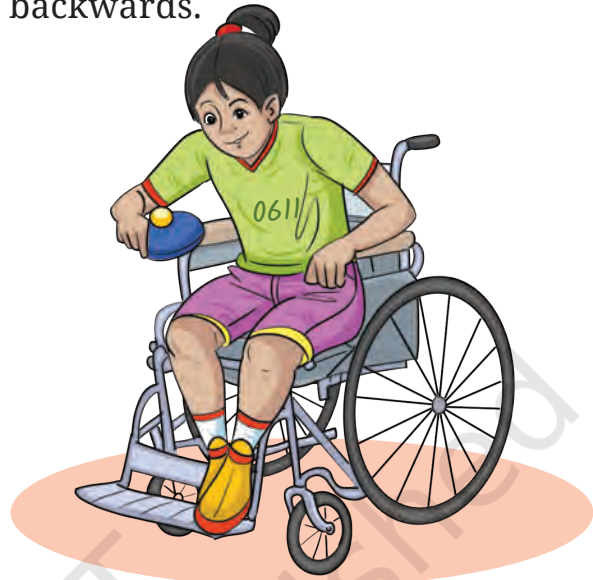
- Stand with your feet shoulder-width apart.
- Keep knees bent and lean slightly forward.
- Position the left foot slightly ahead.
- Hold the racquet in front of the body.



Some players prefer to stand parallel to the end line of the table.

2. BACKSWING

- Move the racquet a little backwards and a little forwards.
- Angle the wrist slightly backwards.



3. STRIKE

- Make contact underneath or at the back of the ball directly in front of the body or in front of the middle line to return or to generate backspin.

4. FOLLOW-THROUGH

- Continue the racquet movement forwards and downwards.
- Return to the ready position.

Lead-up Activity

Players will pair up and rally using only the backhand push, aiming to keep the ball on the table. If a player makes an error (hits into the net, off the table, or lifts the ball too high), the opponent earns one point. The first player to win five points wins the round, while the loser switches to play with a new opponent.

To increase the difficulty, the teachers can introduce a target zone challenge, where players earn extra points for landing the ball in specific marked areas on the table.

A thread can be tied across the table, through the net clamps four inches above the net, and players may be asked to pass the ball in between through the thread and the net.



Notes for the teacher

- The teachers should first demonstrate the correct backhand push technique, focusing on grip, ball contact, and follow-through.
- Players should start with slow, controlled pushes before increasing the speed and spin.
- Teachers should provide individual feedback and emphasise consistency over power.

VARIATIONS

- A soft push with a heavy backspin to keep the ball short, making it harder for the opponent to attack.
- A deeper push that forces the opponent away from the table, disrupting their position.



Circle time – *Feel the muscles*

Discuss and compare the body parts or muscles that were engaged while performing this skill with those that were used in other skills. Highlight the similarities and differences in movement and effort. Also, try to count the constant returns and increase the numbers.

Basic Service



In table tennis most of the players score a point within the first 40 to 50 seconds and the major cause is the effectiveness of the service. It is an important skill that a player should develop first. The key focus for beginners is to develop a **legal and consistent serve** by following the correct technique and laws.

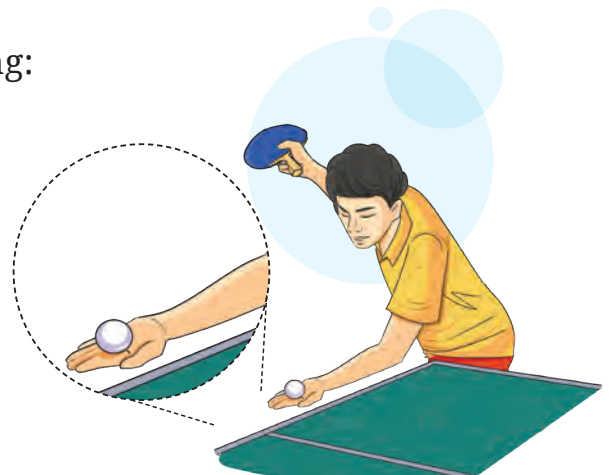
Warm-up	Skill	Cool-down	Circle time
Shoulder flexion and extension with the elbow supinated during flexion and the elbow pronated during extension	Basic Service	Perform slow stretching for the arms, wrists, and shoulders	<i>Fairplay</i>

Basic Service

A Basic Service comprises the following:

1. STANCE

- The ball shall be resting on an open and stationary palm.
- Hold the ball on a flat palm to ensure a legal serve.



- The racquet should be behind and above the end line of the table.
- Stand with feet shoulder-width apart and the knees slightly bent for balance.

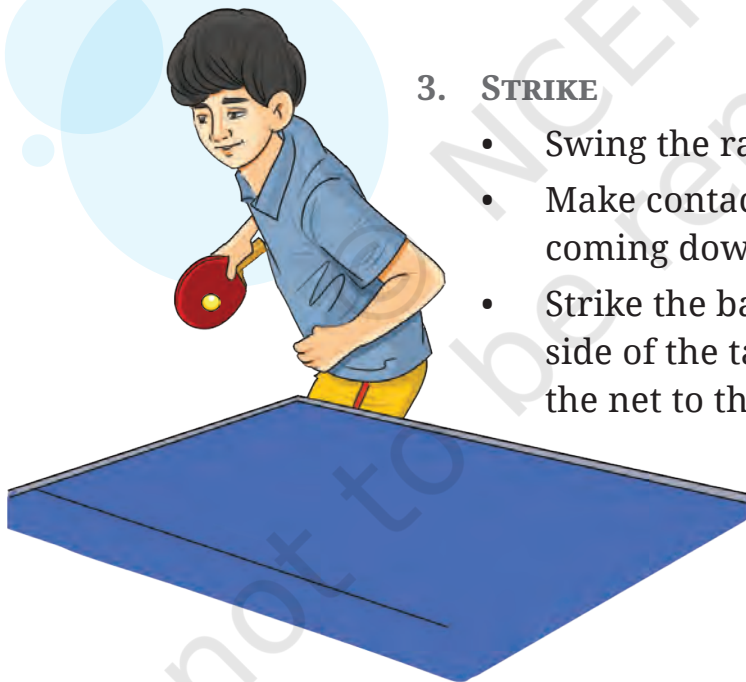
2. BACKSWING

- Toss the ball at least 16 cm (6 inches) near vertical from the hand.
- Simultaneously, move the racquet back to prepare for contact.
- Keep a relaxed grip on the racquet for better control.



3. STRIKE

- Swing the racquet forwards.
- Make contact with the ball while it is coming down.
- Strike the ball so that it first touches your side of the table and then crossing over the net to the opposite side.



4. FOLLOW-THROUGH

- Continue the racquet movement forwards and upwards.
- Prepare to strike the returned ball from the opponent.

Lead-up Activity

Keep a small tub at the centre of the opponent's side of the table. Ensure that players take turns to service five times and aim to land the ball inside the tub, placed as the target. If the ball lands inside the target, the player earns a point. The player with the most points wins, while the player with the least points loses, abiding by proper service techniques.



Note for the teacher

The teachers should focus on ensuring that players toss the ball vertically (at least 16 cm near vertical) and strike it while it has started falling down, making sure that the ball is not hidden by any body part or partner (in case of doubles or a pair activity).

VARIATIONS

- If a soft serve by a player bounces twice or more on the opponent's side, the player will lose a point.
- A faster serve can be introduced that reaches the opponent's side deep and close to the endline.
- A serve directed towards the corners of the table can be introduced to force the opponent to move.

Circle time – Fairplay

Discuss the importance of fair play in sports and how it promotes respect and integrity. If you notice a teammate engaging in foul play, how would you address the situation while maintaining team spirit?

Topspin Service



A **Topspin Service** in table tennis is an attacking serve that makes the ball spin forwards, causing it to dip quickly and bounce aggressively towards the opponent.

Warm-up	Skill	Cool-down	Circle time
Wrist rotations, arm swings, shoulder rolls and shadow service	Topspin Service	Perform slow stretching for the arms, wrists, and shoulders	<i>Ball trajectory</i>

Topspin Service

The Topspin Service comprises the following:

1. STANCE

- The ball shall be resting on an open and stationary palm.
- Keep the racquet and free hand above and behind the end line of the table.



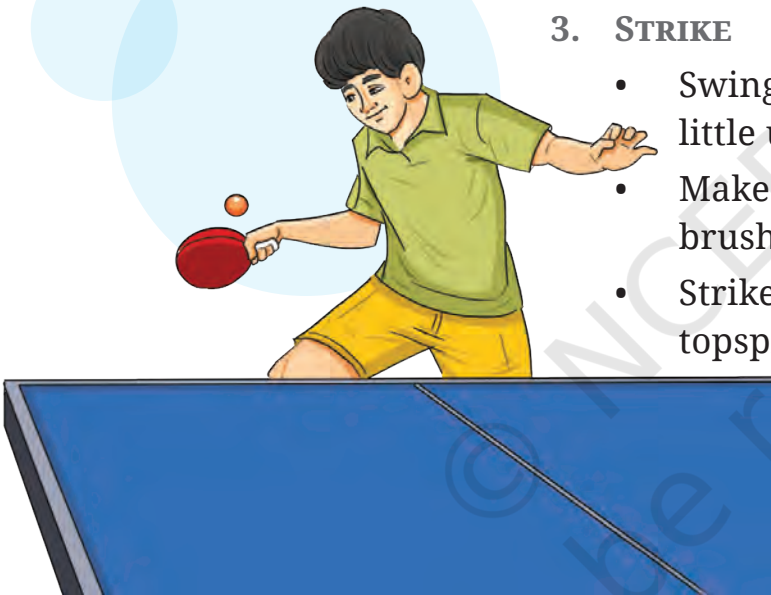
2. BACKSWING

- Toss the ball at least 16 cm vertically.
- Move the racquet backwards behind the ball.
- Angle the racquet slightly closed for a topspin service.

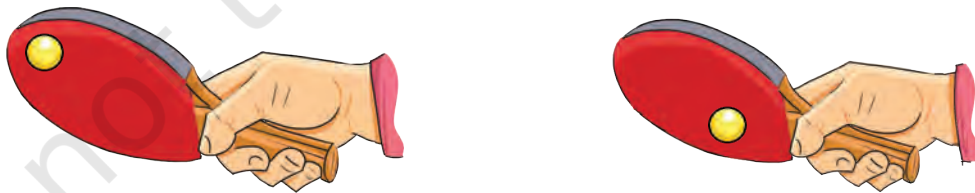


3. STRIKE

- Swing the racquet forwards and a little upwards.
- Make contact with the ball squarely, brushing it downwards up.
- Strike the top of the ball for the topspin.



4. FOLLOW-THROUGH



- Continue the racquet movement forwards and upwards for the topspin.
- Prepare to recover for the next shot.

Lead-up Activity

Players will participate in pairs. Each player takes turns serving with a topspin motion, aiming to land the ball on the opponent's side consistently. If a service bounces twice or forces the opponent into a weak return, then the service is considered successful, and the player earns one point. If the serve goes out or into the net, the service is unsuccessful, and the opponent earns the point. The first player to reach five points wins the round, while the loser switches to challenge a different opponent.

To increase the difficulty, the 'target accuracy challenge' can be introduced, where specific areas on the table are marked, and players earn extra points for landing their service in those zones. Another variation is the 'spin challenge', where players must apply more spin with each service, making it harder for their opponent to return the ball.



Notes for the teacher

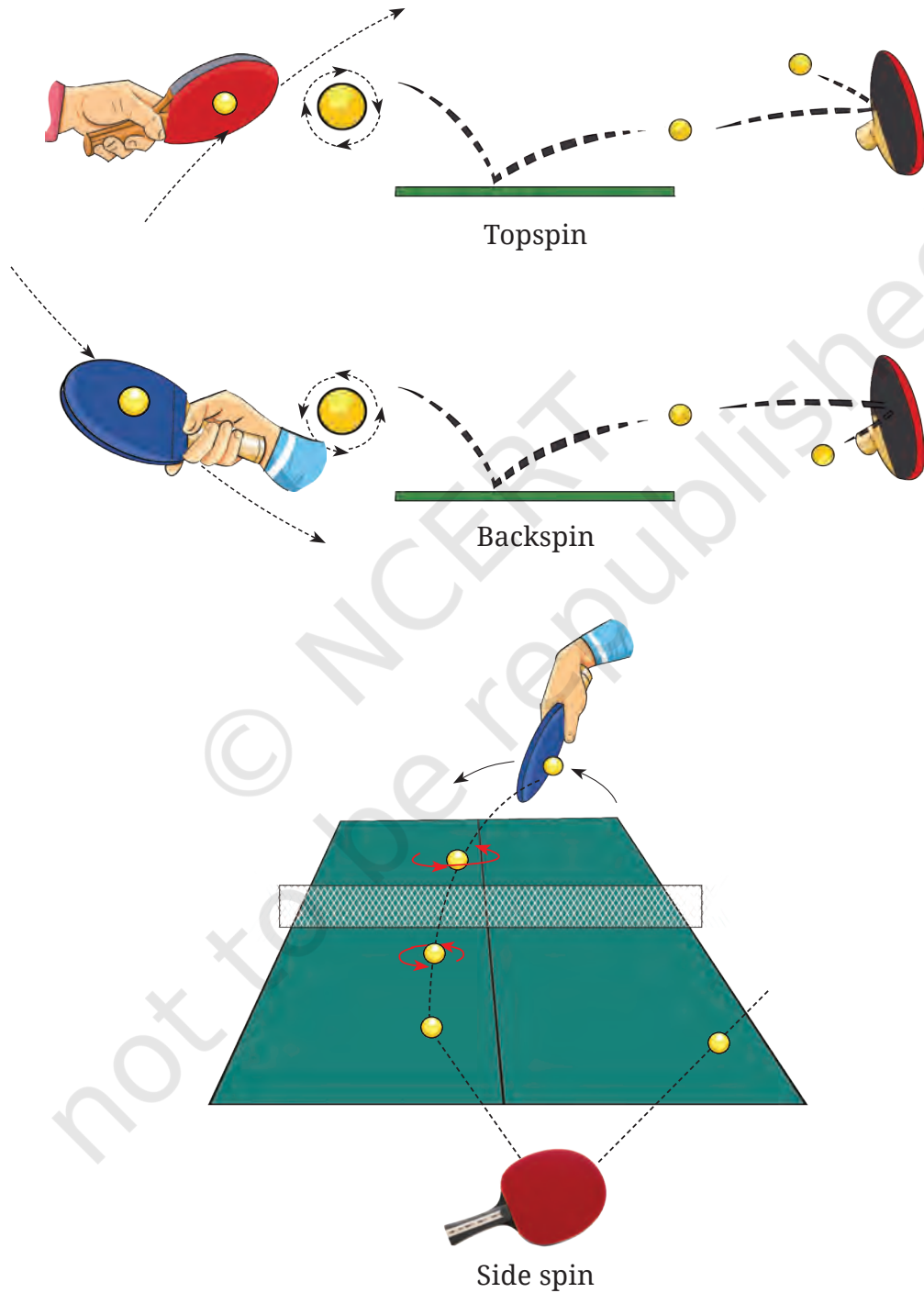
- The teachers should first demonstrate the correct topspin service technique, highlighting grip, body position, and the brushing motion needed to generate spin.
- Player should practice the service against a wall or with partners, receiving individual feedback on their form.

VARIATIONS

- The ball is hit softly with a brushing motion so it bounces twice on the opponent's side, making it difficult to return the ball.
- The ball is hit with more power and spin, causing it to land deep in the opponent's court and forcing a quick reaction.

Circle time – *Ball trajectory*

Discuss the significance of the ball trajectory. How does the topspin affect the ball's movement and the opponent's return?



Backspin Service



A **Backspin Service** in table tennis is a defensive serve that makes the ball spin backwards, causing it to slow down after bouncing and making it harder for the opponent to attack.

Warm-up	Skill	Cool-down	Circle time
Wrist and arm stretching to loosen muscles. Ball control drills in which the players lightly bounce the ball on their racquet with a backspin motion to feel the effect.	Backspin Service	Perform slow stretching for the arms, wrists, and shoulders. Practice deep breathing.	<i>Reflection and strategy</i>

Backspin Service

The Backspin Service comprises the following:

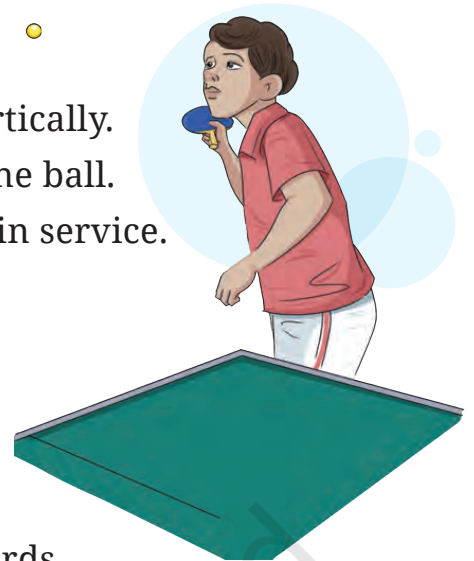
1. STANCE

- The ball shall be resting on an open and stationary palm.
- Keep the racquet and free hand above and behind the end line of the table.



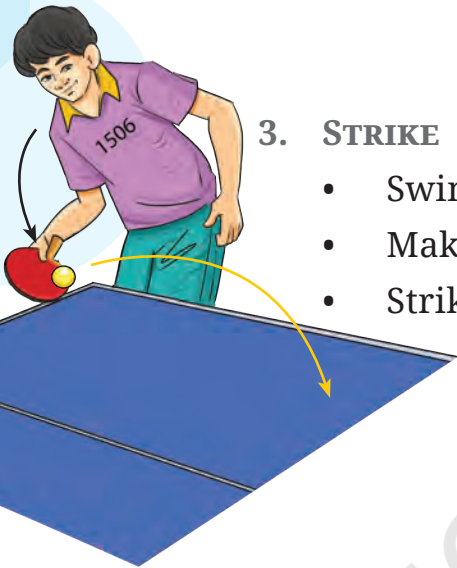
2. BACKSWING

- Toss the ball at least 16 cm (6 inch) vertically.
- Move the racquet backwards behind the ball.
- Open the racquet angle for the backspin service.



3. STRIKE

- Swing the racquet forwards.
- Make contact with the ball squarely.
- Strike the bottom of the ball to create backspin.



4. FOLLOW-THROUGH

- Follow through forwards and go deep downwards for the backspin.
- Get ready to recover to return the next ball.

Lead-up Activity

Players will participate in pairs. Each player takes turns serving with the backspin motion, aiming to land the ball on the opponent's side successfully. If the service is executed correctly by the player, and it forces the opponent into a weak return or a mistake, the player earns one point. If the service goes into the net or off the table, it is considered unsuccessful, then the opponent earns the point. The first player to reach five points wins the round, while the loser switches to face a new opponent.

To increase the difficulty level, a ‘spin effect challenge’ can be introduced. The players must serve the ball in such a way that after it bounces or touches the opponent’s court, it returns back to the net due to the heavy backspin. The more the ball spins backwards, the better the service. Another variation is the ‘target zone challenge’, in which players aim to land their backspin service in specific marked areas on the table for extra points.



Notes for the teacher

- The teachers should first demonstrate the correct backspin service technique, highlighting grip, ball contact, and follow-through.
- Players should start with slow, controlled serves, focusing on proper spin before increasing speed and variation.
- The teachers should give individual feedback and emphasise consistency over speed, spin and power.

VARIATIONS

- The ball is hit softly, causing it to bounce twice on the opponent’s side, making it difficult to attack.
- The ball is hit with more speed while still applying backspin, making it harder for the opponent to return with power.



Circle time – Reflection and strategy

- What was the most challenging part of executing the backspin service?
- How does backspin affect the ball’s movement and the opponent’s return?
- When would you use a backspin service in a match situation?

Forehand Drive



The **Forehand Drive** is an attacking stroke used in table tennis to hit the ball with speed and control. It is played with a forward and slightly upward motion, creating a light topspin.

Warm-up	Skill	Cool-down	Circle time
Arm circles, wrist rotations and lunges. Bounce the ball on the racquet to develop touch and control.	Forehand Drive	Slow stretching and deep breathing	<i>Coordination, control, and consistency</i>

Forehand Drive

The Forehand Drive comprises the following:

1. STANCE

- Stand with feet shoulder-width apart.
- Keep knees bent and lean slightly forwards.
- Position the left foot slightly ahead.
- Hold the racquet at table height in front of the body.

2. BACKSWING

- Move the right foot back into a side-on stance.
- Adjust the left foot to maintain the side-on position.
- Rotate the waist and hips backwards.
- Bend the elbow and move the arm slightly downwards.



Backswing



Footwork



Strike



Follow through

3. STRIKE

- Shift your weight onto the front foot.
- Swing the arm forwards and upwards.
- Make contact with the ball ahead of the body.
- Rotate the hips and waist forwards.

4. FOLLOW-THROUGH

- Continue the racquet movement forwards and upwards.
- Return to ready position.

Lead-up Activity

Place or hang the hula hoop so that the hoop is of the same height as the player's upper body, or if there is a group of three have one player hold the hoop. In pairs, play a game wherein players must hit the ball through the hoop, with a point scored for each successful hit.



Notes for the teacher

- Show players the correct technique, focusing on grip, stance, and swing.
- Allow players to practice in pairs or against the wall, giving individual feedback.

VARIATIONS

- Keep the ball low and close to the net.
- Players practice by placing the ball at different areas of the table (left, right, centre) to improve control.



Circle time – *Coordination, control, and consistency*

- How did controlling the ball help in the game?
- What adjustments did you make to improve your accuracy?

Backhand Drive



The **Backhand Drive** is an attacking stroke in table tennis that allows players to hit the ball with speed and control using the backhand side of the racquet.

Warm-up	Skill	Cool-down	Circle time
Wrist rotations, arm swings, shoulder rolls, bounce the ball on the racquet using only the backhand side to develop control.	Backhand Drive	Slow stretching and deep breathing	<i>Proper technique</i>

Backhand Drive

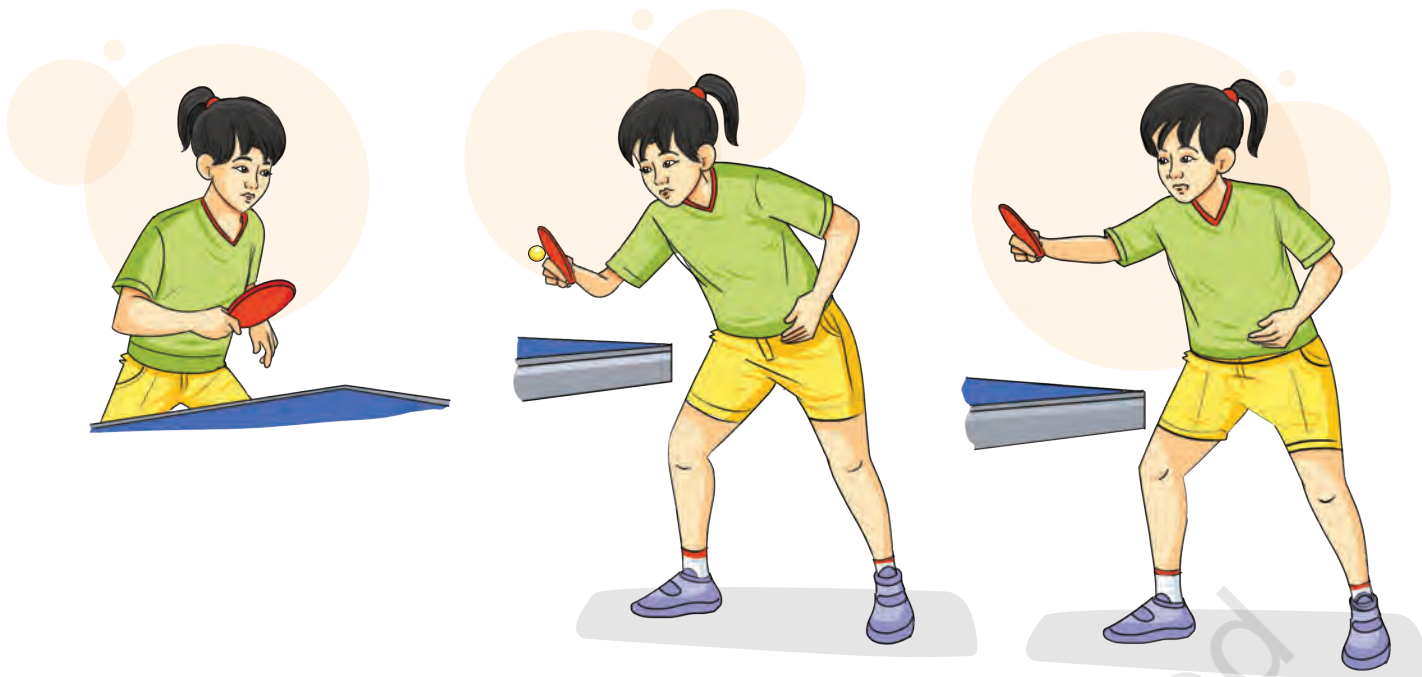
The Backhand drive comprises the following:

1. STANCE

- Stand with feet shoulder-width apart parallel to the end line of the table.
- Keep knees bent and lean slightly forward.
- Position the left foot slightly ahead.
- Hold the racquet at table height in front of the body.

2. BACKSWING

- Move the racquet back a little sideways, towards the waist.



- Angle the wrist backwards and inwards.
- Rotate the waist and hips backward.

3. STRIKE

- Swing the racquet straight and forward.
- Move the opening elbow slightly forward.
- Make contact at the front of the body, slightly to the left.
- Close the wrist over the ball at contact.

4. FOLLOW-THROUGH

- Guide the racquet in the ball's direction with a little upwards and forwards motion.
- Return to the ready position for the next stroke.

Lead-up Activity

Players will compete in pairs. Each player will rally using only the backhand drive, aiming to keep the ball on the table. The rally continues until one player makes a mistake, such as hitting the ball off the table or into the net. The player who wins the rally earns one point, while the losing player switches and faces a new opponent. The first player to reach five points is declared the winner of the round.

To increase the difficulty level, different variations can be introduced. In the ‘target challenge’, specific zones on the opponent’s side of the table are marked, and players earn an extra point if they land their drive in those areas. In the timed rally, the goal is to maintain the longest backhand drive rally without making an error, and the player achieving the longest streak is declared the winner. For a more competitive round, a knockout game can be added in which any player who loses three rallies in a row must perform a quick exercise, such as five jumping jacks, before rejoining the game.



Notes for the teacher

- Show the correct backhand drive technique, focusing on grip, stance, and follow-through.
- Allow players to practice individually, against the wall, or with partners while providing corrective feedback to them.

VARIATIONS

- Keep the ball low and close to the net.
- Players practice hitting at different areas of the table (left, right and center) to improve their control.



Circle time – *Proper technique*

Discuss the significance of proper technique and phases during practice.

Forehand Topspin



The **Forehand Topspin** is an attacking stroke in table tennis that generates forward spin, making the ball dip and accelerate after bouncing.

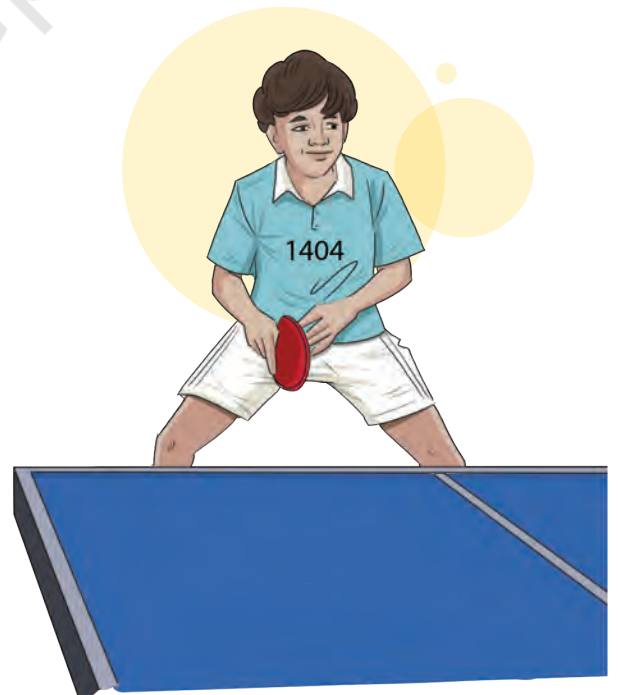
Warm-up	Skill	Cool-down	Circle time
Wrist rotations, arm swings and shoulder rolls, squat and jumping jacks	Forehand Topspin	Deep breathing	<i>Spin</i>

Forehand Topspin

The Forehand Topspin comprises the following:

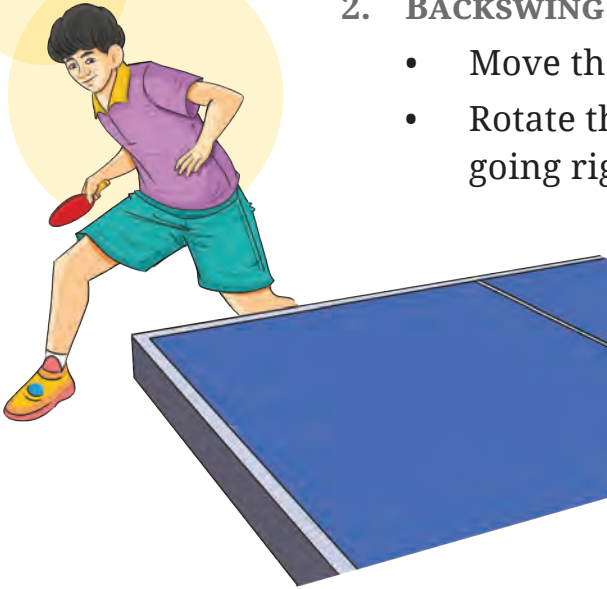
1. STANCE

- Stand with the feet shoulder-width apart.
- Keep the knees bent and lean slightly forwards.
- Position the left foot slightly ahead.
- Hold the racquet in front of the body.



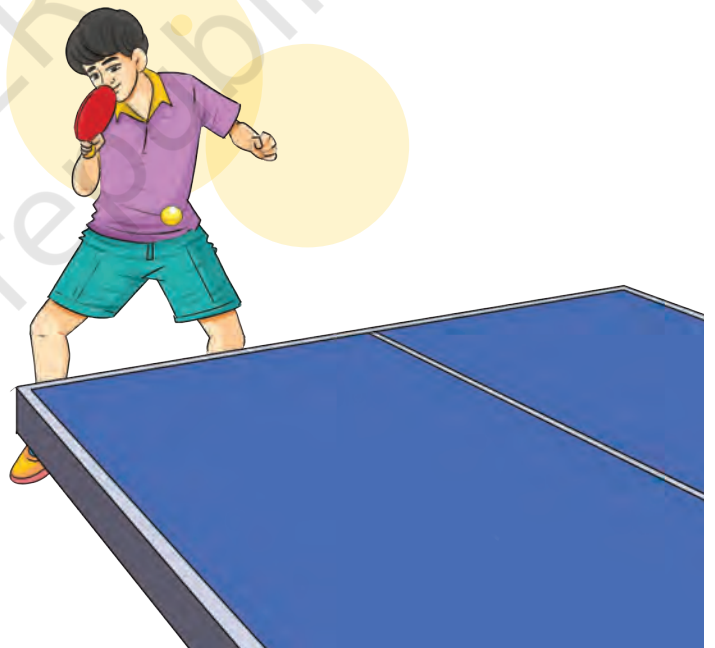
2. BACKSWING

- Move the right foot back into a side-on position.
- Rotate the upper body backward and downward going right at the shoulders, waist and hips.
- Angle the left knee towards the right knee and keep the right knee well bent.
- Lower the racquet head downwards and the arm moving towards the floor.
- Shift your weight onto the back foot.
- Angle the wrist backward to impart spin.



3. STRIKE

- Rotate the hips, waist, and shoulders upwards and forwards.
- Quickly close the elbow angle.
- Transfer the weight onto the front foot.
- Snap the wrist at the moment of contact.
- Brush the top of the ball to generate topspin.



4. FOLLOW-THROUGH

- Continue the racquet movement forward and upward.
- Return to ready position for the next topspin.

Lead-up Activity

Players will pair up and rally using only the forehand topspin, trying to keep the ball on the table. If a player misses a topspin (hits into the net, off the table, or fails to generate topspin), their opponent earns one point. The first to reach five points wins the round, while the loser switches to play a new opponent. The players try to increase the speed of their topspin strokes while maintaining control and consistency. They aim to land their shots in the marked areas along with the spin on the table for bonus points.



Notes for the teacher

- The teachers should start by demonstrating the correct forehand topspin technique, emphasising grip, footwork, ball contact and movement of elbow, waist, hip and foot rotation.
- Players should begin with slow and controlled topspins before increasing power and speed.

VARIATIONS

- Techniques given in this chapter needs to be clearly explained that is useful for countering backspin.
- A faster shot with less arc and more forwards speed, making it aggressive and difficult to return as the ball dips down and spins.



Circle time – Spin

How does the spin affect the speed, bounce, and control of the ball in a forehand topspin, and why is it an important skill?

Backhand Topspin



The **Backhand Topspin** is an attacking stroke used to generate forwards spin, making the ball dip quickly and accelerate after bouncing.

Warm-up	Skill	Cool-down	Circle time
Wrist rotations, arm swings and shoulder rolls	Backhand Topspin	Slow stretching for the arms, wrists, and shoulders. Deep breathing.	<i>Spin</i>

Backhand Topspin

The Backhand Topspin comprises the following:

1. STANCE

- Stand with feet shoulder-width apart, square to the table.
- Keep knees bent and lean slightly forwards.
- Hold the racquet in front of the body.



2. BACKSWING

- Rotate the hips, knees, shoulders, and waist to the left and downwards.
- Move the racquet back toward the left thigh area.



3. STRIKE

- Rotate forwards and upwards using the legs.
- Rotate the hips and waist forwards.
- Swing the racquet forwards and upwards.
- Snap the wrist at contact.
- Accelerate through the stroke for more spin and power.

4. FOLLOW-THROUGH

- Continue the racquet movement forwards and upwards.
- Return to ready position for the next topspin.

Lead-up Activity

Players will rally using only the backhand topspin, keeping the ball on the table. If a player misses a shot (by hitting into the net, off the table, or failing to generate a topspin), their opponent earns one point. The first player to achieve five points wins, and the loser switches to play with a new opponent. Players aim to generate maximum topspin, ensuring the ball dips quickly after bouncing. Players must land their topspin shots in marked areas for bonus points.



Notes for the teacher

- Teachers should start by demonstrating the correct backhand topspin technique, focusing on grip, foot positioning, and ball contact.
- Players should begin with slow, controlled topspins before increasing spin, power and speed to the stroke.

VARIATIONS

- A slow but high-arching shot with heavy topspin, ideal for a countering backspin.
- A quicker, lower shot with less arc and more forward speed, used for aggressive attacking.



Circle time – Spin

- How does the angle of the racket affect the spin, speed, and control of the ball in a backhand topspin shot? Why is adjusting the racket angle important?
- Discuss the variation of the racket angle between the slow but high arching shots and of the lower shots with a less arc.

Did You Know

Table tennis is played under fifteen basic laws developed by the International Table Tennis Federation. Discuss some of them with your friends.

Smash



The **Smash** is one of the most powerful strokes in table tennis. It is used to score a point with a fast and aggressive play. It is played when the opponent returns a high ball, allowing the player to hit it forcefully and with variation in placement on the table.

Warm-up	Skill	Cool-down	Circle time
Arm swings, wrist rotations, and leg stretches	Smash	Perform static stretching for the arms, wrists, shoulders, and legs.	<i>Strategy</i>

Smash

The Smash comprises the following:

1. STANCE

- Stand 'side-on' to the table.
- Position yourself slightly back from the table.

2. BACKSWING

- Bring the arm straight back, aligning it directly behind the ball.
- Rotate the body backwards, shifting your weight onto the back foot.

3. STRIKE

- Move forwards with your body weight, transferring your weight onto the front leg.
- Make contact with the ball ahead of the body.

4. FOLLOW-THROUGH

- Follow through forward focusing on body positioning (shifting the body weight).
- Return to the ready position.



Lead-up Activity

One player tosses the ball high for their opponent to smash. If the smash lands on the table and the opponent fails to return it, the player who used the smash technique earns one point. If the player misses or the opponent returns the ball successfully, the opponent gains the point. Players must aim for marked target zones when smashing. The opponent must try to return the smash while the player focuses on the placement of the smash.



Note for the teacher

Teachers should start by demonstrating the proper smash technique, focusing on positioning, shoulder, arm movement, and follow-through.

VARIATIONS

- Used when the ball is on the forehand and backhand side, requiring a strong wrist snap for power.
- The most common and powerful smash, hit with full-body rotation for maximum force.
- A deceptive smash played with less power, placing the ball short to catch the opponent off guard.



Circle time – Strategy

When should you use a smash instead of a topspin? How can you position yourself for a smash and what adjustments are needed against different opponents?

Table Tennis Game



Warm-up	Skill	Cool-down	Circle time
Full body stretching, jogging on the spot, ladder drills, high knees	Table Tennis Game	Full body stretching exercises	<i>Enjoy</i>

How to play?

- There will be a game of five points which will consist of all the skills you have learned.
- Whenever a player wins a rally, they earn a point.
- The game is won by the first player to score five points.
- In a situation in which Player A serves and wins the rally, they advance to serve with a 1-0 lead.
- If Player B wins the subsequent rally, Player B receives the chance to serve and the score is tied at one. Players keep serving and rallying throughout the game until one person reaches five points.
- Another player can be involved to count the score.



Circle time – Enjoy

- How did you gather your focus when you started losing on points?
- Identify the rallies, shots, and moments in the games when you enjoyed the most irrespective of who scored the points.

Assessment by Teacher

GRIP (SHAKEHAND AND PENHOLD)

1	2	3	4	5
The student needs more practice of grips to comfortably maintain it.	The student is able to demonstrate both shakehand and penhold grip.	The student is able to correctly perform either shakehand or penhold grip.	The student is able to change the grips rapidly as per the requirement of the game.	The student is able to correctly grip the racquet even under pressure.

PUSH (FOREHAND AND BACKHAND)

1	2	3	4	5
The student needs more practice of push to comfortably use it in the game.	The student is able to demonstrate both forehand and backhand push.	The student is able to correctly perform either forehand or backhand push.	The student is able to use both forehand or backhand push according to the requirement of the game.	The student is able to assess and appreciate a good defence using push by the opponent.

SERVICE (BASIC, TOPSPIN AND BACKSPIN)

1	2	3	4	5
The student needs more practice of serves to comfortably use it in the game.	The student is able to demonstrate all basic, topspin and backspin service.	The student is able to correctly perform either basic spin, topspin or backspin service.	The student is able to decide which type of the serve should be used for next rally.	The student is able to assess and appreciate a good serve of the opponent.

DRIVE (FOREHAND AND BACKHAND)

1	2	3	4	5
The student needs more practice of Drive to comfortably use it in the game.	The student is able to demonstrate both forehand and backhand drive.	The student is able to correctly perform either forehand or backhand drive.	The student is able to decide which type of the drive should be used while playing the rally.	The student is able to confidently execute and strong, accurate drives and intelligently employ them throughout rallies.

TOPSPIN (FOREHAND AND BACKHAND)

1	2	3	4	5
The students needs more practice of Topspin to comfortably use it in the game.	The students is able to demonstrate both forehand and backhand topspin.	The students is able to correctly perform either forehand or backhand topspin.	The students is able to decide which type of the topspin should be used while playing the rally.	The students is able to confidently executes strong, accurate top spins and intelligently employ them throughout rallies.

SMASH

1	2	3	4	5
The students needs more practice of smash to comfortably use it in the game.	The students is able to demonstrate smash in the game.	The students is able to correctly perform smash in the game.	The students is able to executes strong and accurate smash and intelligently use it throughout rallies.	The students is able to assess and appreciate a good smash of the opponent.

OVERCOMING SELF-DISTRESS

1	2	3	4	5
The students reacts emotionally or impulsively without attempting to reduce distress.	The students struggles to solve problems and avoids self-reflection.	The students makes simple attempts to think and solve problems, but with little success.	The students tries to think issues thoroughly and find solutions, but occasionally reacts emotionally.	The students learns from upsetting experiences and approaches problems with composure.

Explore

Some of the back numbers of players shown in the illustration depict the birthdays of some famous sportspersons. Try and find out their names and the laurels they have brought for our country.