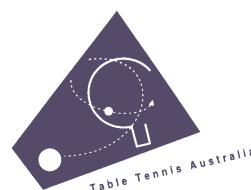
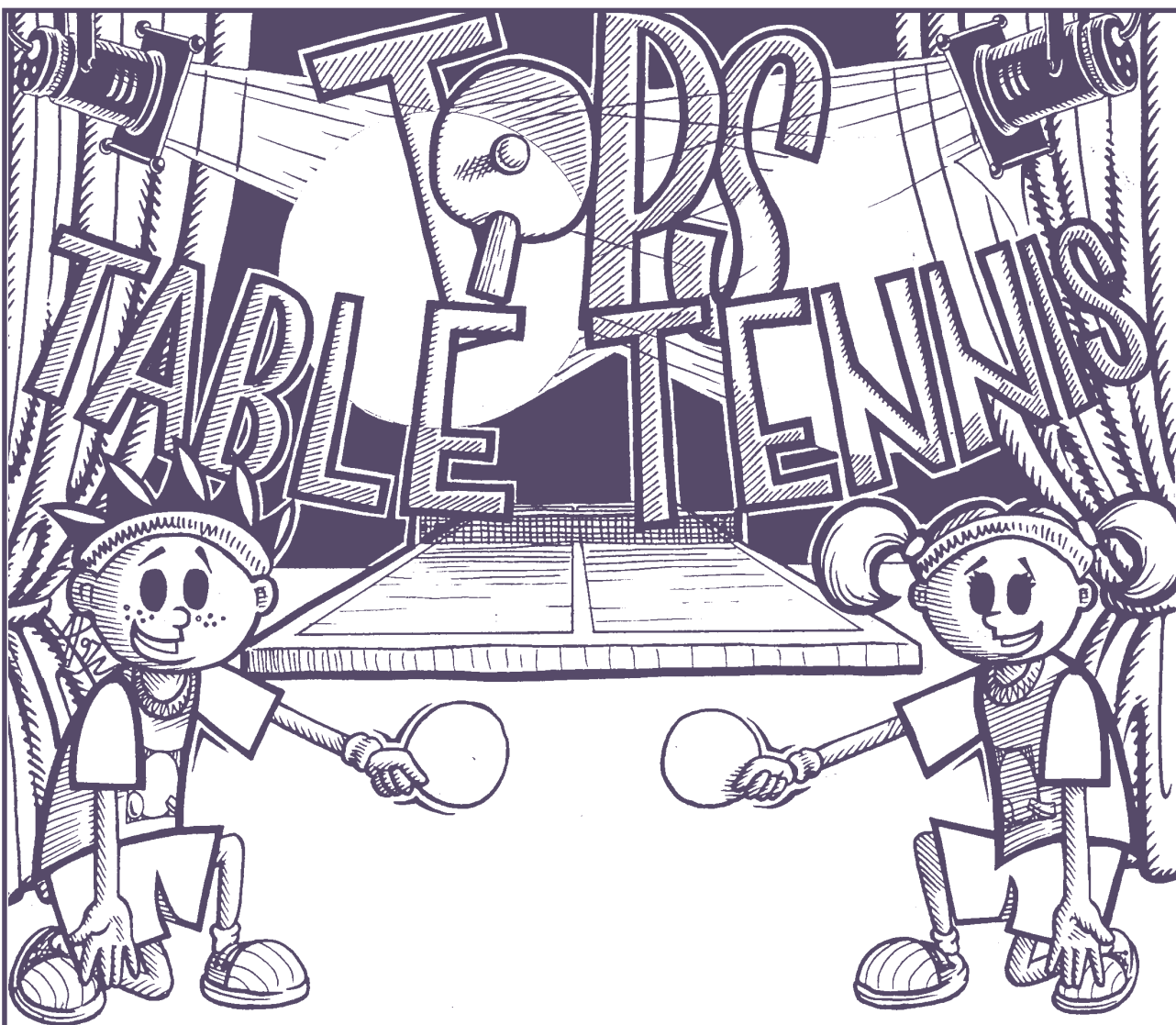


# "TABLE TENNIS IN SCHOOLS PROGRAM"



== Australian Sports Commission ==

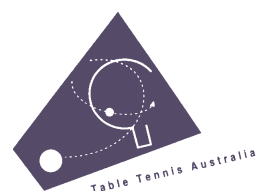




# "TABLE TENNIS IN SCHOOLS PROGRAM"



Australian Sports  
Commission



Tops Table Tennis is a jointly funded program through  
Sport and Recreation Victoria, Table Tennis Australia and Table Tennis Victoria.

© Table Tennis Victoria / Table Tennis Australia

ISBN: 0646345508

**AUTHORS:**

Glenn Tepper - ITTF Development Program Manager

Alois Rosario - State Development Officer, Table Tennis Victoria

Wilhelmina Pruyn - National Development Officer, Table Tennis Australia

**ILLUSTRATOR:**

Anthony Pike

**DESIGN AND TYPESETTING:**

Claire Lockwood-Brown

Cheryl Mitting

**PRINTER:**

Waterwheel Press, North Melbourne, Victoria, Australia.

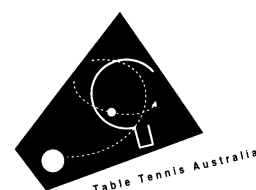
**UPDATED:**

Updated and revised by the authors, February 2002.

All rights reserved. No part of this publication may be reproduced, stored  
in a retrieval system, or transmitted in any form or by any means, electronic,  
mechanical, photocopying, recording or otherwise, without the prior permission  
of Table Tennis Victoria / Table Tennis Australia in writing.



Australian Sports  
Commission



# Tops Table Tennis - A Game For Everyone

Table Tennis Australia and its State and Territory affiliates are committed to the development of Table Tennis for young people. Table Tennis Australia has developed a comprehensive Table Tennis in Schools Program to facilitate the growth of the sport in Australia. The Table Tennis in Schools Program offers a range of opportunities to increase the number of young people experiencing and playing quality Table Tennis in Schools and Clubs. This will encourage ongoing participation in Table Tennis throughout the lives of those who become involved in the program.

**TOPS TABLE TENNIS** - is the basis of the *Table Tennis in Schools Program*.

**TOPS TABLE TENNIS** - is a Program that aims to introduce the sport of Table Tennis to young people *in Primary and Secondary Schools* through a progressive range of fun and innovative Table Tennis related lessons and activities.

**TOPS TABLE TENNIS** - is designed to meet the demands of all teachers regardless of their Table Tennis or sport related background. The *lesson plans, basic stroke and activity cards, skill circuits and competition formats* ensure that anyone can conduct a comprehensive Tops Table Tennis class.

**TOPS TABLE TENNIS** - is easy to organise and designed to develop the Table Tennis *skills and knowledge* of the students who participate, in an enjoyable learning environment.

**TOPS TABLE TENNIS** - has been developed according to the National Curriculum encompassing *play, skill development, the game and assessment* to ensure complete student development in Table Tennis.

**TOPS TABLE TENNIS** - can be conducted in whatever space is available. Whether it be a classroom, a gymnasium or even outside, there are *readily adaptable activities* suitable for all environments.

**TOPS TABLE TENNIS** - has a range of *modified and full size equipment* that can be used in conjunction with the resource, including rackets, tables and balls.

**TOPS TABLE TENNIS** - is a comprehensive program that offers all teachers and coaches an opportunity to learn and teach the fun and dynamic sport of Table Tennis.

# What's In This Resource?

---

## Section 1: Introduction

• Who is this Resource for? .....	Page	1
• Why Modify? .....	Page	3
• Equipment .....	Page	5
• Hints for New Instructors .....	Page	6
• Tops Table Tennis - The Game .....	Page	12
• Ordering Equipment - Order Form .....	Page	14

## Section 2: Lesson Plans

• Level 1 (5-8 years)      Beginners      5 Lessons .....	Page	15
• Level 2 (9-16 years)    Intermediate    10 Lessons .....	Page	35
• Level 3 (9-16 years)    Extension      5 Lessons .....	Page	63

## Section 3: Basic Stroke Cards

• Forehand Drive .....	Page	73
• Backhand Drive .....	Page	74
• Basic Serve - Topspin & Backspin .....	Page	75
• Forehand Push .....	Page	76
• Backhand Push .....	Page	77
• Forehand Topspin .....	Page	78
• Backhand Topspin .....	Page	79
• Smash .....	Page	80

## Section 4: Activity Cards

• Table Tennis Relays .....	Page	81
• Roller Ball .....	Page	83
• Wall Table Tennis .....	Page	85
• Bouncer .....	Page	87
• Bench Table Tennis .....	Page	89
• Frogger .....	Page	91
• Round The Table .....	Page	93
• Hoop Knockout .....	Page	95
• Top Table .....	Page	97
• Target Serving Game .....	Page	99

## Section 4: Activity Cards (Cont)

• Beat The Champ .....	Page 101
• Transfer Ball .....	Page 103
• Table Cricket .....	Page 105
• Table Tennis Doubles .....	Page 107
• Mirror Footwork .....	Page 109
• Ten Pin Table Tennis .....	Page 111

## Section 5: Skills Circuits

• Level 1 (5-8 years) .....	Page 114
• Level 2 (9-16 years) .....	Page 127

## Section 6: Competition Formats

• Description .....	Page 139
• School Table Tennis League .....	Page 141
• Teams Match Formats .....	Page 144
• Single Knockout Draw .....	Page 146
• Compass Draw .....	Page 147
• Continuous Knockout Draw .....	Page 148
• Round Robin Draw .....	Page 149
• Six Player Round Robin Draw .....	Page 150
• Ladder Tournament .....	Page 151
• Pyramid Tournament .....	Page 152
• Handicap Tournament .....	Page 153

## Section 7: Assessment

• Assessment Ongoing .....	Page 155
• Table Tennis Australia Skills Awards	
- Explanation .....	Page 157
- Bronze .....	Page 159
- Silver .....	Page 163
- Gold .....	Page 168

## Section 8: The Rules of Table Tennis

• School Edition .....	Page 172
• Quick Quiz .....	Page 176



# SECTION 1: Introduction

## Introduction

---

Who is this Resource for? .....	Page 1
Why Modify? .....	Page 3
Equipment .....	Page 5
Hints for New Instructors .....	Page 6
Tops Table Tennis - The Game .....	Page 12
Ordering Equipment - Order Form .....	Page 14



# WHO IS THIS RESOURCE FOR?

This is a resource for Coaches, Physical Education Teachers, Teachers of Sport, Parents and anyone interested in organising a Table Tennis Program.

Prior knowledge of table tennis is advantageous, though not a prerequisite as the lessons progress in a step-by-step manner with full explanations.

The resource is designed using the following format:

## Section 1: Introduction

## Section 2: Lesson Plans

May be followed directly, with full reference to all equipment required and descriptions of all skills and activities.

The Basic Stroke Cards, Activity Cards, Competition Formats, Assessment and Rules Sections are used in conjunction with the lessons and are referred to in the lessons.

All lessons are based on 50 minutes.

## Section 3: Basic Stroke Cards

May be placed around the gym or hall as a reference for the major strokes.

## Section 4: Activity Cards

Provide a variety of fun, table tennis specific warm-ups and activities. They have one side for student use with a picture and simple explanation, with the reverse side providing teacher/coach information on equipment, safety points and ways of altering the activity to make it easier or harder.

## Section 5: Skills Circuits

These have not been added into the lessons, but may serve as an additional lesson, or as a substitute for one of the proposed lessons.

Skill Circuits are excellent for large numbers with minimal equipment.

## Section 6: Competition Formats

Provide a Range of competition possibilities ranging from knockout to team events, round robins, handicaps and ladder tournaments.

## Section 7: Assessment

Has two parts.

One is subjective and can be ongoing.

The second part is the Table Tennis Australia Skills Awards, and may be tested at the end of a 5 or 10 week course or as required.

## Section 8: The Rules of Table Tennis : Schools Edition

Provides the basic rules required at this level.

*\*As Activity Cards and Skills Circuits are used often, laminating will add to the life of the resource.*

# Why Modify?

Modified sport enables children to more quickly develop the skills required to play adult sport. Fun and enjoyment are emphasised with activities designed to meet the competitive capabilities of the maturing child.

For table tennis, the table is often too high and large to develop correct stroke technique or to reach the ball. Also, the level of hand/eye co-ordination required to play table tennis is beyond most 5-8 year olds, thus the need for modifications and pre-table tennis development work.

The Tops Table Tennis Program has been developed based on the National Junior Sports Policy of the Australian Sports Commission and the National Curriculum and Standards Framework. Their model has been adapted to table tennis where we have targeted three levels as follows.

TABLE TENNIS IN SCHOOLS - DEVELOPMENTAL PATHWAY					
DEVELOPMENT STAGE		AGE	DEVELOPMENT EXPERIENCES	SCHOOL PROGRAMS	COMPETITION OPPORTUNITIES
ONE		5-8 years	<ul style="list-style-type: none"><li>• Co-ordination skills</li><li>• Spontaneous play &amp; movement</li><li>• Informal games</li><li>• Minor Games</li></ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"><li>• 5x1 hour lessons</li><li>• Skills cards</li><li>• Skills circuits (Modified)</li></ul>	<ul style="list-style-type: none"><li>• After School Junior League Division 1</li></ul>
TWO	Based on Sport Education in Physical Education Program (SEPEP)	9-16 years	<ul style="list-style-type: none"><li>• Co-ordination skills</li><li>• General skill development</li><li>• Modified sport</li></ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"><li>• 10x1 hour lessons</li><li>• Skill awards / certificates</li><li>• Skills cards</li><li>• Skills circuits</li><li>• SEPEP (Modified progressing to full size)</li></ul>	<ul style="list-style-type: none"><li>• After School Junior League Division 2</li><li>-Inter/intra school/club</li><li>-Tournaments</li><li>-State School Championships</li><li>-Australian School Champioships</li></ul>
THREE		9-16 years	<ul style="list-style-type: none"><li>• Sports specific skill development</li><li>• Talent squads</li><li>• Table tennis camps</li></ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"><li>• 5x1 hour lessons</li><li>• Skill awards /certificates</li><li>• Skills cards</li><li>• Lift your game video</li><li>• SEPEP (Full Size)</li></ul>	<ul style="list-style-type: none"><li>• After School Junior League Division 3</li><li>-Inter/intra school/club</li><li>-Tournaments</li><li>-Australian Schools Championships</li><li>-Australian Junior Championships</li></ul>

Tops Table Tennis at the primary level is also less expensive, can easily be set up in a classroom and encourages full participation for all children. Children will benefit from learning important skills at an early age, which will increase the likelihood of enjoying table tennis throughout their lives. Coaches of full size table tennis will begin working with players who are better skilled and more enthusiastic.

Tops Table Tennis brings us back one step from actually playing a game through the extensive use of hand/eye co-ordination exercises, which can be games in their own right. This establishes a solid foundation for future skill development and ball control.

## Tops Table Tennis:

- (a) Is a complete skills orientated program.
- (b) Begins at five years and progresses to the full size game at approximately 12-13 years old. The progression is based purely on ability and success, not age.
- (c) Includes all children at all co-ordination levels. Everyone is encouraged to participate.
- (d) Assumes minimal table tennis background for those teaching the courses, though training courses will be given to ensure effective supervision.

Level 2 and 3 of this program is based on the Sport Education in Physical Education Program (**SEPEP**).

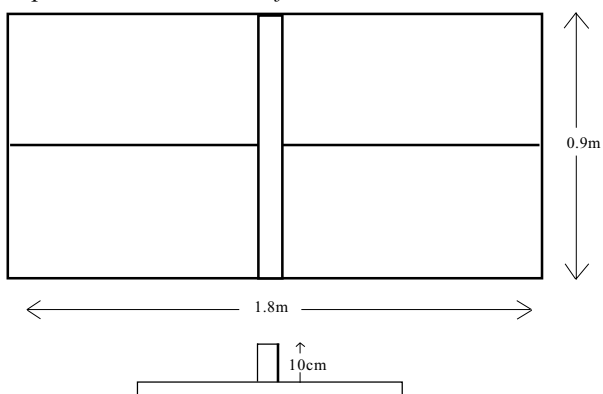
**SEPEP** is a refreshingly different Physical Education experience for students. In **SEPEP** teachers take more of a support role rather than the traditional "up-front" instructional role. They help the students own the planning, implementation and involvement in their sporting competition as part of the Physical Education program.

Students in **SEPEP** take much more responsibility for their own learning. The nature of **SEPEP** provides scope for students to develop not only physical skills but also administrative and social skills. In **SEPEP**, secondary and primary school students experience the dynamics of working together to achieve a common goal and gain insights into sport through planning, organising, umpiring, coaching and competing.

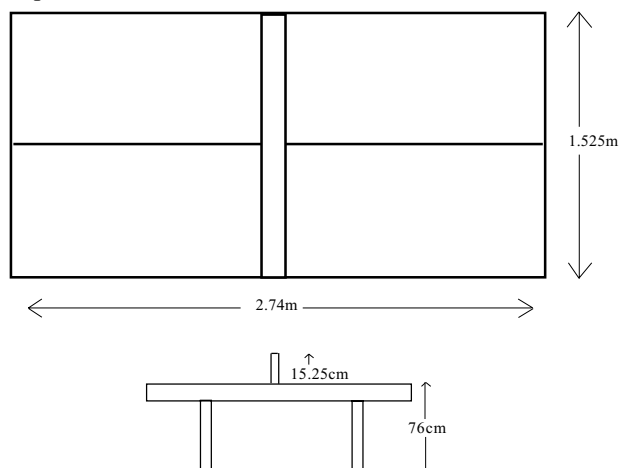
The rules of the game are modified to enable **ALL SCHOOLS** to run the program and for everyone to play.

# Equipment

*Tops Table Tennis - Modified Table*



*Tops Table Tennis - Full Size Table*



At Level 1 (5-8 years) and the start of Level 2 (9-16 years) a modified table is used. The time to progress to the full size table will depend on the students progress.

The modified table top is placed on existing tables or supports, and is a durable table with a strong piano hinge join at the middle. If a Tops table is not available, school tables can be used with books or other objects as a net (see below), or a regular size table tennis table.

## Balls

- (1) For the initial lesson at level 1 (5-8 years) balloons are used.
- (2) For all other lessons a 40mm ball is used.

## Rackets

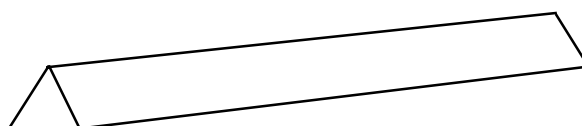
As rackets are light, and a reasonable size is required to contact the ball, rackets are not required to be modified.

## Nets

The modified net is 10cm high, full size is 15.25cm high. If a net is unavailable when using school tables a paper pyramid may be used:

Fold an A3 sheet of paper into 3 length ways, taping the join and set up as a net.

2-3 x A3 sheets should cover a table.



# Hints For New Instructors

## What's Expected Of You

---

1. Punctual attendance at 1 or 2 lessons per week.  
(Depending on your commitment)
2. Continued commitment to the table tennis program.
3. Thorough preparation and familiarisation with lesson plans. Conduct and lead the lessons.
4. Ensure safe practices are carried out.
5. Encourage the participants to have fun as this is the idea of the program.
6. Ensure that you give *all* participants the chance to increase their skills.



## Gain The Respect Of The Players In Your Group

---

1. Care about them.
2. Be patient and understanding.
3. Be energetic.
4. Be enthusiastic.
5. Have a good knowledge of the lesson plans.
6. Have a sense of humour.



# Lesson Ideas

---

## Before the lesson ...

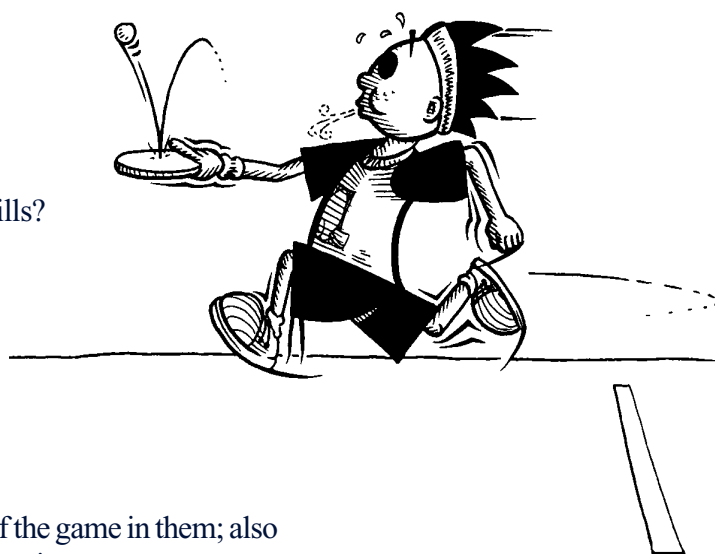
1. Read the lesson beforehand.
2. Know the rules and skills of the game.
3. Be aware of safety procedures.

## During the lesson ...

1. Get the children into action quickly - don't take too long explaining things.
2. Watch for faults, if a lot of the children are doing the same thing wrong, re-teach the skill.
3. Watch for the children who are doing the skill well - you may be able to use them as an example for the others.
4. Demonstrate what you want done - don't just talk about it! Make sure everyone can see and hear.
5. Check the participants are performing the skills to a high standard.
6. Always be ready to give praise.
7. Provide fun and enjoyment during play and practice.

## At the end of the lesson ...

1. Was it fun?
2. Did the participants learn or improve their skills?
3. Did I enjoy it?
4. What can I do to improve the lesson?



## Each lesson should have ...

1. ***Introductory Activity***  
Involves fun skill activities which have part of the game in them; also increases the childrens' flexibility and co-ordination.
2. ***Skill Development***  
Teaching the children a new skill and letting them practice it using different drills.
3. ***Game***  
Often not the whole game but putting what has been learnt into a game situation, so the children know why they have learnt the skill and how it fits into the game.

### ***NOTE: Warm-Down***

Although most lessons in this manual are not extremely taxing, be aware of the need for a warm-down for participants after strenuous exercise. This involves stretching the muscles and allowing the body to recover. Your co-ordinators, coach or physical education teacher are a good resource for these.

# Player Behaviour

---

## On the First Day

Tell the participants what you expect of them.

- Behaviour - not to talk while the coach is.
- Participation.
- Effort - always try to do their best.

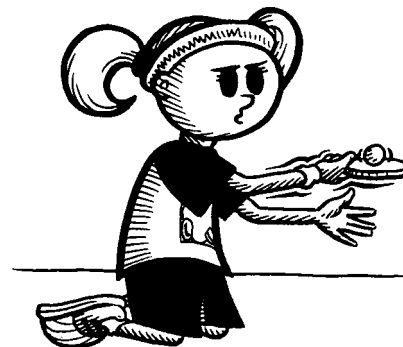
## Options to use when participants misbehave!

Call the participant by name when correcting the misbehaviour.

If they continue to misbehave -  
remove them temporarily from the activity.

If they still continue to misbehave -  
inform the co-ordinator.

*Don't use physical exercises as a punishment.*



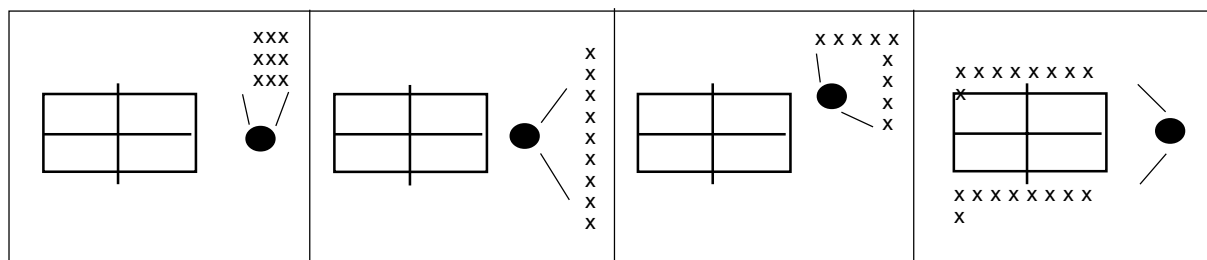
# Group Organisation

---

When you talk to the group make sure -

- You can see them all.
- They can hear you.
- They're not distracted by something going on behind you.
- They are not talking while you are.

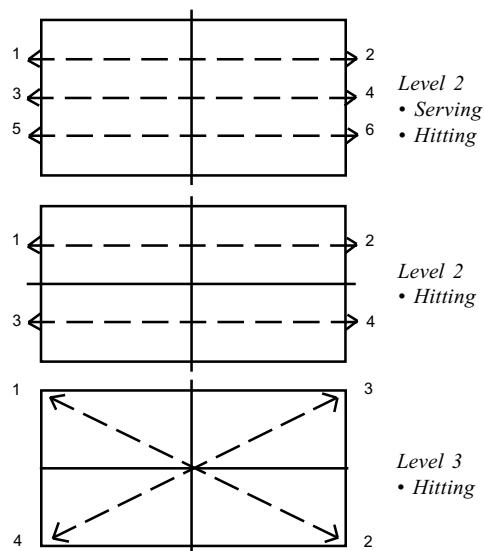
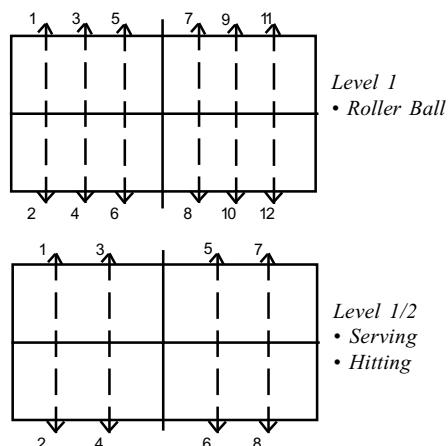
*Examples to achieve this are:*





Players of varying numbers can be used on a full-size table tennis table.

Examples include:



## Important Points

### When giving instructions

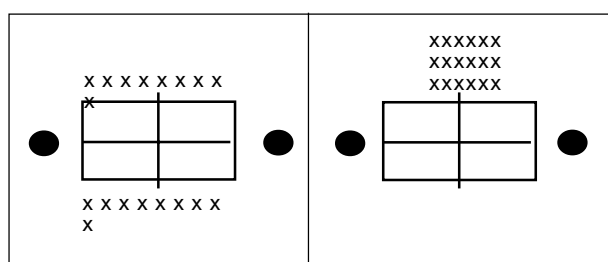
1. Be enthusiastic.
2. Make your instructions clear and simple.
3. Say what you want to say without too much additional information.
4. Speak loud enough so everyone can hear.
5. Speak slowly.
6. Speak clearly.
7. Make your voice interesting.

## Demonstrations

Physically perform what you would like the children to perform, use a competent student to demonstrate or show a table tennis video.

1. You should demonstrate when:
  - Showing a new skill.
  - Improving an old skill.
  - Showing a new practice.
2. Demonstrate slowly at first.
3. Explain how the skill you are demonstrating is part of the game.
4. Don't give too much information at once. (2-3 points is sufficient)
5. Be sure everybody can see your demonstration.

*Example of a set up for demonstrations may be:*



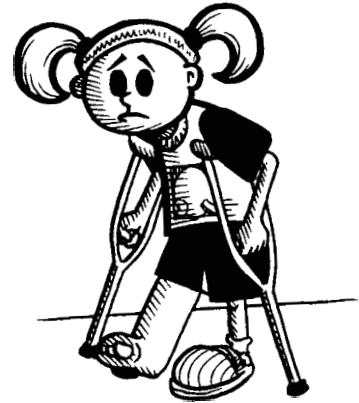
# Avoid Injuries

---

1. Choose a smooth and safe surface on which to work.
2. Pick up unused and spare equipment and place in out of the way.
3. Let the children have a drink if it's really hot.
4. Make sure all the equipment is safe to use, especially the tables and surrounds. Check that all legs are stable.

## If an injury happens - stay calm.

If an injury does occur, send another participant for the co-ordinator. You stay with, and reassure, the injured participant.



# Special Note

---

Some children will only want to play the game and not practice. Don't fall into the trap of not teaching the skills. You're not there to entertain the children, but to teach them new skills, in a fun way!

### **Remember:**

1. Use a variety of drills and incorporate game play in your skill lessons.
2. Make the skill practice relevant to playing table tennis.
3. Repeat the skills to make sure the children get better at them.  
Play without practice could make them ***better at doing things badly!***
4. Use mini games when teaching skills.

# Warm Up and Warm Down

---

## The ideal warm up will

- Raise the body temperature.
- Result in the pulse rising between 10-30 beats per minute above resting heart rate.
- Include low intensity exercises which allow full range of motion movements.
- Be low impact.
- Be rhythmic and continuous.
- Move from general to specific muscle groups.
- Include stretching of major muscle groups to be used in the lesson.
- Last for approximately ten minutes.

## Why?

- Helps prevent injury by raising the temperature in muscles and increasing circulation around joints.
- Increase oxygen delivery to the muscles so that it is available for more vigorous activity.
- Encourages muscles to contract, faster and stronger.
- Improves co-ordination.



## The ideal warm down will

- Decrease the body temperature and heart rate.
- Include low intensity exercises which allow full range of motion movements.
- Be low impact.
- Be rhythmic and continuous.
- Include stretching of major muscle groups used in the lesson.
- Include a relaxation activity.
- Last for approximately ten minutes.

## Why?

- Body temperature and heart rate decrease slowly.
- Helps clear the lactic acid build up in muscles (lactic acid contributes to muscle soreness).
- Muscles need to be stretched out after contracting continually during the session.
- Helps relaxation.

# Tops Table Tennis - The Game

## • The Game

Tops Table Tennis can be played as singles or doubles and involves a game up to 11 points. A match is the best of any odd number of games (usually 3, 5 or 7). This depends on time constraints. 1 game is also acceptable and time efficient for schools table tennis.

Another option to this is to play by time limit (eg 5 minutes) with the person leading at the end of the time limit the winner. If scores are level, then the game is won by the first player to get 2 points in front with serves alternating.

## • Starting the Game

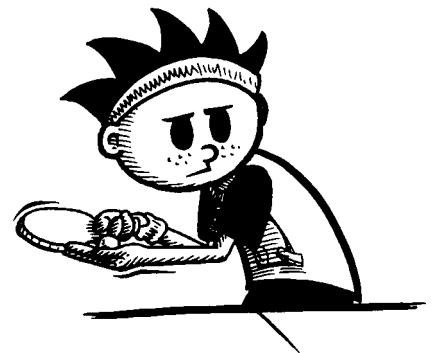
The game commences in one of two ways to see which player will serve first:

(a) a toss of a coin or (b) one player (or the umpire or scorer) hides the ball in one hand below the table, the other player must then select which hand is holding the ball.

## • Service

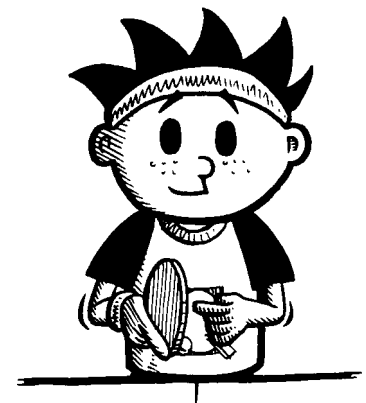
Players serve from behind the table to their opponent so that the ball bounces first on their half of the table and then on their opponent's half of the table. If the service hits the net on the way over, but is otherwise a successful service then this is termed a "let" service and the server may have another serve.

Service alternates after every two points.



## • Return of Service

The ball must be hit after it has bounced on the receiver's half of the table. The return must be made straight back over the net, (ie: the ball does not have to bounce on both halves of the table for the return, but only onto the opponent's half of the table).



## • Rally

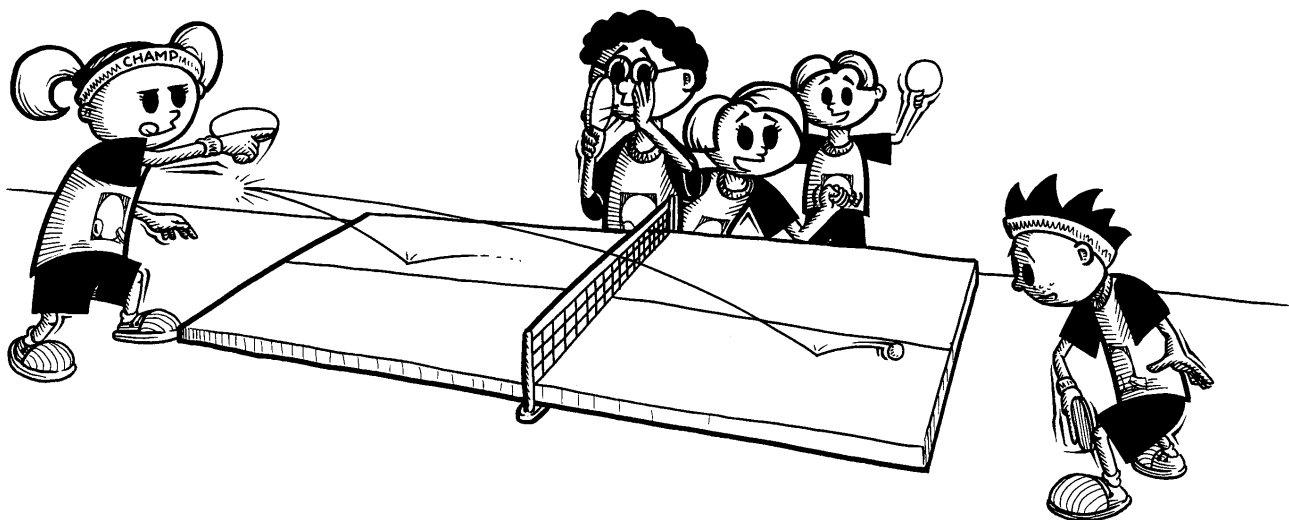
The receiver must return the serve by hitting the ball after it has bounced. The ball is then hit alternately over the net onto the table by each player until one player fails to return the ball. The ball must be struck before it bounces twice on the table. The rally ends if the ball does not land on the table or if a player misses the ball, or if a player hits the ball without it bouncing on their side of the table.

## • Scoring

A point is scored each time a rally is won. A game is won when a player reaches 11 points. If the players reach 10 points each, then the game is won by the first player to get 2 points in front with serves alternating. A match is won when one player wins the game in the case of 1 game being played. In longer matches the first player to win a majority of possible games is the winner i.e. 2 out of 3, 3 out of 5, 4 out of 7.

If playing by time limit, the same rules apply, with the leader at the time limit winning. If the scores are level, then the game is won by the first player to get to 2 points in front with serves alternating.

***NB: When scoring, the server's score is always called first.***



# Ordering Equipment - Order Form

## **TOPS TABLE TENNIS ORDER FORM**

*For all orders including manuals or for further information on Tops Table Tennis in general contact:*

AUSTRALIA WIDE  
Table Tennis Australia  
PO Box 174  
North Strathfield, NSW 2137  
AUSTRALIA

Ph: + 61 2 9763 5507  
Fax: + 61 2 9763 5443  
Email: tta@nswscd.com.au

VICTORIA  
Table Tennis Victoria  
Box 5, MSAC, Aughtie Drive  
Albert Park VIC 3206  
AUSTRALIA

Ph: + 61 3 9682 2011  
Fax: + 61 3 9682 2088  
Email: email@ttv.com.au

*Costs available on request.*

INDIVIDUAL EQUIPMENT	QUANTITY
1 Tops Table Tennis Manual Modified Table and Net (1800mm x 900mm + 100mm net) 2 Pimped Rackets 1 Sponge Racket 12 Balls (Standard size -40mm) Full size STIGA Table and Net - Basic Roller - Made in Germany - Tax exempt price to schools	
COMPLETE SETS	
2 Complete Sets   - 2 Modified Tables/Nets - 10 Pimped Rackets - 24 Standard Balls - Tops Table Tennis Resource	
4 Complete Sets   - 4 Modified Tables/Nets - 20 Pimped Rackets - 48 Standard Balls - Tops Table Tennis Resource	
6 Complete Sets   - 6 Modified Tables/Nets - 30 Pimped Rackets - 72 Standard Balls - Tops Table Tennis Resource	

## SECTION 2: Lesson Plans

### Level 1 (5-8 Years) : Beginners

---

LESSON 1:	Balloon Table Tennis .....	Page 16
LESSON 2:	Roller Table Tennis .....	Page 21
LESSON 3:	Bench Table Tennis .....	Page 24
LESSON 4:	Frogger .....	Page 27
LESSON 5:	Skills Awards - Bronze Award Testing .....	Page 31

### Level 2 (9-16 Years) : Intermediate

---

LESSON 1:	Basic Skills and Rules .....	Page 38
LESSON 2:	Forehand and Backhand Drive .....	Page 43
LESSON 3:	Doubles and School Table Tennis League Practice Match. ....	Page 48
LESSON 4:	Forehand and Backhand Push Stroke and School Table Tennis League - Round 1 .....	Page 50
LESSON 5:	Footwork and School Table Tennis League - Round 2 .....	Page 53
LESSON 6:	Topspin and School Table Tennis League - Round 3 .....	Page 55
LESSON 7:	Games, Skills and Strategies .....	Page 57
LESSON 8:	Singles Tournament .....	Page 59
LESSON 9:	Skills Awards - Silver Award Testing .....	Page 60
LESSON 10:	School Table Tennis League Grand Final and Play-offs .....	Page 61

### Level 3 (9-16 Years): Extension

---

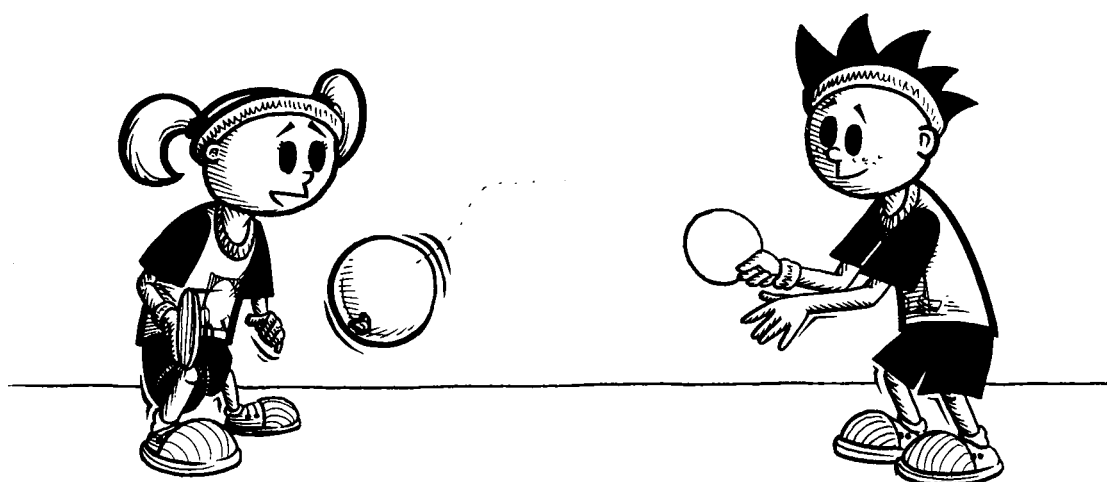
LESSON 11:	Footwork Drills .....	Page 64
LESSON 12:	Topspin Against Backspin .....	Page 66
LESSON 13:	Smash and Lob .....	Page 68
LESSON 14:	Training Like the Best .....	Page 70
LESSON 15:	Doubles Tournament .....	Page 72

## SECTION 2: Lesson Plans

### Level 1 (5-8 Years) : Beginners

---

LESSON 1:	Balloon Table Tennis .....Page 16
LESSON 2:	Roller Table Tennis .....Page 21
LESSON 3:	Bench Table Tennis .....Page 24
LESSON 4:	Frogger .....Page 27
LESSON 5:	Skills Awards - Bronze Award Testing .....Page 31





## LEVEL 1: Tops Table Tennis

# Lesson 1: Balloon Table Tennis

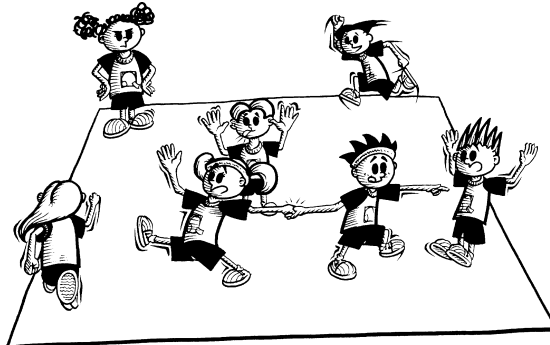
### Equipment

- 1 table tennis racket per player
- 1 balloon per player (allow for breakages)

### Intro Activity

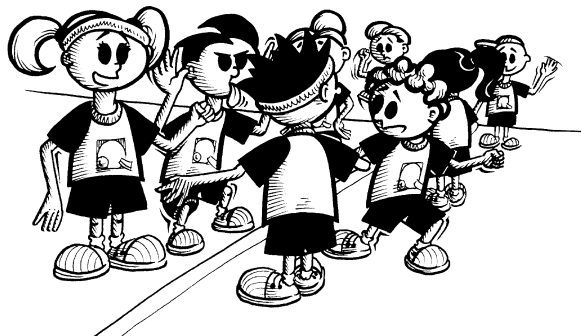
#### *Chain Tag - 5 minutes*

- The game is played within a designated area.
- The teacher chooses one player who is "it".
- The player who is "it" must tag another player.
- These two then join hands to tag others.
- This process continues until the chain includes all the players.
- Only the two players at either end of the chain can tag other players.



#### *Rats and Rabbits - 5 minutes*

- Divide the group into 2 teams, facing each other either side of a line.
- One team is the "Rats", the other the "Rabbits".
- The coach calls either "Rats" or "Rabbits".
- If "Rats" is called they must attempt to run back over their team line before the "Rabbits" tag them.
- If tagged they change lines.
- After several calls, the team with the largest line wins.



# Grip

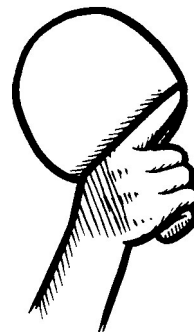
(2 minutes)

## Shakehand Grip

1. The racket is held in the palm of the hand.
2. The thumb and forefinger lie roughly parallel to the straight edge of the rubber.
3. The remaining three fingers are wrapped loosely around the handle to provide stability.



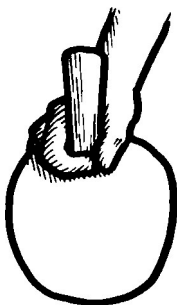
*Shakehand Grip  
Forehand*



*Shakehand Grip  
Backhand*

## Penhold Grip

1. The thumb and forefinger circle the handle.
2. The remaining fingers curl or spread on the back surface.



*Penhold Grip  
Front View*



*Penhold Grip  
Back View  
Chinese Style*

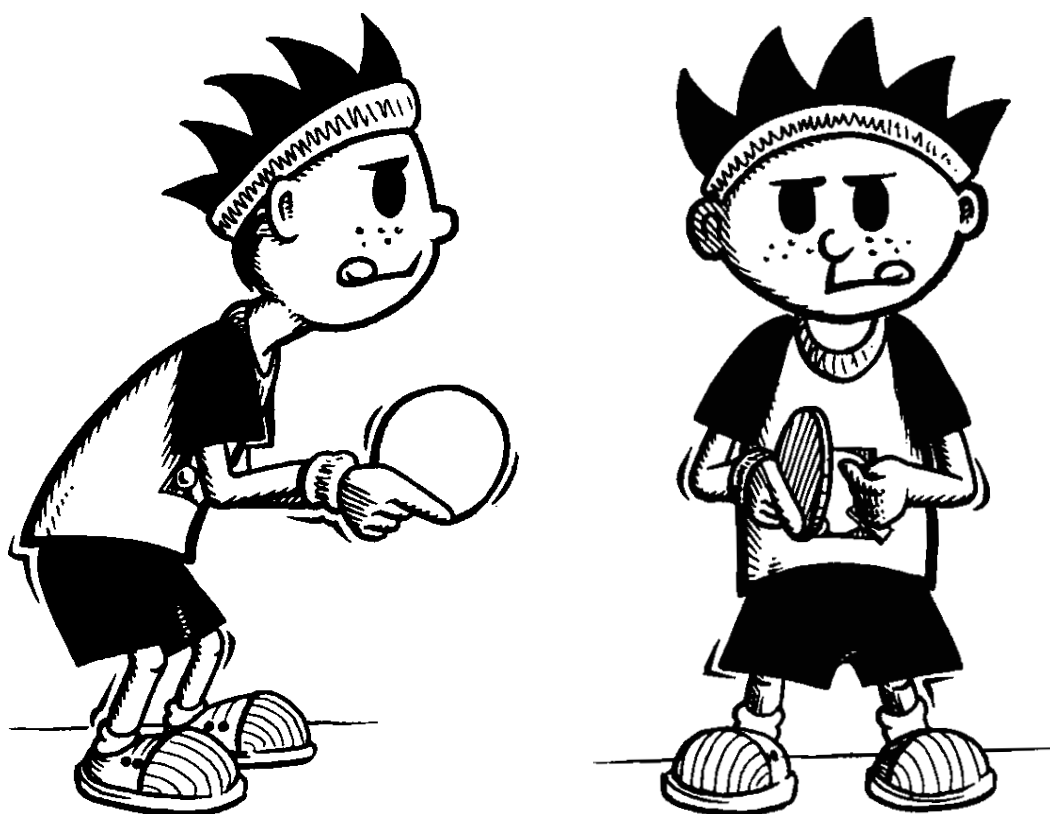


*Penhold Grip  
Back View  
Korean/Japanese Style*

# Ready Position

(3 minutes)

- Demonstrate ready position and have all the players stand in the ready position.
- Knees bent and leaning slightly forward.
- Feet shoulder width apart.
- Racket should be table height and in front of the body (for easy transfer to forehand or backhand).



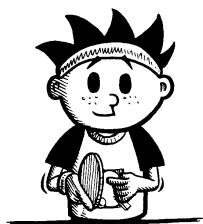
# Balloon Forehand and Backhand

(5 minutes)

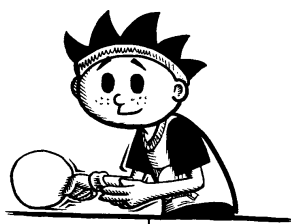
- Using the correct grip bounce the balloon on the forehand side.
- Count how many bounces you can do without a mistake.
- Repeat using the backhand side.

# Forehands

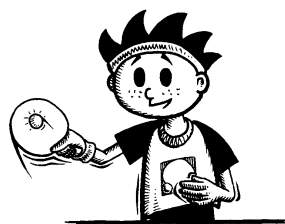
(10 minutes)



*Ready Position*



*Backswing*



*Foreward Movement*

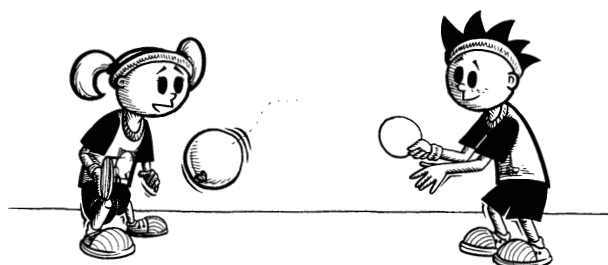


*Follow Through*

- Divide into pairs, one balloon between two.
- Hit the balloon to each other using forehand.
- Count how many forehands can be done without letting the balloon hit the floor.

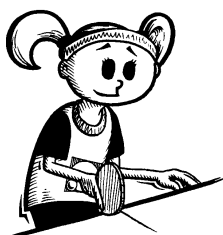
*Refer Stroke Card 1 - Page 73*

- Feet shoulder width apart.
- Feet side on to partner.  
(Right handers - left foot forward)  
(Left handers - right foot forward)
- Follow through to your head as if saluting.



# Backhands

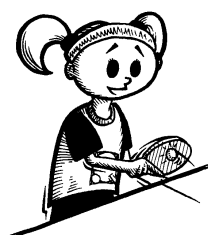
(10 minutes)



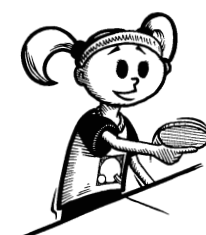
*Ready Position*



*Backswing*



*Foreward Movement*



*Follow Through*

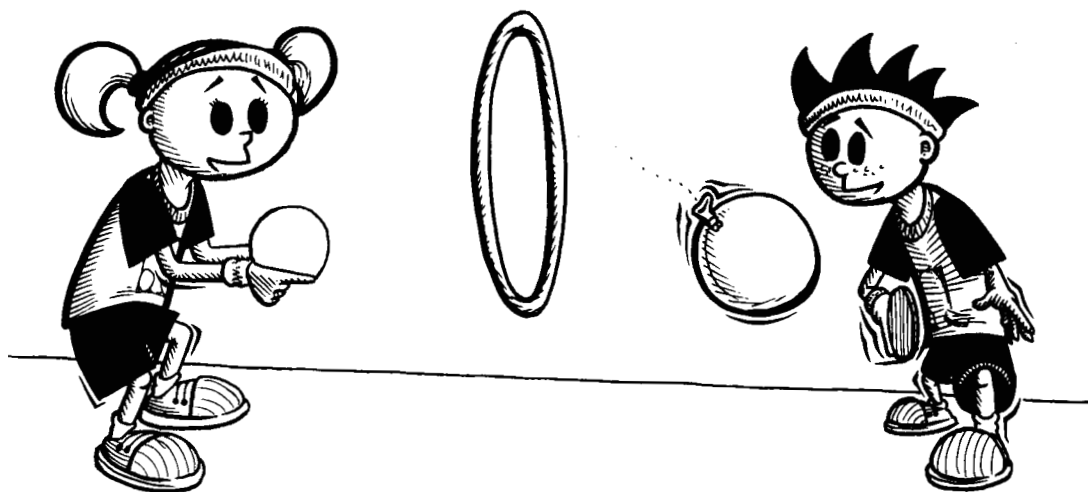
- As per forehand.
- Count how many backhands can be done without letting the balloon hit the ground.
- Feet should be shoulder width apart and square on to the table.
- Racket starts in front of the stomach.
- Follow through forward and up as if throwing a frisbee.

*Refer Stroke Card 2 - Page 74*

# Hoop-Balloon Game

(10 minutes)

- Place or hang a hoop so that the hoop is the same height as the players upper bodies, or in threes have one player hold the hoop.
- In pairs, play a game whereby players must hit the ball through the hoop, with a point scored for each successful hit.
- Serves alternate.
- One game to 11 points.



# Lesson 2: Roller Table Tennis

### Equipment

- 1 table tennis racket per player.
- 1 ball per player.

### Intro Activity

#### *Ball Balance - 5 minutes*

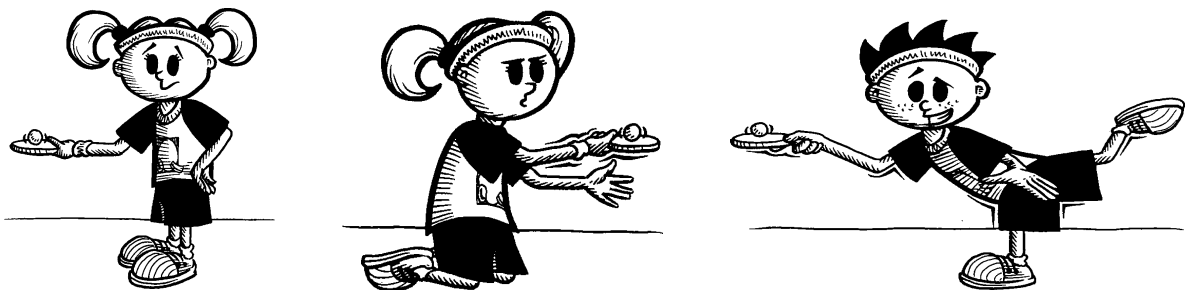
- Each player stands with a ball balancing on the racket face (palm up).
- Leader calls out instructions

Eg: 'change hands'

'lift right leg'

'kneel' / 'sit'

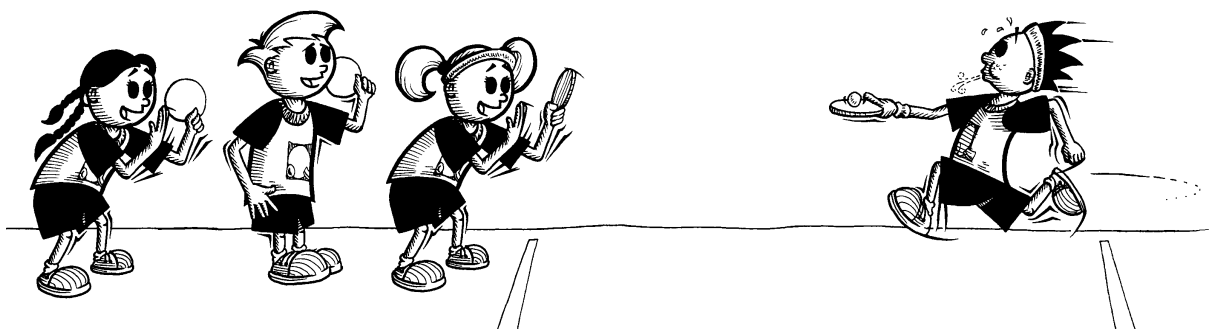
'walk forward' / 'backward'



#### *Ball Balance Relay - 5 minutes*

- Ball must be balanced on the racket.
- Transfer occurs racket to racket.

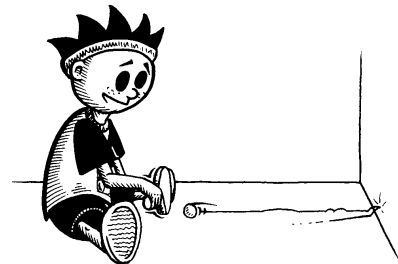
*Refer Activity Card 1 - Page 81*



# Roller Ball

(10 minutes)

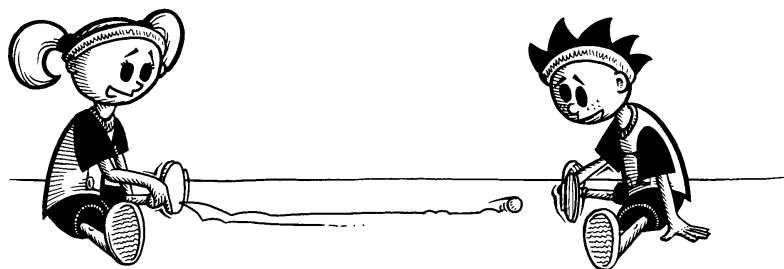
- 1 racket and ball per player.
- Sit on the floor with legs straight and apart with feet touching a wall.
- Using the backhand side of the racket, roll the ball to the wall, trying to keep the ball rolling all the time.
- Progress to bouncing the ball so it first hits the wall, and then bounces on the floor between the legs.
- Gradually move further from the wall.



### Variation

- Two players facing each other.

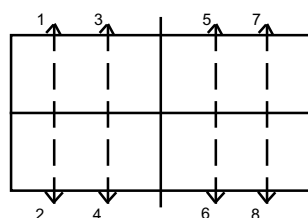
Refer Activity Card 2 - Page 83



# Roller Ball On The Table

(10 minutes)

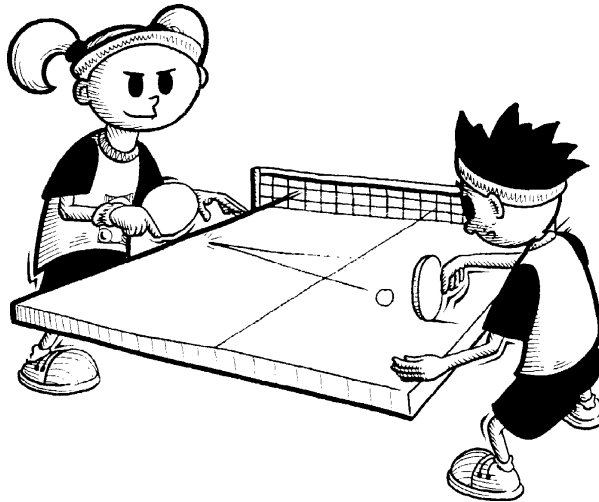
- One racket per player. One ball per pair.
- Players use the sides of the full sized table or the ends of the modified table.
- Players roll the ball to each other.
- Better players play on the outside positions ie. 1/2 and 7/8.
- Emphasise
  - flat racket
  - don't scrape the table
  - ball rolling with minimal noise.



# Roller Ball Challenge

(10 minutes)

- Players play one game up to 11 points.
- A point is scored if the ball passes over the end without the opponent returning it. Balls going over the sides are out.
- Alternate partners.

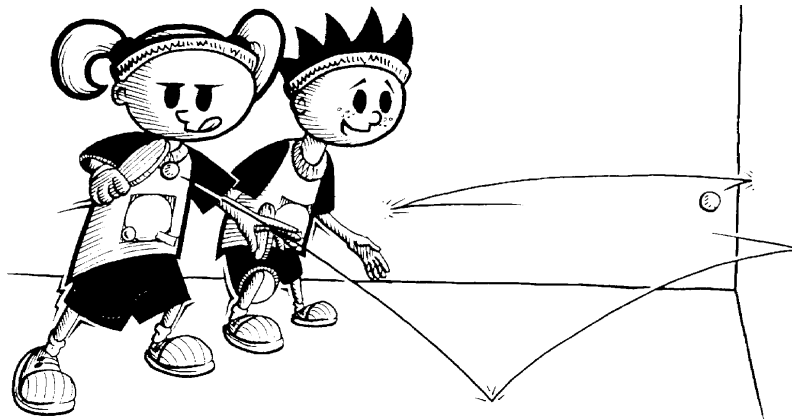


# Wall Table Tennis

(10 minutes)

- Players hit the ball against a wall, allowing one bounce before hitting it against the wall.
- The game is started by bouncing the ball on the floor and hitting it against the wall.
- Experiment with a line on the wall for a net and a restricted area.

*Refer Activity Card 3 - Page 85*





## LEVEL 1: Tops Table Tennis

# Lesson 3: Bench Table Tennis

### Equipment

- 1 table tennis racket per player.
- 1 ball per player.
- Several bench seats.

### Intro Activity

#### *Bouncer - 15 minutes*

- Players are given one ball each and asked to count the maximum number they can do in 30 seconds of each of the following.

BOUNCER 30 SECOND ACTIVITY CHART	Date / Score			
1. Bounce the ball on the forehand				
2. Bounce the ball on the backhand				
3. Bounce the ball on alternate forehand and backhands				
4. Bounce the ball alternatively on the edge of the racket & the forehand				
5. Bounce on the floor using forehand				
6. Bounce on the floor using backhand				
7. Bounce on the floor alternatively using forehand and backhand				
8. Bounce against the wall using forehand				
9. Bounce against the wall using backhand				
10. Bounce against the wall using alternate forehand and backhand				
11. Volley against the wall using forehand				
12. Volley against the wall using backhand				
13. Volley against the wall using alternate forehand and backhand				

- After each 30 seconds, ask students to indicate how many they did.
- Use 'Go' and 'Stop' or use a whistle to indicate start and finish and have players sit down with balls and rackets out of their hands between exercise.
- Students may record their score on the Bouncer Chart.

*Refer Activity Card 4 - Page 87*



# Volley Relay

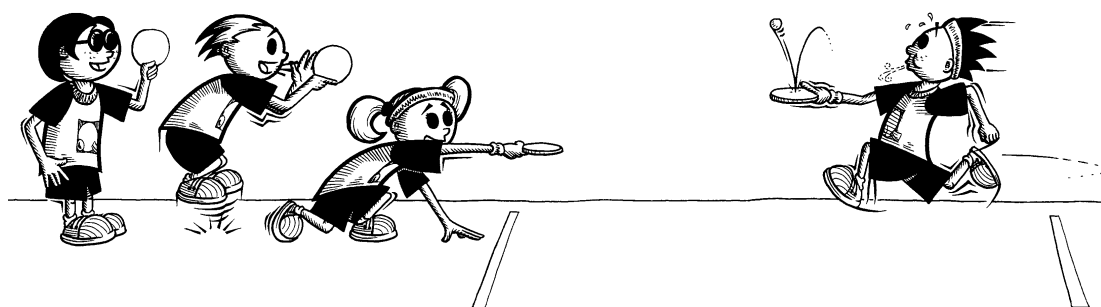
(10 minutes)

- 1 racket per team.
- 1 ball per team.
- Players bounce the ball on the forehand side of the racket without the ball touching the floor.

### *Variations*

- Backhand.
- Alternate forehand/backhand.

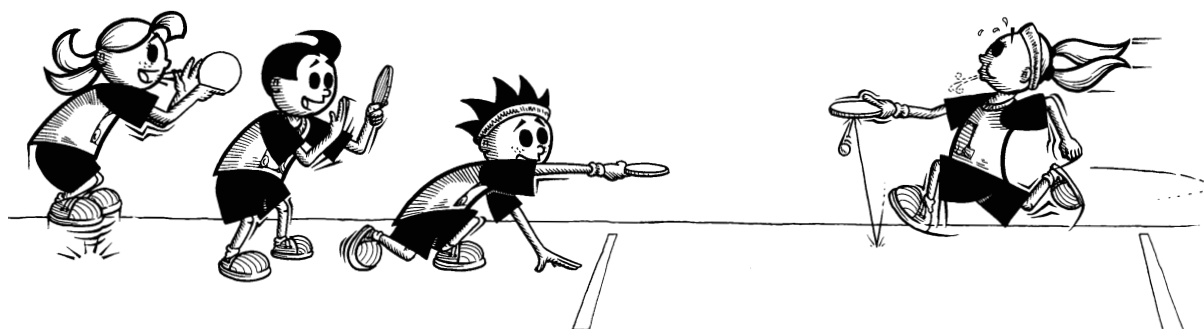
*Refer Activity Card 1 - Page 81*



# Ball Bounce Relay

(10 minutes)

- Players bounce the ball on the floor using forehand only.

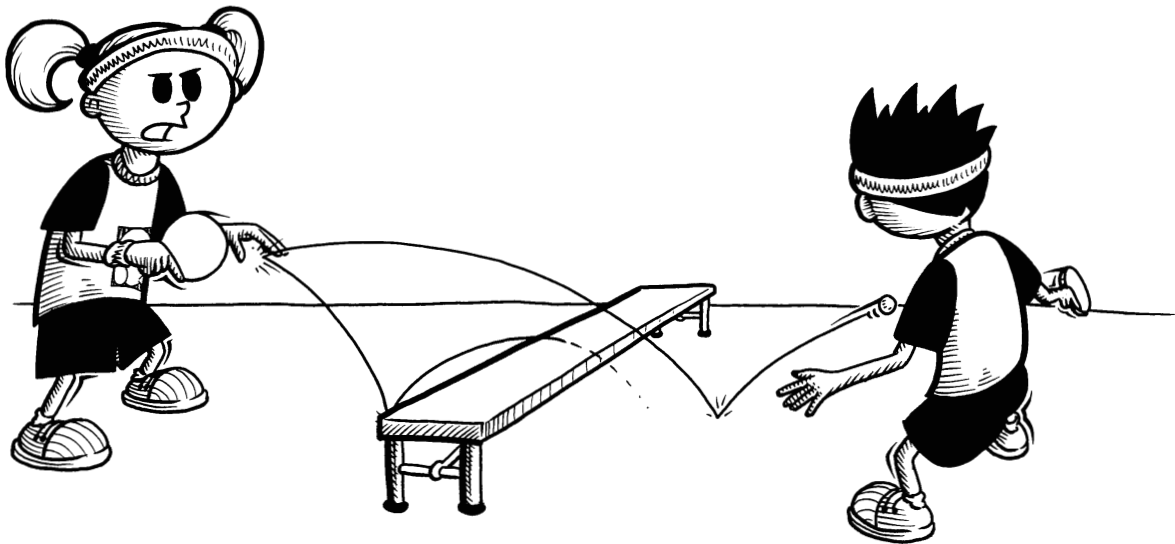


# Bench Table Tennis

(15 minutes)

- Place a bench or something similar between two - four players.
- To start, players bounce the ball on the floor and hit the ball over the bench.
- The opponent then returns the ball and so the rally continues.
- Each pair is competing against the other to see which pair hits the most consecutive shots without the ball bouncing twice.

*Refer Activity Card 5 - Page 89*



## LEVEL 1: Tops Table Tennis

# Lesson 4: Frogger

### Equipment

- 1 table tennis racket per player
- 1 ball per player
- A3 sheets of paper (Green) - frogger lilypads
- 5 hoops or containers
- 7 balls

### Intro Activity

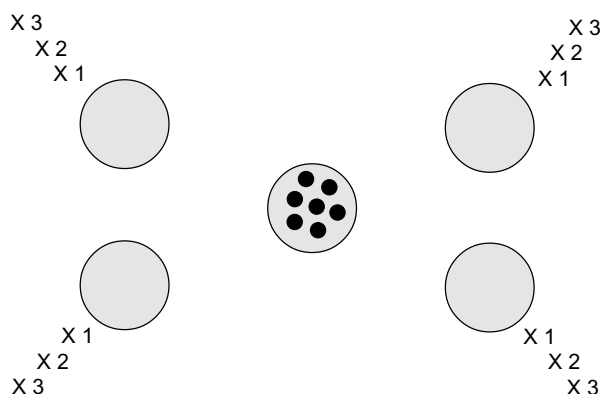
#### ***Rob The Nest - 10 minutes***

- Place the balls and hoops as indicated.
- Players are divided into 4 even teams and numbered off.
- The coach calls out a number.
- The corresponding players run to the centre and takes 1 ball at a time, back to their "Nest".
- They may then steal from other teams "Nests", or from the centre again, one at a time.
- The first team to have 3 balls in their nest wins.
- Repeat for other numbers.

*NB: Players may not guard their nests.*

*Players not called out must stay well behind the nests.*

*One ball at a time. To make it harder you can reduce the number of balls to 6 or 5.*

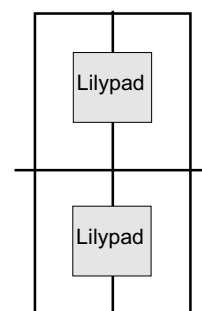


# Frogger

(5 minutes)

- Lilypads (Green A3 sheets) are placed on the table as indicated.
- The object of frogger is to throw the ball (frog) so that it bounces from lilypad to lilypad.
- One point is scored for each lilypad hit.
- See how many points each player can score.
- Who scored the most points?

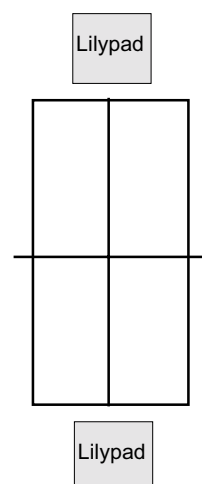
*Refer Activity Card 6 - Page 91*



# Frogger - Ball Toss

(5 minutes)

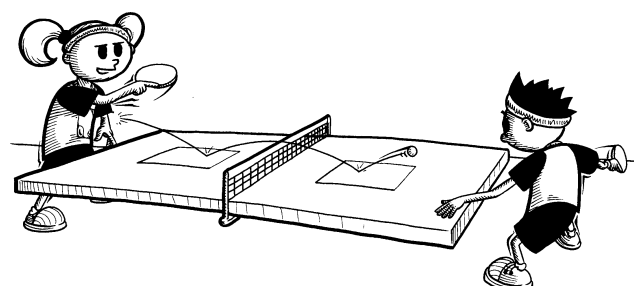
- Introduce throwing the ball up as for serving (from flat palm and thrown straight up).
- Place a lilypad just behind the end of the table.
- Practice starting with your hand over the lilypad.
- Throw the ball up and see if it lands on the lilypad on the floor.
- Do it ten times. How many landed on the lilypad?



# Frogger - "Splat"

(5 minutes)

- Place the lilypads back on the table.
- The object of "Splat" is to serve, (hitting the ball with the racket) so that the ball bounces on both lilypads.
- You score one point for each lilypad you hit.
- See how many points each player can score.
- Who scored the most points?

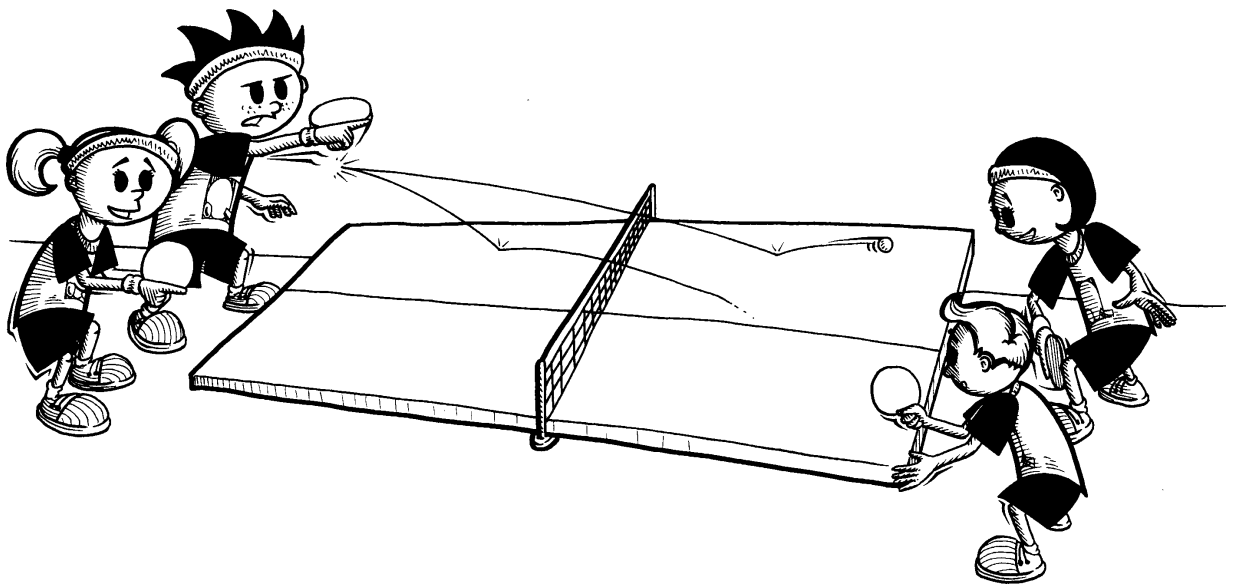


# Basic Hitting

(10 minutes)

- In pairs the students hit the ball to each other on the table tennis table or school tables.
- The ball must land on their partners side of the table after being hit .
- After letting the ball bounce once hit it up on to your partners side again. Emphasise hitting UP & SOFTLY.
- The pair aims for a record number of hits keeping the ball bouncing on the table.
- The aim is to teach ball control. Technique is not emphasised.  
Explain the basic game of table tennis.
- Serve as with "Frogger-Splat" then hit the ball up onto the other side, as with basic hitting.

*Refer Rules of Table Tennis - Page 169*

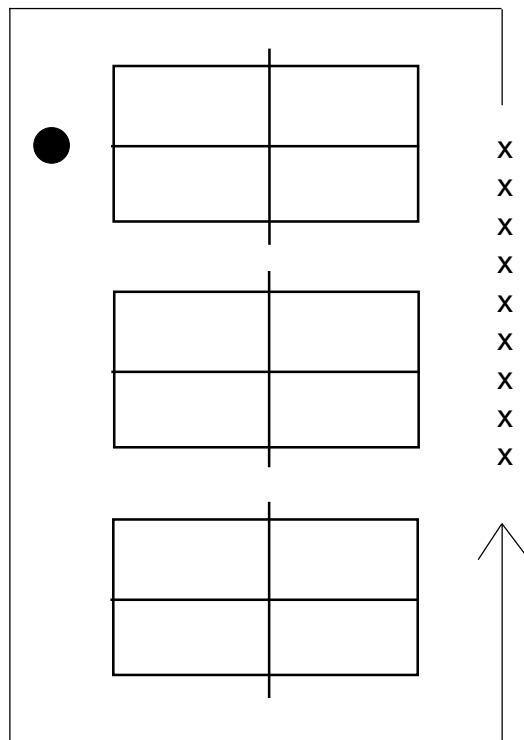


# Round The Table

(15 minutes)

- 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.
- 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 (ie one table per four players).
- When down to 2 players they stand next to each other, taking in turns hitting the ball and running back to touch the back wall.
- Repeat.

*Refer Activity Card 7 - Page 93*



## LEVEL 1: Tops Table Tennis

# Lesson 5: Skills Awards - Bronze Award Testing

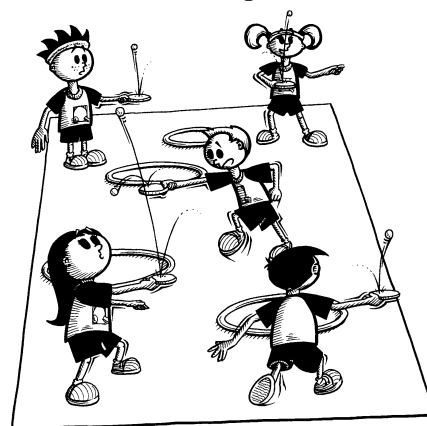
### Equipment

- 1 table tennis racket per player.
- 1 ball per player.
- Hoops.

### Intro Activity

#### *Hoop Knockout - 5 minutes*

- 1 less hoop than players.
- 1 racket per player, 1 ball per player.
- Each player moves around an area hitting a ball continuously while moving.
- On a signal, the players must stop in a hoop but continue to hit the ball upwards.
- Players not reaching a hoop are eliminated, as are players who lose control of the ball.
- While outside the hoops, players must avoid touching them.
- Each round a few hoops are eliminated thus leaving less hoops than players.

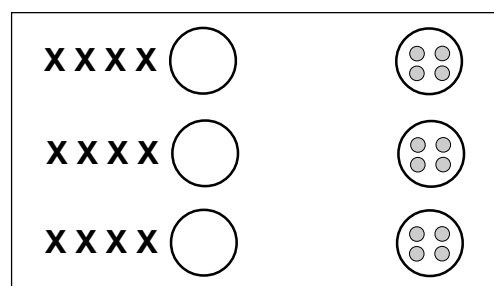


#### *Eggs In The Basket - 5 minutes*

- Divide the group into teams of 3-4, with each team standing behind a hoop.
- Place the same number of balls in a hoop as there are players in each team at the other end of the hall.
- First player runs to the "basket", places an "egg" on the racket, runs back and places the ball in the "basket" in front of the team.
- Continue for each player.
- First team with all "eggs in basket" wins.

#### *Variations*

- Reverse the direction of the ball transfer.
- Bounce or volley the ball on return.





## Skill Development

Assess Table Tennis Australia Bronze Skills Award.

(30 minutes)

Refer Assessment Section - Page 157

<h1>Certificate of Achievement</h1>	 <p>BRONZE Award</p>
<p>This certifies that</p>	
<p>_____</p>	
<p>has successfully completed the</p>	
<p>TABLE TENNIS AUSTRALIA</p>	
<p>SKILLS AWARDS SCHEME</p>	
	<p>Signature Award Assessor Date</p>
	<p>Name Award Assessor Position</p>
	<p>Signature National Coaching Director Print Name</p>
	

## Top Table

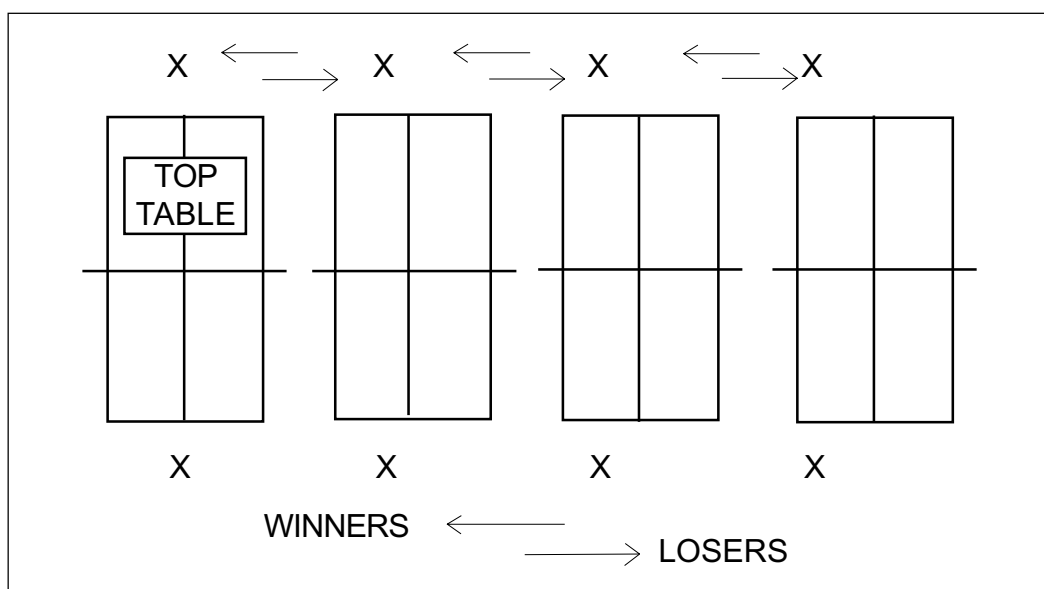
(10 minutes)

- Designate one end table as the "Top Table" and ask players to play a match.
- After 3-4 minutes call "STOP" or the first player finished calls "STOP".
- The player leading the match moves one table closer to the "Top Table", the losing player moves one table further away. Repeat.

NB: The winner on the "Top Table" and the loser on the last table don't move.

*Refer Activity Card 9 - Page 97 and Rules of Table Tennis - Page 169.*

*For additional Competition ideas see Competition Format Section Page 139.*





## SECTION 2: Lesson Plans

### Level 2 (9-16 Years) : Intermediate

---

STUDENT COMMITTEES .....	Page 36
LESSON 1:	Basic Skills and Rules ..... Page 38
LESSON 2:	Forehand and Backhand Drive ..... Page 43
LESSON 3:	Doubles and School Table Tennis League Practice Match. .... Page 48
LESSON 4:	Forehand and Backhand Push Stroke and School Table Tennis League - Round 1 ..... Page 50
LESSON 5:	Footwork and School Table Tennis League - Round 2 ..... Page 53
LESSON 6:	Topspin and School Table Tennis League - Round 3 ..... Page 55
LESSON 7:	Games, Skills and Strategies ..... Page 57
LESSON 8:	Singles Tournament ..... Page 59
LESSON 9:	Skills Awards - Silver Award Testing ..... Page 60
LESSON 10:	School Table Tennis League Grand Final and Play-offs ..... Page 61

# Student Committees

Students can play an active role in all areas of Level 2 Table Tennis. Committees can be selected, and responsible for each of the following areas:

## 1. Sportsboard / Team Captains

- One person from each team.
- To set any rules before competition commences.
- Make any rule changes when required.
- To hear any disputes and appeals when they occur.
- To check up on any rules of Table Tennis.

## 2. Publicity

- Publish results in the school newsletter.
- Inform school administration to publicise results during announcements.
- Contact local newspapers to do a story on the table tennis program.
- Assist the major events committee with the publicity of the Play-offs, Teacher vs Students match and the Singles Tournament.

## 3. Statistics / Ladders

- In charge of recording the scores each session.
- Working out the ladder.
- Publishing the ladder on the notice board.
- Keeping an account of leading players.
- Answer any queries about the ladder or results.

## 4. Selectors

- Have 2 boys and 2 girls that are evenly matched wherever possible.
- Grade players in each team 1 to 4.
- Teams are to be finalised after Lesson 2.  
Selections may be made tentatively after Lesson 1.
- Watch players when playing Beat The Champ and during Hitting Drills to assess the standards of the players.
- Teams may be revised after Lesson 3 - the practice matches.

## 5. Major Events

- Plan the Play-offs Day
  - send out invitations to special guests, State Development Officer and local media.
- Decide on and organise the venue for the play-offs.
- Organise a Teacher vs Student match during lunchtime (optional).

## 6. Coaches

Team Coach - selected by each team after teams are selected.

- Instruct players during the skills lessons.
- Assist players that have problems learning the skills.
- Help players during matches if they are having problems.
- Encourage players to improve their skill levels.

## 7. Duty Team

- Each week a different team is assigned to be duty team.
- Make sure there are sufficient First Aid supplies.
- Ensure there is someone to do the scorekeeping for each match.
- Make sure equipment is organised before each lesson.
  - Rackets and balls - enough for the lesson.
  - Tables - placed correctly.
- Assign the table for each match and the table each team has for practice.
- Ensure there is someone to keep statistics of each match.

Other committees may be set up if required.

## LEVEL 2: Tops Table Tennis

# Lesson 1: Basic Skills

### Equipment

- 1 A4 sheets of paper for targets.
- 1 racket per student.
- 1 ball per 2 students.
- 1 table tennis table per 4 students

OR

1 school table per student.

(For school tables arrange the tables end to end for skills work. A net can be improvised by using books or A3 paper folded into a triangle shape).

*Refer Equipment - Page 5*

#### SCHOOL TABLES



SKILL WORK

OR



GAMES

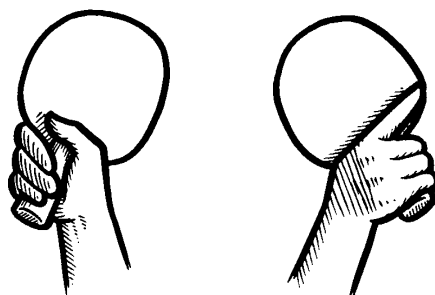
### Intro Activity

**GRIP** - Demonstrate the correct grips

(1 minute)

#### *Shakehand Grip*

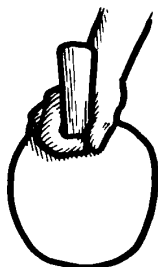
1. The racket is held in the palm of the hand.
2. The thumb and forefinger lie roughly parallel to the straight edge of the rubber.
3. The remaining three fingers are wrapped loosely around the handle to provide stability.



*Shakehand*

## ***Penhold Grip***

1. The thumb and forefinger circle the handle.
2. The remaining fingers curl or spread on the back face.  
Usually only the front side is used with this grip.



*Penhold Grip  
Front View*



*Penhold Grip  
Back View  
Chinese Style*



*Penhold Grip  
Back View  
Korean/Japanese Style*

## ***Forehand Bouncer***

(3 minutes)

- Ask the students to bounce the ball on their racket using the forehand side.
- Count the maximum number without dropping the ball.

## ***Backhand Bouncer***

(3 minutes)

- Ask the students to bounce the ball on their rackets using only the backhand side.
- Count the maximum number without dropping the ball.

## ***Bouncer Combo***

(3 minutes)

- Ask the students to bounce the ball on alternate forehands and backhands.
- Count the maximum number without dropping the ball.

*Refer to Activity Card 4 for additional ideas - Page 87*

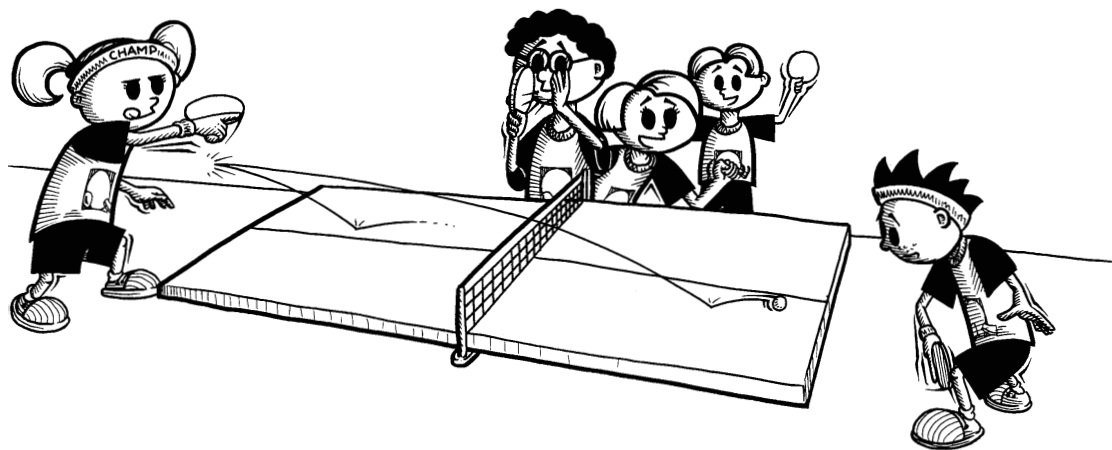




# Basic Hitting

(10 minutes)

- In pairs the students hit the ball to each other on the table tennis table or school tables.
- The ball must land on their partners side of the table after being hit.
- After letting the ball bounce once hit it up on to your partners side again. Emphasise hitting UP & SOFTLY.
- The pair aims for a record number of hits keeping the ball bouncing on the table.
- The aim is to teach ball control. Technique is not emphasised.



# Basic Serving

(15 minutes)

## *Technique - Explain*

- Serve from behind the end line of the table.
- Hit the ball onto your side so that it bounces first on your side, then the other side of the table.
- Emphasise hitting down.
- Serve from a flat palm and throw the ball up.
- You can use school tables or table tennis tables.

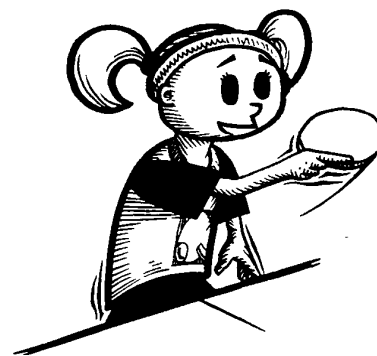
*Refer Stroke Card 3 - Page 75 and Rules of Table Tennis - Page 169*



*Backswing*



*Foreward Movement*



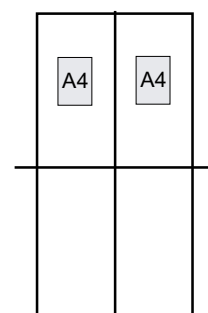
*Follow Through*

## *Target Serving Game*

(10 minutes)

- Serve the ball 20 times, count how many times you hit the two A4 sheets of paper.
- One point is scored each time you hit a sheet of paper.

*Refer Activity Card 10 for Additional Serving Activities - Page 99*



## *Basic Rules*

(5 minutes)

Explain the basic rules of table tennis.

- Serve as with basic serving then hit the ball up onto the other side, as with basic hitting.

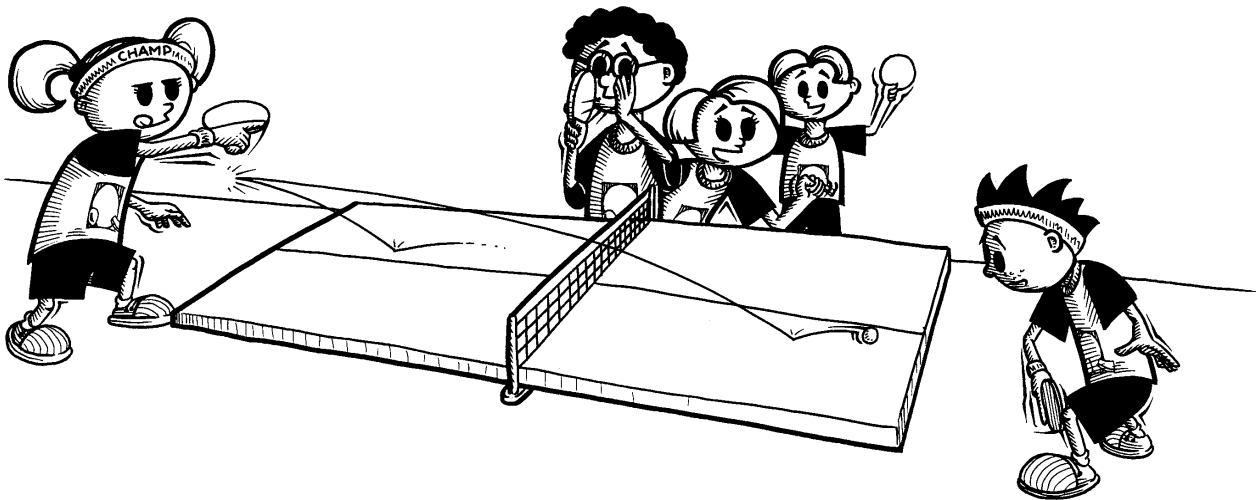
*Refer Rules of Table Tennis - Page 169*

# Beat the Champ

(15 minutes)

- One player stands at each end of the table, with one side designated as "The Champ".
- The challenger plays one point against "The Champ".
- The winner stays on and goes to "The Champ's" end.
- Loser joins the next challenger's line.
- Challenger always serves.

*Refer Activity Card 11 - Page 101*



## LEVEL 2: Tops Table Tennis

# Lesson 2: Forehand & Backhand Drive

### Equipment

- 1 racket per student
- 1 ball per 2 students
- 1 table tennis table per 4 students

OR

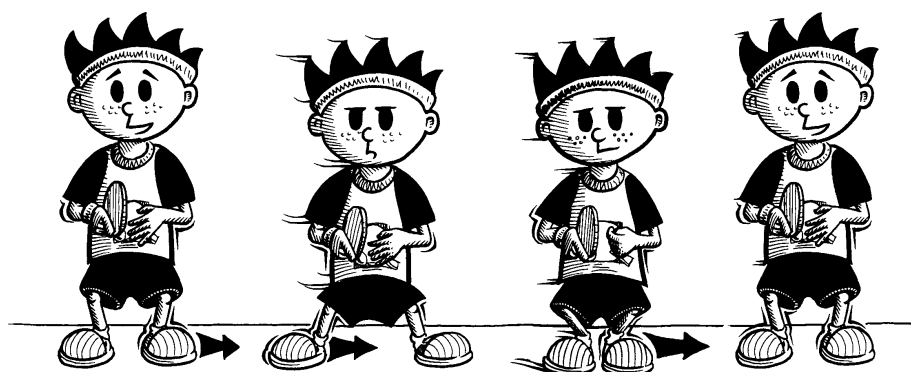
1 school table per student

### Intro Activity

#### *Three Step Shuffle*

(5 minutes)

- Start with your knees slightly bent.
- To move to the left, take a short step to the left with your left foot. Bring your feet together, by moving the right foot, and then move your left foot out again to a balanced position.
- Practice moving using the three step shuffle.



#### *Footwork Relay*

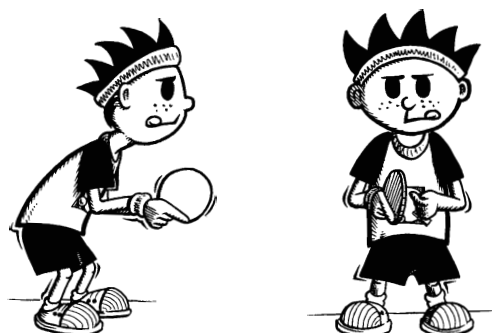
(5 minutes)

- Divide students into teams.
- Organise a relay where the students are only allowed to move using table tennis footwork ie Three step shuffle.
- Use table tennis rackets as batons.

# Ready Position

---

- Knees bent and leaning slightly forward.
- Feet shoulder width apart.
- Racket should be table height and in front of the body.
- Demonstrate the correct ready position.
- Get students to demonstrate the position together.



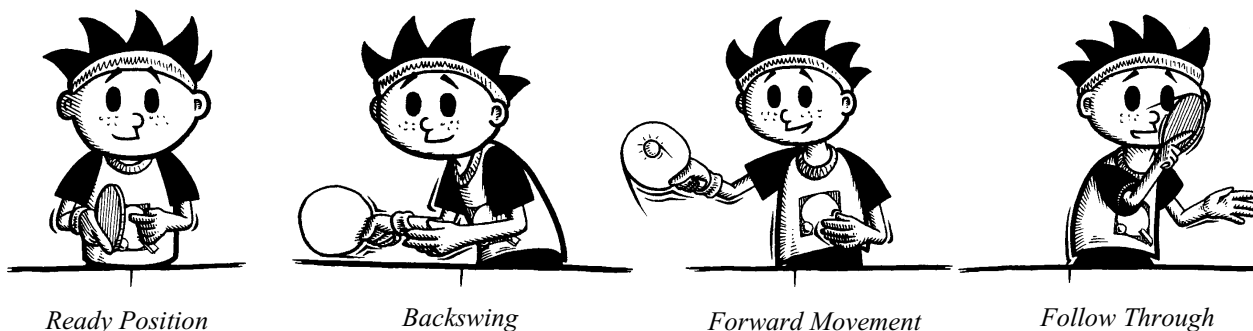
# Forehand Drive

---

## *Technique*

- Place your feet half way around from the table (45°).
- Start with your racket beside you at hip height.
- Contact the ball with a brushing up action.
- Follow through forward and up.

*Refer Stroke Card 1 - Page 73*



*Ready Position*

*Backswing*

*Forward Movement*

*Follow Through*

## ***Table Cricket Forehand***

(10 minutes)

Using Ready Position and Forehand Drive Technique:

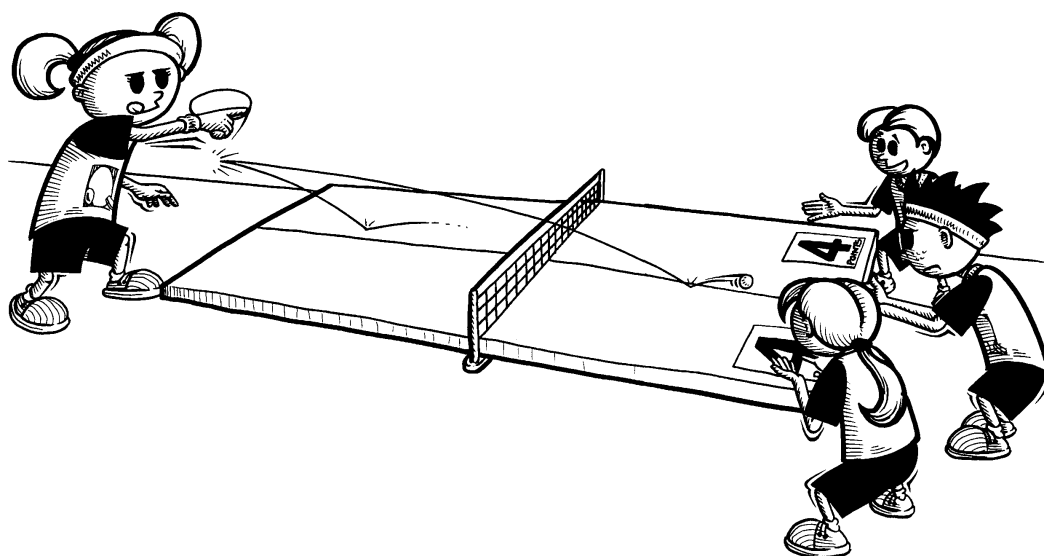
- One player is the "batter" the others are fielders.
- A "bowler" bounces the ball hitting both sides of the table and landing it in the "batter's" forehand area.
- The batter using the forehand drive hits the ball onto the bowlers end.
- Place targets on the table - A4 sheets of paper.

### ***Scoring***

### ***Points***

- |                                       |   |
|---------------------------------------|---|
| • Hit the target                      | 4 |
| • Hit the table, miss the target      | 1 |
| • Hit the table and caught by fielder | 0 |
| • Each hitter has five hits           |   |

*Refer Activity Card 13 - Page105*

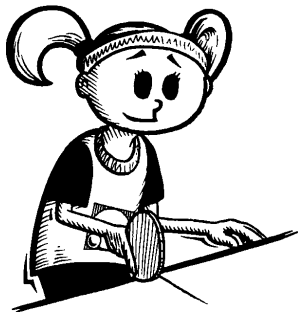


# Backhand Drive

---

## *Technique*

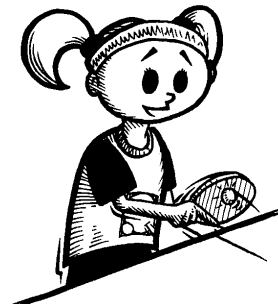
- Feet shoulder width apart and square to the table.
- Start with your racket in front of the stomach.
- Follow through forward and up close to head height.
- Contact the ball with an upward brushing action.



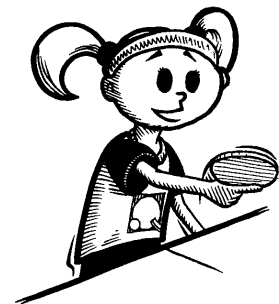
*Ready Position*



*Backswing*



*Forward Movement*



*Follow Through*

## *Table Cricket - Backhand*

(10 minutes)

- As for forehand, except the "bowler" lands the ball on the batter's backhand area.

# Continuous Hitting

---

(5 minutes)

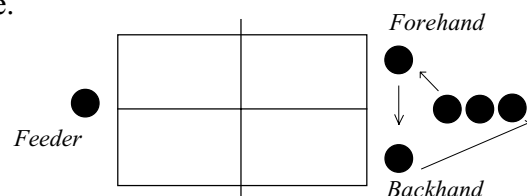
- Players pair up, hitting only forehands to each other continuously. Pairs attempt a record score for continuous hitting.
- The pair then do the same thing using backhand only.

# Combination Hitting & Footwork

---

(5 minutes)

- The feeder throws one ball to the forehand side, catches the return and then throws again to the backhand side and so on.
- The hitter hits a forehand drive then moves across using 3 step shuffle to the backhand side, hits a backhand and then shuffles to the end of the line.
- The next hitter comes in and does the same.
- When all hitters have had a turn, the feeder is changed.



# Round the Table

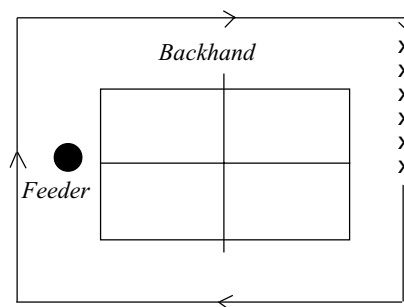
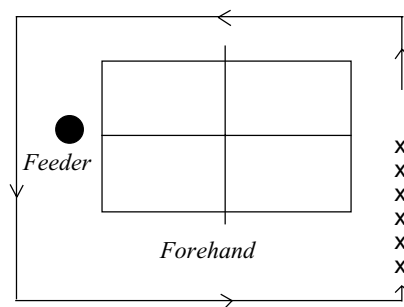
(10 minutes)

- The teacher and better students can be the feeders.
- The students line up, hit the ball once then run around the table and join the end of the line. The ball is kept in play continuously by the feeder.
- Increase the area to run around for larger groups.
- You can play a game on each table.

### ***Variations***

1. The students are only allowed to hit forehand.
2. The students are only allowed to hit backhand (students line up on the opposite side).
3. The students have to hit one forehand, then one backhand, then run around.
4. The students move around the table using shuffle movement.

*Refer Activity Card 7 - Page 93*





## LEVEL 2: Tops Table Tennis

# Lesson 3: Doubles & Practice Match

### SCHOOL TABLE TENNIS LEAGUE PRACTICE MATCH

#### Equipment

- Score sheet and scoring chart from *Competition Format 1 - Page 141* for each match
  - 1 ball per table
  - 1 table tennis table per 4 students
- OR
- 1 school table per student

#### Intro Activity

(5 minutes)

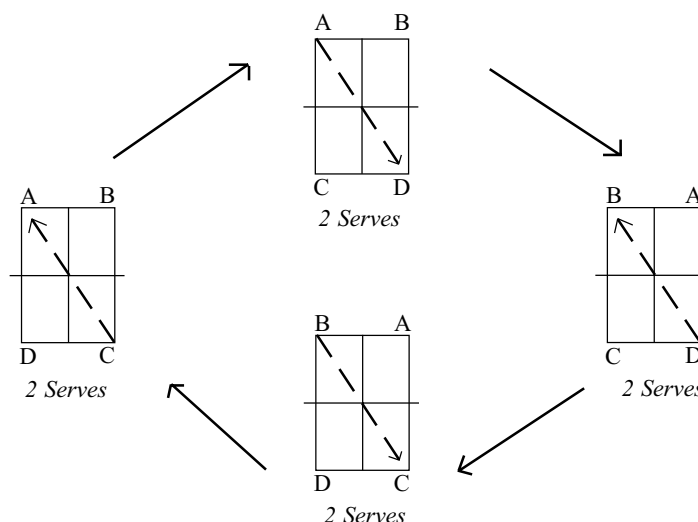
- Round the table variations
- Refer Activity Card 7 - Page 93*

#### Skill Development

##### *Doubles Rules - Explain*

(5 minutes)

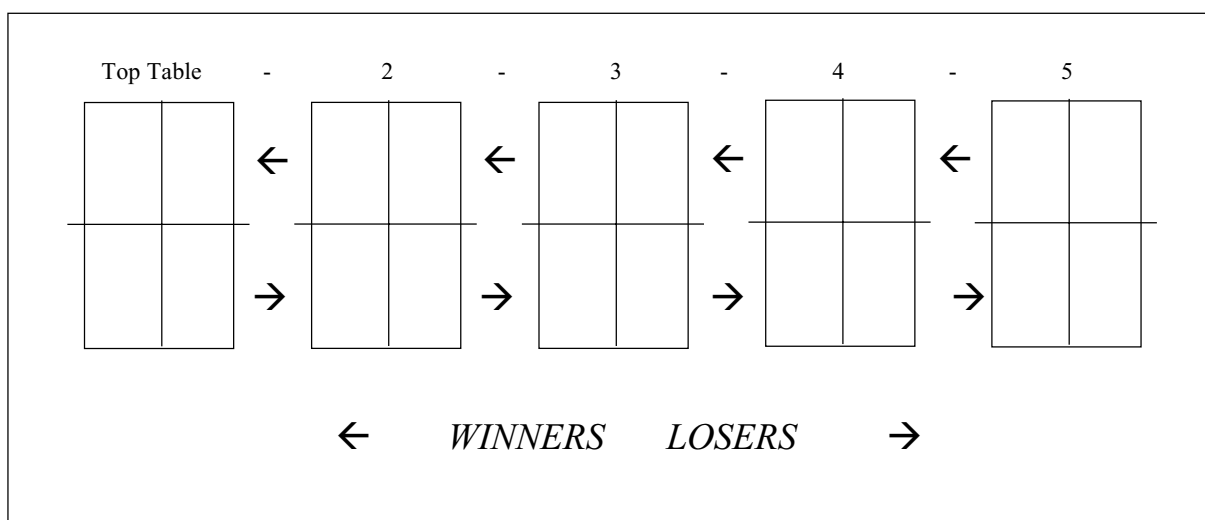
- Players hit alternately
- Always serve from right corner to right corner.
- Serve twice to the same side and same person.
- After your team finishes serving swap sides with your partner.



# Top Table Doubles

(10 minutes)

- Double pairs commence a match. The game finishes when the teacher calls "Stop".
- The winning pair move up one table towards the top table.
- The losing pair moves down one table .
- If the scores are level then the game is won by the first team to get 2 points in front with serves alternating.
- Winners on top table and losers on bottom table don't move.



## Game

### *School Table Tennis League Practice Match*

(30 minutes)

- Refer "School Table Tennis League Basic Rules",

*Score Sheet and Scoring Card in Competition Format 1 - Page 141*

Matches: Team A v E

Team B v F

Team C v G

Team D v H

Teams may be altered after the practice round to make them even.

## LEVEL 2: Tops Table Tennis

# Lesson 4: Forehand & Backhand Push

---

### ROUND 1 - SCHOOL TABLE TENNIS LEAGUE MATCH

#### Equipment

- 1 racket per student
  - 2 balls per team
  - 1 table tennis table per team
- OR
- 4 school tables per team
  - Competition Format 1, for each teams match - Page 141

#### Intro Activity

(5 minutes)

Team Coach organises warm up based on  
Activity Card 1- Table Tennis Relays - Page 81

#### Skill Development

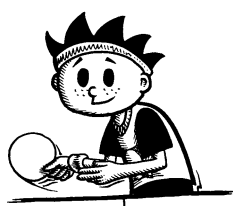
## Forehand Push

---

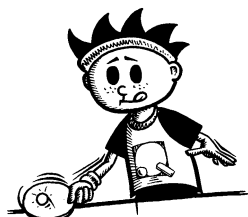
#### *Technique*

- Feet side on at 45° angle to the table.
- Racket starts besides the body at hip height.
- Come forward and down with the racket and brush underneath the ball.
- Finish with the racket close to the table with the palm facing upward.

*Refer Stroke Card 4 - Page 76*



'BACKSWING'



'FORWARD MOVEMENT'

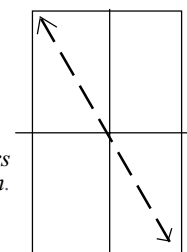
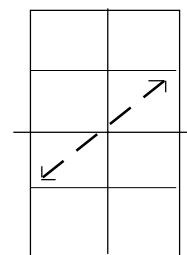


'FOLLOW THROUGH'

### ***Push Practice***

(5 minutes)

- In their teams the appointed coach leads forehand push practice.
- Count how many forehand push strokes each team can complete without making an error.
- Initially play across the table to develop feeling and progress to full length.
- See which team can achieve the record score.



*NB: Diagram is for righthanders doing forehand push.*

## **Backhand Push**

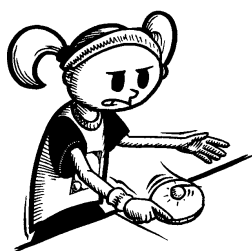
### ***Technique***

- Feet shoulder width apart and square on to the table.
- Start with the racket in front of the stomach.
- Move the racket forward and down brushing underneath the ball.
- The racket finishes close to the table and the palm down.

*Refer Stroke Card 5 - Page 77*



'BACKSWING'



'FORWARD MOVEMENT'

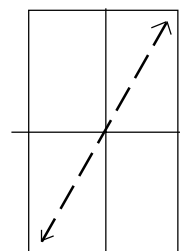
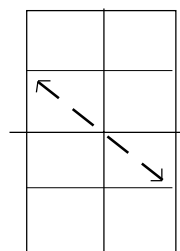


'FOLLOW THROUGH'

### ***Push Practice***

(5 minutes)

- In their teams the coach leads backhand push practice.
- Count how many backhand push strokes a team can complete without making an error.
- Initially play across the table to develop feeling and progress to full length.
- See which team can achieve the record score.



*NB: Diagram is for righthanders doing backhand push.*

### ***Pushing Game***

(5 minutes)

- Push the Ball using the whole table for 5 minutes.
- See who scores the most points.

# Game

(30 minutes)

## Round 1 - School Table Tennis League Match

Teams are placed into 2 groups. Red and Blue

RED	BLUE
Team A	Team E
Team B	Team F
Team C	Team G
Team D	Team H

*Team names can be allocated by the teams.*

### Round 1

#### RED GROUP

Team A v Team B

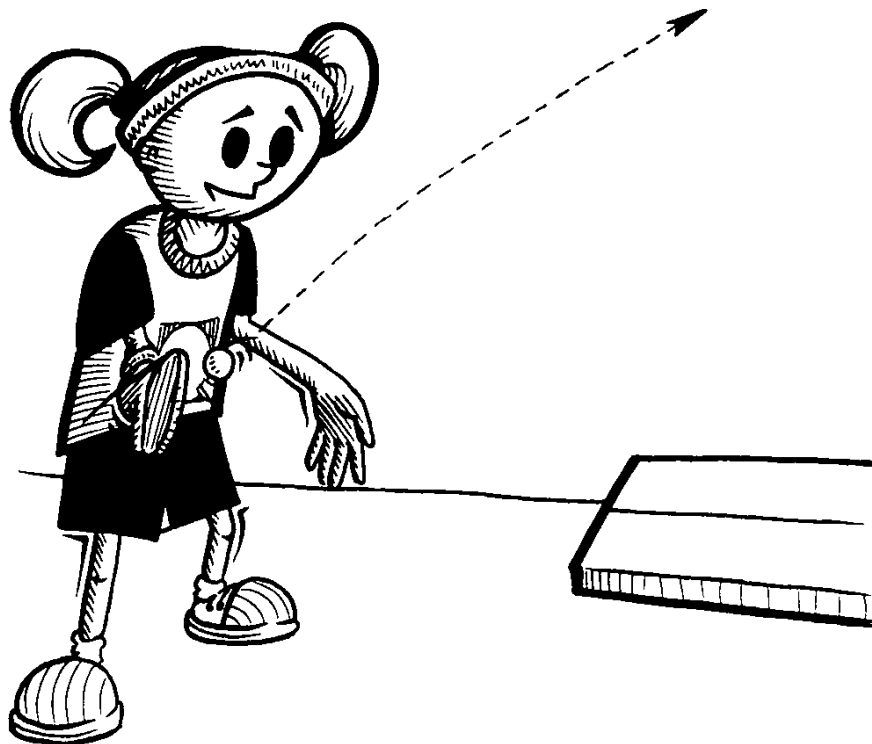
Team C v Team D

#### BLUE GROUP

Team E v Team F

Team G v Team H

*Use Competition Formats 1 - Page 141*



## LEVEL 2: Tops Table Tennis

# Lesson 5: Footwork

### ROUND 2 - SCHOOLS TABLE TENNIS LEAGUE MATCH

#### Equipment

- 1 racket per player
- 8 balls per team
- 2 containers per team
- 1 table per team

OR

4 school tables per team

*Competition Format Card 1, for each match - Page 141*

#### Intro Activity

(5 minutes)

Warm Up

*Refer "Transfer Ball" Activity Card 12 - Page 103*

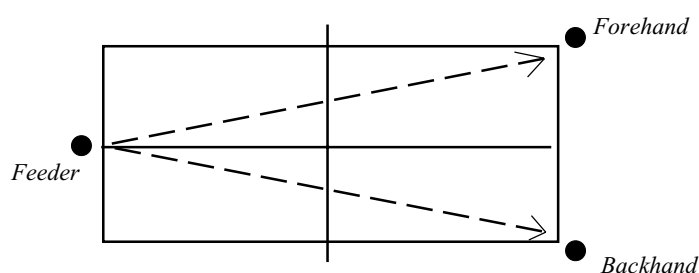
#### Skill Development

Coach leads the team in skill activities involving the players moving and hitting.

## Throw and Hit

(5 minutes)

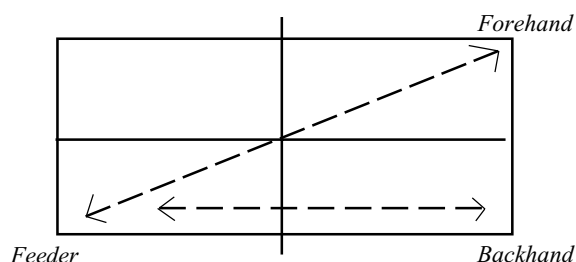
- The feeder throws the ball alternately to forehand & backhand.
- The players hit forehand and backhand using shuffle footwork to move between the two positions.



# Forehand & Backhand Combination with Footwork

(10 minutes)

- Play a continuous rally playing one ball alternately to the forehand and backhand.
- See which team can play the longest footwork rally. Players alternate in the feeders position.



## Game

(30 minutes)

### ***Round 2 - School Table Tennis League Match***

*- Refer Competition Format Card 1, Page 141*

#### RED GROUP

Team A v Team C

Team B v Team D

#### BLUE GROUP

Team E v Team G

Team F v Team H

## LEVEL 2: Tops Table Tennis

# Lesson 6: Topspin

### ROUND 3 - SCHOOL TABLE TENNIS LEAGUE MATCH

#### Equipment

- Competition Format Card 1 for each match - Page 141
- 1 racket per player
- 2 balls per team
- 1 table tennis table per team

OR

4 school tables per team and made up net.

#### Intro Activity

(10 minutes)

Warm Up based on 'Mirror Footwork'  
*Activity Card 15 - Page 109*

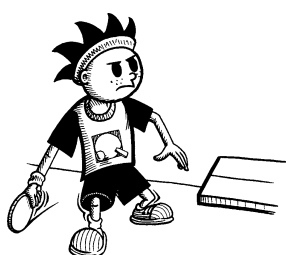
#### Skill Development

## Forehand Topspin

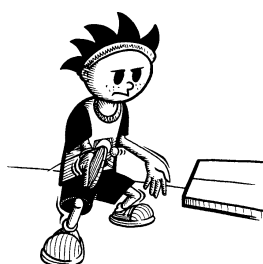
#### *Technique*

- Feet are side on at 45° to the table.
- The racket starts low and vertical (approximately knee height), with the racket moving forward and up, brushing the ball, finishing above head height.
- The ball will dip quickly on the other side of the table due to the topspin.

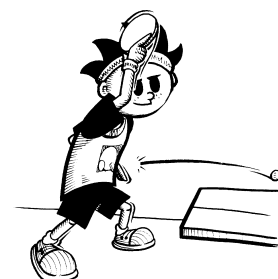
*Refer Stroke Card 6 - Page 78*



'BACKSWING'



'FORWARD MOVEMENT'



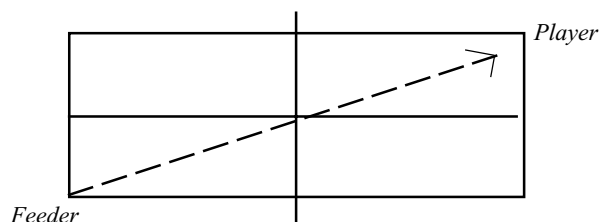
'FOLLOW THROUGH'



### ***Activity 1***

(5 minutes)

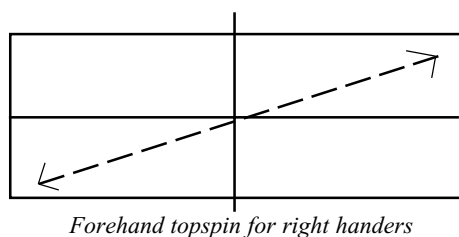
- Ask players to play a forehand topspin when the ball is thrown by coach/feeder.



### ***Activity 2***

(5 minutes)

- Develop to feeder hitting the ball continuously to topspinning player.



## **Game**

(30 minutes)

### ***Round 3 - School Table Tennis League Match***

*- Refer Competition Format 1 - Page 141*

#### RED GROUP

Team A v Team D

Team B v Team C

#### BLUE GROUP

Team E v Team H

Team F v Team G

## LEVEL 2: Tops Table Tennis

# Lesson 7: Game Skills & Strategies

### Equipment

- 6 x A3 sheets of paper.
- 1 racket per student.
- 2 balls per team.
- 10 targets (eg plastic cups / table)

### Intro Activity

(5 minutes)

Team Coach - runs warm up activity based on 'Ten Pin' Table Tennis.

*Refer Activity Card 16 - Page 111*

### Skill Development

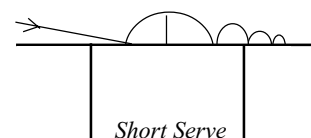
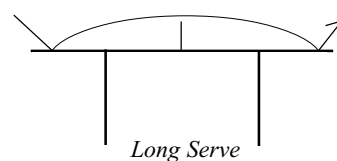
## Game Skills and Strategies

Team Coach runs each session

#### **Low Serve**

(5 minutes)

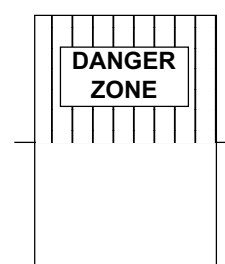
- To serve a low serve - contact needs to be at net height.
- To serve short, the first bounce should be close to the net.
- To serve long - the first bounce should be close to the end line.
- Practice serving keeping the ball out of the "Danger Zone".
- Place A3 sheets on the danger zone.



#### **Target Serve**

(5 minutes)

- Set up targets in the shaded zone.
- Practice serving to hit the targets.



### ***Variation of Serve***

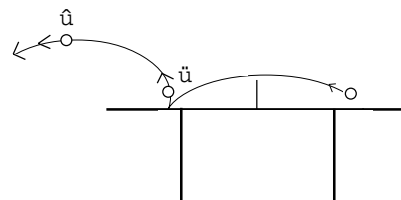
(5 minutes)

- Use your racket hand only to change the spin and direction of the ball, to keep the receiver guessing.
- Keep the ball out of the "danger zone".

### ***Speed Hitting***

(5 minutes)

- Practice hitting skills trying to hit the ball soon after it has bounced on your side. (ie half volley).
- This gives your opponent less time to hit the ball.
- Try to keep playing the ball with topspin.



### ***Placement***

(5 minutes)

- Play a rally attempting to avoid the "danger zone".

### ***Which Side?***

(5 minutes)

- Play a game attempting to work out whether your opponent has a better forehand or backhand.

## **Game**

# Round Robin Games

(15 minutes)

- Play matches within each team.
- Coach can be watching for low serves as well as placement of serves and shots.

*Refer Competition Format 6-7, Page 149 & 150*

## LEVEL 2: Tops Table Tennis

# Lesson 8: Singles Tournament

### Equipment

- 1 racket per player
- 1 ball per table

### Intro Activity

(10 minutes)

Team Coach chooses a warm-up from Activity Cards - Page 81

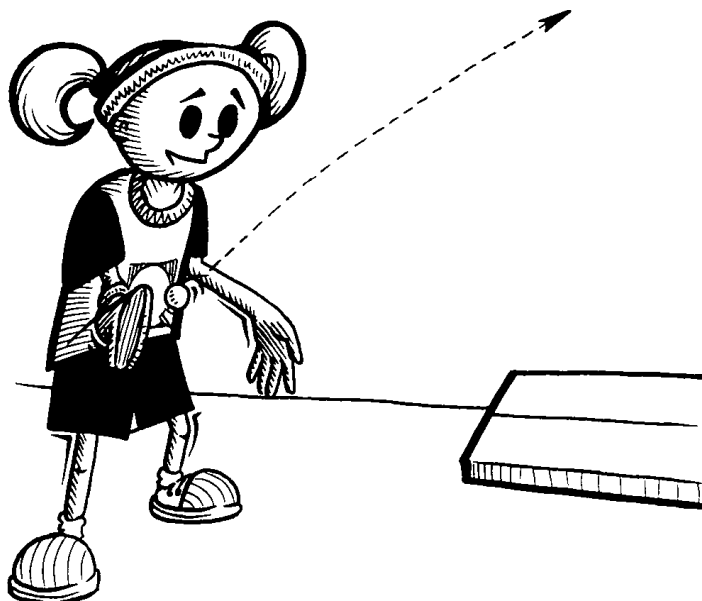
### Game

(40 minutes)

- Refer Competition Format Cards 3-7, Pages 149-153

You may choose from:

- |                       |                             |            |               |
|-----------------------|-----------------------------|------------|---------------|
| • Single Knockout     | One loss elimination        | Format 3   | Page 146      |
| • Double Knockout     | Two loss elimination        | Format 4   | Page 147      |
| • Continuous Knockout | All players play each round | Format 5   | Page 148      |
| • Round Robin         | Players play in groups      | Format 6-7 | Page 149, 150 |



## LEVEL 2: Tops Table Tennis

# Lesson 9: Skills Awards

---

### Equipment

- 1 racket per player
- 1 ball per table
- 4 x A3 sheets of paper per table
- Skill Awards Page 157

### Intro Activity

(10 minutes)

#### *Round The Table*

*Refer Activity Card 7 - Page 93*

### Skill Development

(40 minutes)

- Players allowed free practice for 10 minutes to prepare for Awards testing.
- Testing for Silver Skills Award.

*Refer Skills Awards - Page 163*

## LEVEL 2: Tops Table Tennis

# Lesson 10: Grand Final and Play-Offs

### SCHOOL TABLE TENNIS LEAGUE MATCHES

#### Equipment

- Major Events Committee to organise all aspects of finals.
- Competition Format 1, Page 141

#### Intro Activity

(10 minutes)

- Major Events Committee to organise based on one of the activity cards.

#### Skill Development

- Play-off and Grand Final Day - organised by the Major Events Committee
- Organise Play-Offs
- Invite Guests
  - Principal, State Development Officer, Local Coach
  - Parents, Local Councillors
- Organise Venue
  - At local Table Tennis Association or Club
  - or Table Tennis Tables in Gym/Classroom
- Organise Trophies / Prizes
- Other duties as organised by the committee

#### Game

## School Table Tennis League Matches

### ***Grand Final and Play-Offs***

(40 minutes)

Based on Total Premiership Points

Grand Final	1st Red Group	vs	1st Blue Group
Places 3-4	2nd Red Group	vs	2nd Blue Group
Places 5-6	3rd Red Group	vs	3rd Blue Group
Places 7-8	4th Red Group	vs	4th Blue Group

### ***Presentation Ceremony***



## SECTION 2: Lesson Plans

### Level 3 (9-16 Years): Extension

---

LESSON 11:	Footwork Drills ..... Page 64
LESSON 12:	Topspin Against Backspin ..... Page 66
LESSON 13:	Smash and Lob ..... Page 68
LESSON 14:	Training Like the Best ..... Page 70
LESSON 15:	Doubles Tournament ..... Page 72



## LEVEL 3: Tops Table Tennis

# Lesson 11: Footwork Drills

---

### Equipment

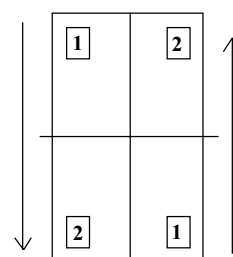
- 1 racket per player
  - 1 ball per player
  - 1 table tennis table per 2 students
- OR
- 2 school tables per student

### Intro Activity

#### *"Transfer Ball"*

*Refer Activity Card 12 - Page 103*

(5 minutes)



### Skill Development

## Forehand Drive

(5 minutes)

- Count how many consecutive forehand drives a pair can hit into the forehand court areas.

## Backhand Drive

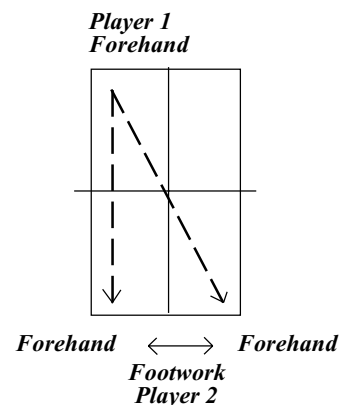
(5 minutes)

- Count how many consecutive backhand drives a pair can hit into the backhand court areas

# Forehand Footwork Drill

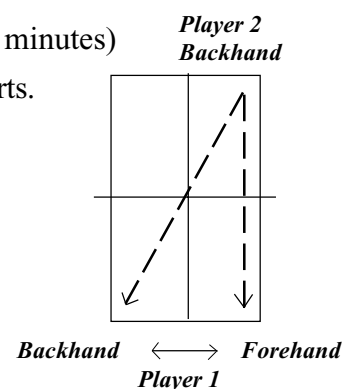
(5 minutes)

- Player 1 plays only to the forehand court.
- Player 2 plays alternately to the forehand and backhand courts.
- Player 1 using footwork movement hits both sides with the forehand drive.
- Hit and move using the forehand drive.
- Remain stable while hitting then move to the next position.
- Count how many consecutive hits the pair can do. (5 minutes)
- Change roles and count how many consecutive hits the pair can do. (5 minutes)



# Forehand & Backhand Footwork Drill

- Player 1 - plays only to the backhand court. (5 minutes)
- Player 2 - plays alternately to the forehand and backhand courts.
- Player 1 - using footwork movement, hits one with the forehand and one with the backhand.
- Count how many consecutive hits the pair can do. (5 minutes)
- Change roles and count how many consecutive hits the pair can do. (5 minutes)



## Game

# Tournament Ladder Challenge

(25 minutes)

*Refer Competition Format 8 - Page 151*

- The selectors place the players into ranking order.
- Best of 3 games to 11.
- Start with 1 v 2, 3 v 4, 5 v 6 and so on.
- After the first match, you can challenge anyone within 2 places above you. If you win you take their place on the ladder.

## LEVEL 3: Tops Table Tennis

# Lesson 12: Topspin Against Backspin

### Equipment

- 1 racket per player
- 1 ball per 2 students
- 1 table tennis table per 2-4 students

OR

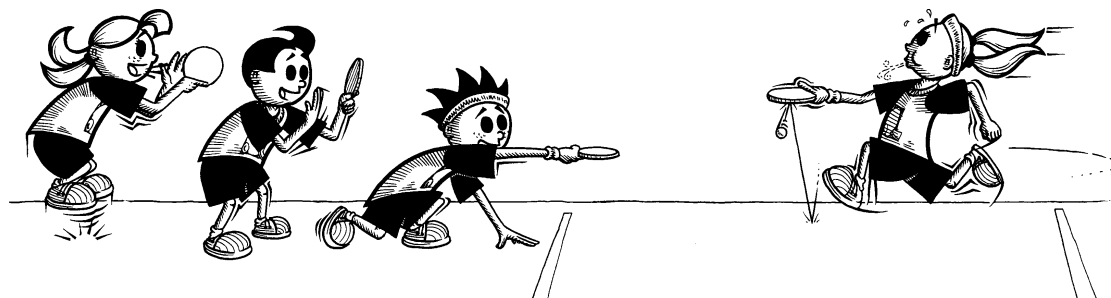
1 school table per student

### Intro Activity

(5 minutes)

Table Tennis Relays

*Refer Activity Card 1 - Page 81*



### Skill Development

## Push

(10 minutes)

#### ***Forehand Push***

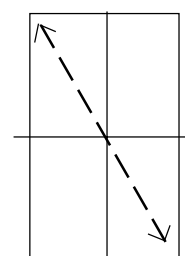
(5 mins)

- Count how many consecutive forehand pushes a pair can hit into the forehand areas.

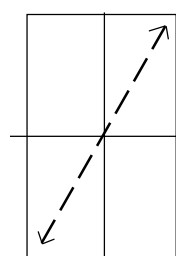
#### ***Backhand Push***

(5 mins)

- Count how many consecutive backhand pushes a pair can hit into the backhand court areas.



***Forehand Push***



***Backhand Push***

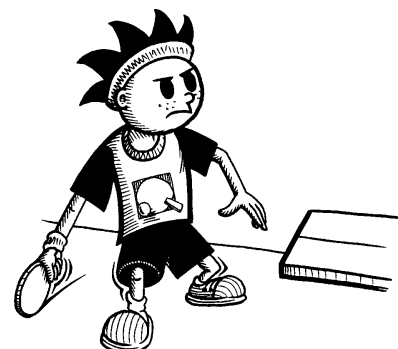
***NB: Diagrams are for right handers***

# Topspin Against Backspin

(5 minutes)

**Technique:** Refer Stroke Card 6 - Page 78

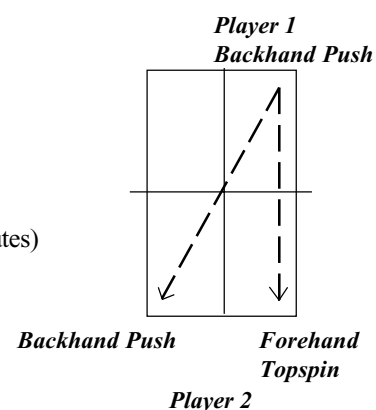
- Feet are side on (45° to the table).
- The racket starts low and vertical.
- The racket then moves almost vertically upwards, brushing the ball and finishing above head height.
- The racket must come more vertically upwards than the forehand topspin against a drive.



# Topspin Against Backspin Game

(5 minutes)

- Player 1 backhand pushes one to backhand and then one to the forehand.
- After 2 pushes, player 1 plays a backhand push to the backhand side then a forehand topspin.
- The players play on until someone wins the point. (5 minutes)
- Change roles and repeat the process. (5 minutes)



# Topspin/Backspin Game

(5 minutes)

- Play a game where one player is only allowed to push until the other player topspins. (5 minutes)
- In the second game roles can be reversed. (5 minutes)

## Game

# Ladder Tournament

(20 minutes)

Refer Competition Format 8 - Page 151

## LEVEL 2: Tops Table Tennis

# Lesson 13: Smash and Lob

### Equipment

- 1 racket per player
- 1 ball per 2 students
- 1 table tennis table per 4 students

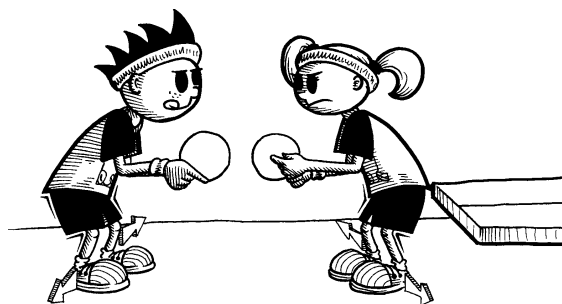
OR

1 school table per student

### Intro Activity

Mirror Footwork (5 minutes)

*Refer Activity Card 15 - Page 109*



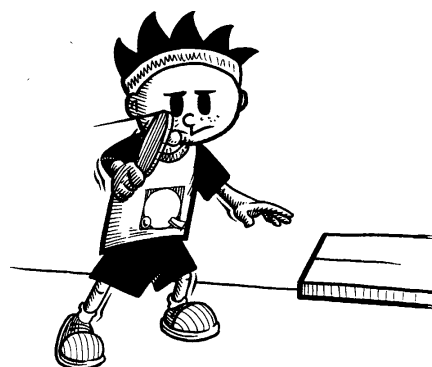
### Skill Development

## Forehand Smash

### *Technique*

- Feet slightly further than shoulder width apart and side on to the table.
- Weight on your back foot.
- Start with your racket back fully extended.
- Swing your arm forward in an exaggerated forehand drive action.
- Hit the ball at head height.
- Follow through with your weight transferring to your front foot.

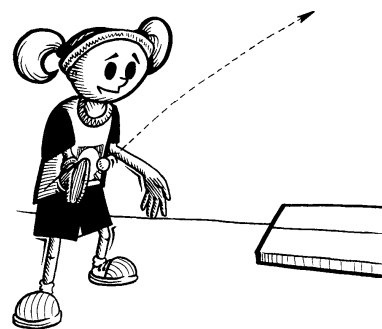
*Refer Stroke Card 8 - Page 80*



# Lob

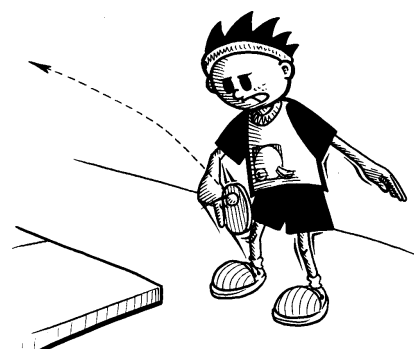
## *Forehand Technique*

- Left foot forward.
- Hit the ball as it's dropping.
- Swing your arm forwards and up.
- Follow through above head height.
- Put a little topspin on the ball.
- Hit the ball high.



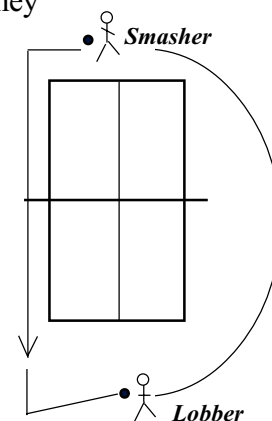
## *Backhand Technique*

- Right foot slightly forward.
- Backswing back and down.
- Hit the ball as it's dropping.
- Follow through above head height.
- Put a little topspin on the ball.
- Hit the ball high.



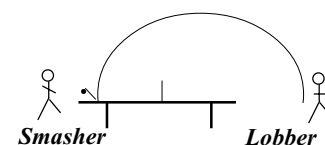
# Smash and Lob Pick Up (15 minutes)

- One player stands 2 metres back from the table, holding the ball. They then bounce the ball on the floor and lob the ball on to the table.
- The other player smashes the ball, runs around collects the ball and hands it to the lobber and runs back to position.
- The process is repeated until the smasher gets 10 smashes on the table.
- The players change roles.



# Smash and Lob Rally (10 minutes)

- Players smash and lob continuously.
- See how many smashes the lobber can get back out of 20. (5 minutes each)



## Game

Continue Ladder Tournament

(20 minutes)

*Refer Competition Format 8 - Page 151*

## LEVEL 3: Tops Table Tennis

# Lesson 14: Training Like the Best

---

### Equipment

- 1 racket per player
- 1 ball per 2 students
- 1 table tennis table per 2 students

OR

2 school tables per student

### Intro Activity

Round the Table Variations

(5 minutes)

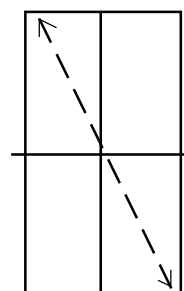
*Refer Activity Card 7 - Page 93*

### Skill Development

## Forehand Drive

(5 minutes)

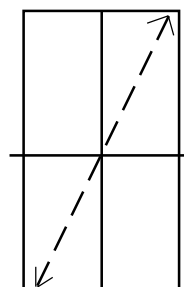
- Warm up by hitting forehand drives consistently using only the forehand court areas.



## Backhand Drive

(5 minutes)

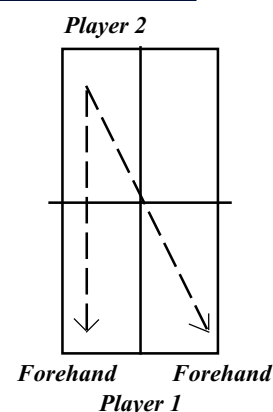
- Warm up by hitting backhand drives consistently using only the backhand court areas.



# Forehand Footwork Drill

(10 minutes)

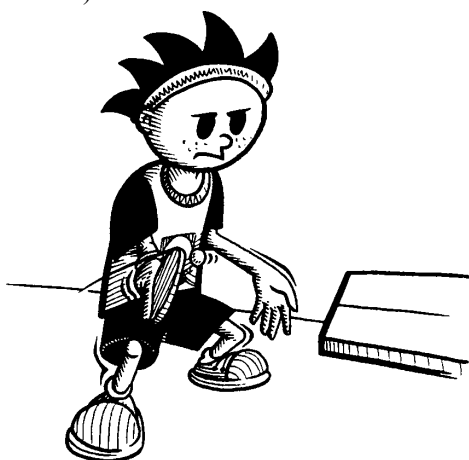
- Player 1 plays only to the forehand court.
- Player 2 plays alternately to forehand and backhand courts.
- Player 1 using footwork movement hits both sides with the forehand drive. (5 minutes)
- Change roles. (5 minutes)



# Topspin Against Backspin

(10 minutes)

- Player 1 serves the ball to Player 2's forehand side with backspin.
- Player 2 pushes the serve back to Player 1's forehand side.
- Player 1 topspins the ball.
- Play continues until the point is won.
- Player 1 counts how many times out of 10 they can topspin the ball on the table. (5 minutes)
- Change roles. (5 minutes)



## Game

- Play best of 3 games up to 11 against your partner. (5 minutes)

### *Continue Ladder Tournament*

(10 minutes)

*Refer Competition Format 8 - Page 151*



## LEVEL 3: Tops Table Tennis

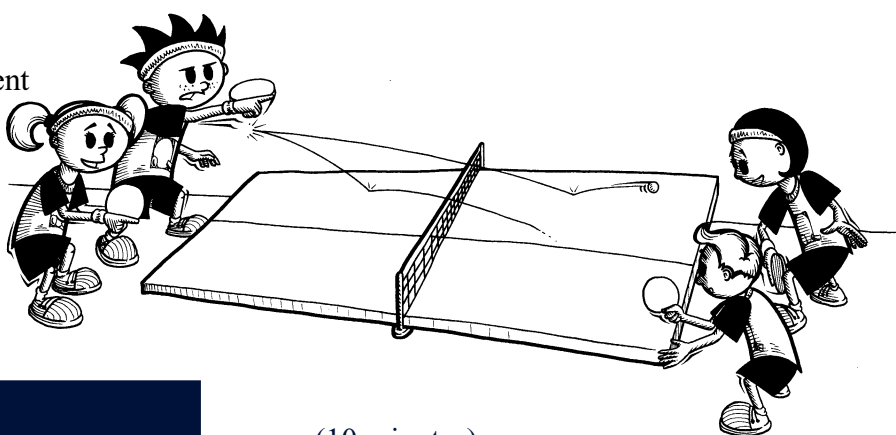
# Lesson 15: Doubles Tournament

### Equipment

- 1 racket per player
- 1 ball per 4 students
- 1 table tennis table per 4 students

OR

1 school table per student



### Intro Activity

(10 minutes)

Round the Table Variations

*Refer Activity Card 7 - Page 93*

### Skill Development

*Refer to "The Rules of Table Tennis - School Edition" - Page 169*

### Game

(40 minutes)

- Pair up the No.1 player on the ladder with the last player as a doubles pair.
- No.2 with second last and so on until all the players are paired up.
- Conduct a doubles tournament using:

*Competition Format Card 3-7, Pages 146-150*

*Single Knockout      One loss elimination      Format 3      Page 146*

*Double Knockout      Two losses elimination      Format 4      Page 147*

*Continuous Knockout      All pairs play each round      Format 5      Page 148*

*Round Robin      Pairs play in groups      Format 6-7      Page 149,150*

## SECTION 3: Basic Stroke Cards

### Basic Stroke Cards

---

CARD 1:	Forehand Drive..... Page 73
CARD 2:	Backhand Drive ..... Page 74
CARD 3:	Basic Serve - Topspin & Backspin .... Page 75
CARD 4:	Forehand Push ..... Page 76
CARD 5:	Backhand Push ..... Page 77
CARD 6:	Forehand Topspin..... Page 78
CARD 7:	Backhand Topspin..... Page 79
CARD 8:	Smash ..... Page 80

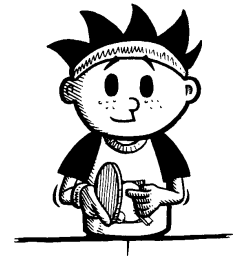
# Forehand Drive

---

*Points to look for:*

### 1. Ready Position

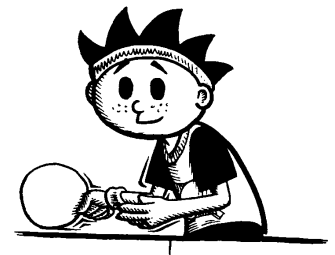
- a. Feet shoulder width apart.
- b. Knees bent and leaning slightly forward.
- c. Left foot slightly forward.
- d. Racket in front of the body.



'READY'

### 2. Backswing

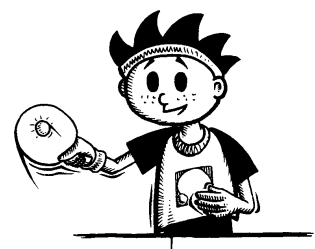
- a. Right foot moves back into side-on position.
- b. Left foot adjusts to side on position.
- c. Rotate backwards from hips and waist.
- d. Arm rotates back at elbow and slightly down.



'TURN'

### 3. Forward Movement

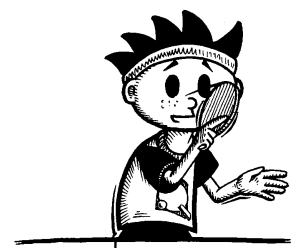
- a. Transfer weight onto front foot as:
- b. Arm moves forward and up.
- c. Contact in front of the body.
- d. Waist and hips rotate forward.



'FORWARD'

### 4. Follow Through

- a. Racket follows through forward and up.
- b. Recover to ready position.



'FOLLOW THROUGH'

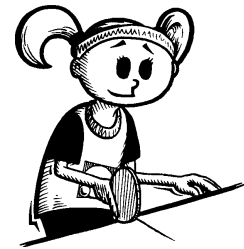
# Backhand Drive

---

*Points to look for:*

## 1. Ready Position

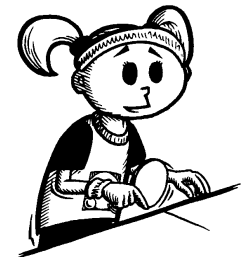
- a. Feet shoulder width apart and square to the table.
- b. Knees bent and leaning slightly forward.
- c. Racket in front of the body.



'READY'

## 2. Backswing

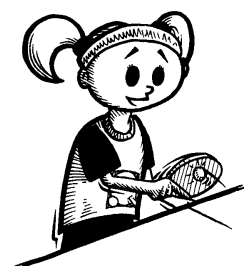
- a. Racket moves back towards the waist.
- b. Wrist is cocked backwards.
- c. Rotate backwards at waist and hips.



'ROTATE'

## 3. Forward Movement

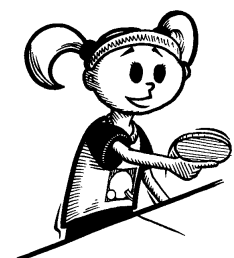
- a. Racket moves straight forward.
- b. Elbow moves slightly forward.
- c. Contact in front and slightly to the left side.
- d. Wrist closes over the ball at contact.



'FORWARD'

## 4. Follow Through

- a. Racket moves in direction of the ball and upwards.
- b. Recover to ready position.



'FOLLOW THROUGH'

## SECTION 3: Basic Stroke Card 3

# Basic Serve - Topspin & Backspin

TOPSPIN

*Points to look for:*

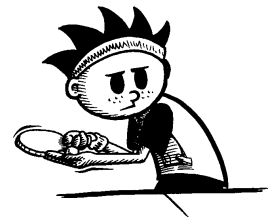
BACKSPIN



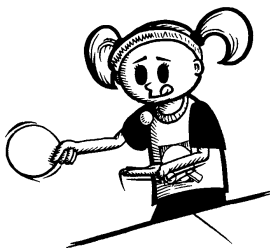
'READY'

### 1. Ready Position

- Ball in flat palm.
- Racket and freehand above the table and behind the end line.



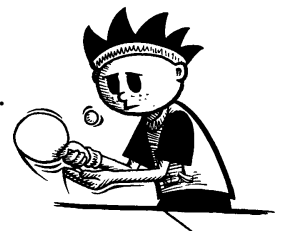
'READY'



'TOSS'

### 2. Backswing

- Toss the ball up at least 15cm, near vertical.
- Racket moves back and behind the ball.
- Close the racket angle for topspin serve.  
Open the racket angle for backspin serve.



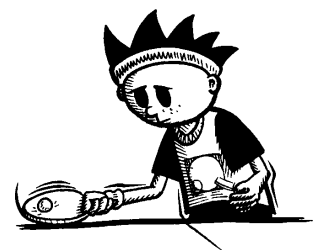
'TOSS'



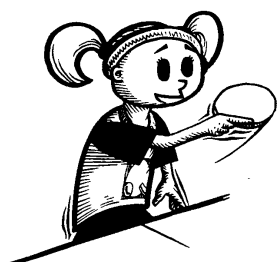
'OVER'

### 3. Forward Movement

- Racket moves forward.
- Contact the ball square on.
- Contact the ball on top for topspin.  
Contact the ball underneath for backspin.



'UNDER'



'FOLLOW THROUGH'

### 4. Follow Through

- Follow through forward and up for topspin.
- Follow through forward and down for backspin.
- Recover for next shot.



'FOLLOW THROUGH'

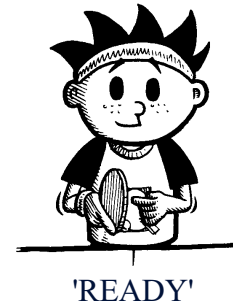
# Forehand Push

---

*Points to look for:*

## 1. Ready Position

- a. Feet shoulder width apart.
- b. Knees bent and leaning slightly forward.
- c. Left foot slightly forward.
- d. Racket in front of the body.



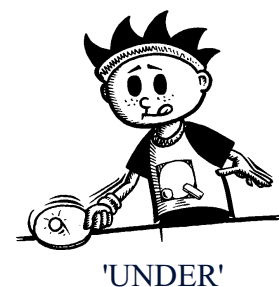
## 2. Backswing

- a. Right foot moves back into side on position.
- b. Left foot adjusts to side on position.
- c. Arm moves back and slightly up, pivoting at the elbow.
- d. Wrist angled back and cocked.



## 3. Forward Movement

- a. Contact underneath the ball in front of the body, placing backspin on the ball.
- b. Snap the wrist at contact.



## 4. Follow Through

- a. Follow through forward and downward.
- b. Recover to ready position.



# Backhand Push

---

*Points to look for:*

## 1. Ready Position

- a. Feet shoulder width apart.
- b. Knees bent and leaning slightly forward.
- c. Left foot slightly forward.
- d. Racket in front of the body.



'READY'

## 2. Backswing

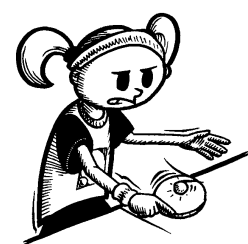
- a. Racket moves back towards the waist.
- b. Wrist angled slightly back and cocked.



'BACK'

## 3. Forward Movement

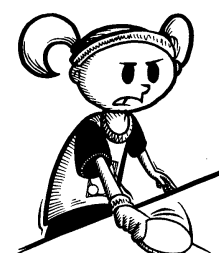
- a. Contact underneath the ball directly in front of the body.



'UNDER'

## 4. Follow Through

- a. Follow through forward and downward.
- b. Recover to ready position.



'FORWARD'

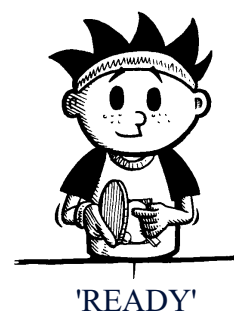
# Forehand Topspin

---

*Points to look for:*

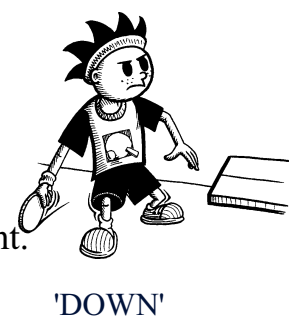
## 1. Ready Position

- a. Feet shoulder width apart.
- b. Knees bent and leaning slightly forward.
- c. Left foot slightly forward.
- d. Racket in front of the body.



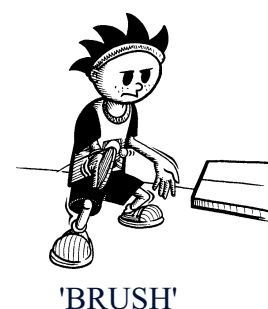
## 2. Backswing

- a. Right foot moves back into side on position.
- b. Rotate the body back and down at the right waist, hips and shoulders.
- c. Left knee angled towards the floor, right knee well bent.
- d. Racket head and arm approaching the floor.
- e. Weight shifts to back foot.
- f. Wrist cocked back.



## 3. Forward Movement

- a. Right hips, waist and shoulders rotate forward.
- b. Elbow angle closes quickly.
- c. Weight transfer on to the front foot.
- d. Snap the wrist at contact.
- e. Contact the top of the ball in a brushing action.



## 4. Follow Through

- a. Follow through forward and upward.
- b. Recover to ready position.





# Backhand Topspin

---

*Points to look for:*

## 1. Ready Position

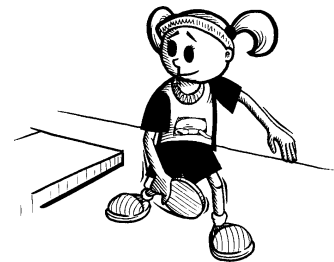
- a. Feet shoulder width apart and square to the table.
- b. Knees bent and leaning slightly forward.
- c. Racket in front of the body.



'READY'

## 2. Backswing

- a. Hips, knees, shoulders and waist rotate to the left and down.
- b. Racket moves back to the left thigh area.



'DOWN'

## 3. Forward Movement

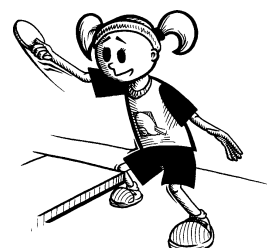
- a. Rotate forward and up with the legs.
- b. Hips and waist rotate forward.
- c. Racket moves forward and upward.
- d. Wrist snaps at contact.
- e. Accelerate through the stroke.



'BRUSH'

## 4. Follow Through

- a. Follow through forward and upward.
- b. Recover to ready position.



'FORWARD'

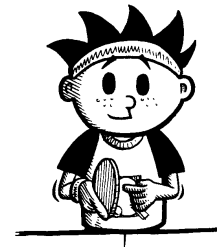
# Smash

---

*Points to look for:*

## 1. Ready Position

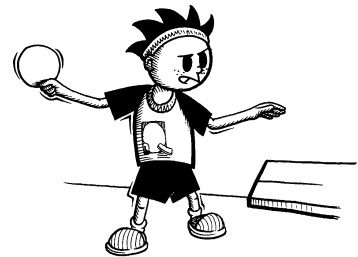
- a. Side on to table.
- b. Back from the table.



'READY'

## 2. Backswing

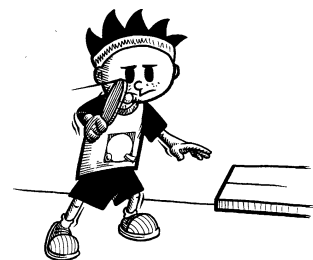
- a. Bring the arm straight back and directly behind the line of the ball.
- b. Rotate body back with weight on back foot.



'BEHIND'

## 3. Forward Movement

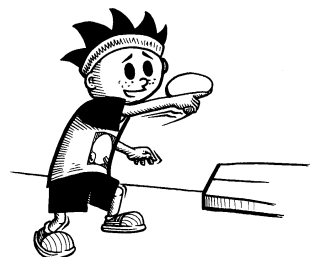
- a. Move forward with your bodyweight transferring the weight on to the front leg.
- b. Contact in front of the body.



'SMASH'

## 4. Follow Through

- a. Follow through forward with all your body weight.
- b. Recover to ready position.



'FORWARD'

## SECTION 4: Activity Cards

### Activity Cards

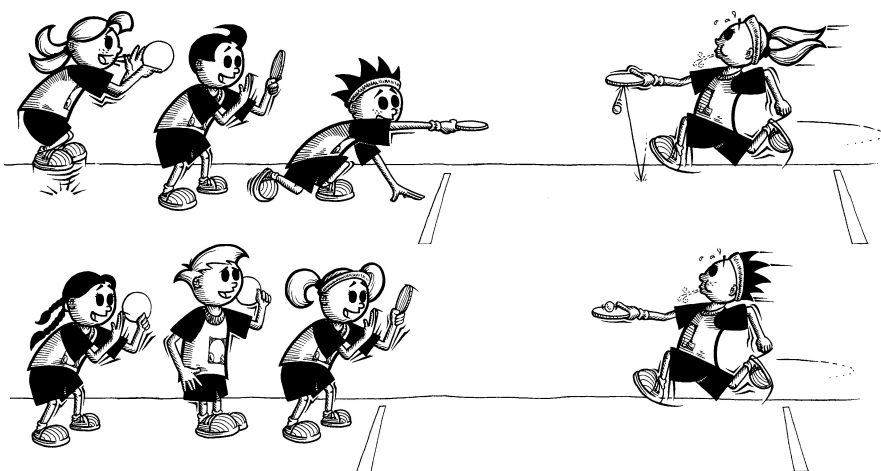
---

CARD 1:	Table Tennis Relays .....Page	81
CARD 2:	Roller Ball .....Page	83
CARD 3:	Wall Table Tennis .....Page	85
CARD 4:	Bouncer .....Page	87
CARD 5:	Bench Table Tennis.....Page	89
CARD 6:	Frogger .....Page	91
CARD 7:	Round The Table .....Page	93
CARD 8:	Hoop Knockout .....Page	95
CARD 9:	Top Table .....Page	97
CARD 10:	Target Serving Game .....Page	99
CARD 11:	Beat The Champ .....Page	101
CARD 12:	Transfer Ball.....Page	103
CARD 13:	Table Cricket .....Page	105
CARD 14:	Table Tennis Doubles .....Page	107
CARD 15:	Mirror Footwork .....Page	109
CARD 16:	Ten Pin Table Tennis.....Page	111

# SECTION 4: ACTIVITY CARDS

## ACTIVITY CARD: 1

### TABLE TENNIS RELAYS – LEVEL 1-2-3

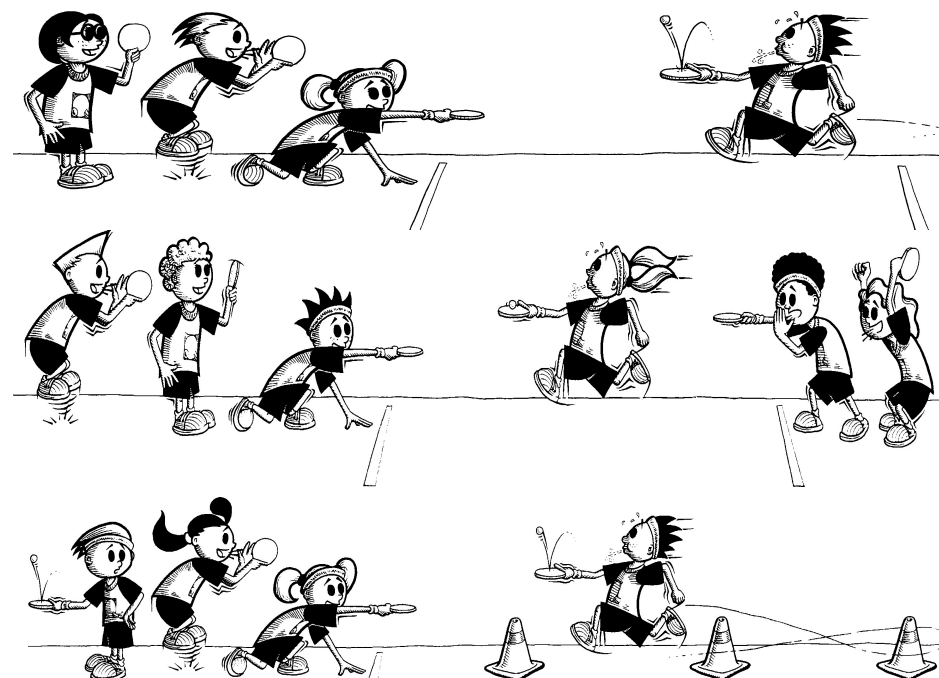


#### HOW TO PLAY

- Divide the players into teams of 3–4.
- On the start signal ('go' or 'whistle'), the first player of each team performs the task and passes the ball to the second player, and so on.
- At the end of relay, teams sit down in their lines.
- Relays may be done;
  - “Ball balancing on racket”
  - “Ball bouncing on floor”
  - “Ball bouncing in air”all using the racket with correct grip.

*Relays may be done in 3 ways*

- a) to a fixed point and back.
- b) teams split in 2 and facing each other a fixed distance apart.
- c) using cones or players to zig-zag.



# TABLE TENNIS RELAYS

---

## SAFETY POINTS

- Ensure there are not sharp corners to run into or items on the floor.
- Encourage participants to look ahead when running to avoid collisions.

## EQUIPMENT

- 1 racket per player (or team)
- 1 table tennis ball per team

## CHANGES TO THE GAME

- Easier:
- Ball balance relay.
- Harder:
- When bouncing the ball on the floor and in the air, alternate forehand and backhand hits.

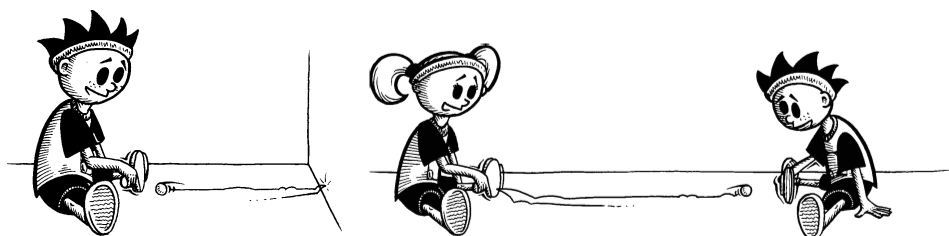
## SIMILAR GAMES TO PLAY

- Transfer Ball – Activity Card 12, Page103

## ACTIVITY CARD 2:

# ROLLERBALL – LEVEL 1

### FLOOR

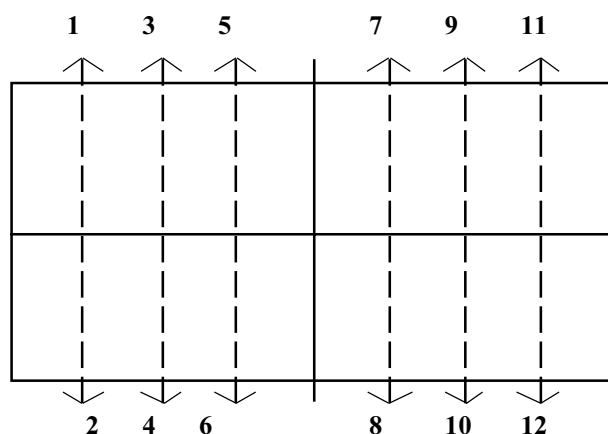


## HOW TO PLAY

### FLOOR

- Sit with legs apart and feet touching the wall.
- Use the backhand side to roll the ball to the wall and back, keeping the ball moving all the time.
- Perform the same with a partner.

### TABLE



### TABLE

- Stand on the sides of the table.
- Roll the ball to each other so that it passes over the end line.
- Minimal noise.
- Flat racket.
- Don't scrape the table.

# ROLLERBALL

---

## SAFETY POINTS

- Ensure floor is splinter free
- Better players on the outside

## EQUIPMENT

- 1 racket per player
- 1 ball per player

## CHANGES TO THE GAME

### *FLOOR*

- Harder:
- Move further from the wall.
  - Bounce the ball instead of rolling.
  - Do each of the above with a partner facing each other.

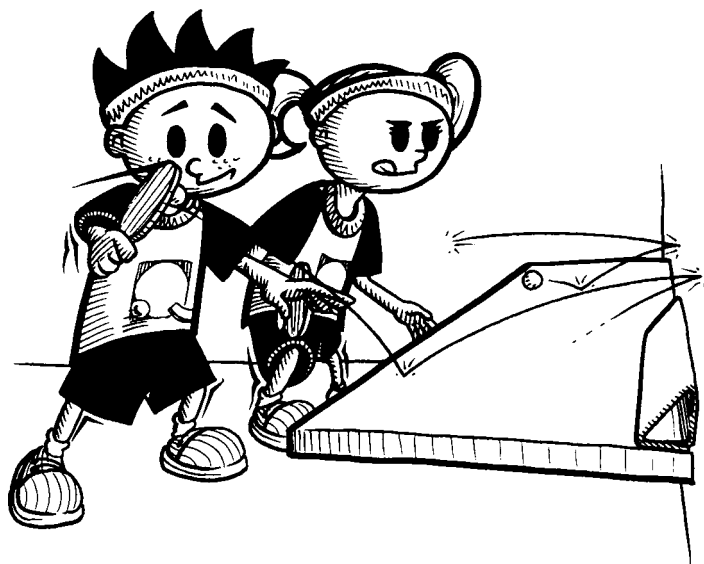
## SIMILAR GAMES TO PLAY

- Wall Table Tennis – Activity Card 3, Page 85
- Bench Table Tennis – Activity Card 5, Page 89

## ACTIVITY CARD 3:

# WALL TABLE TENNIS – LEVEL 2-3

---



## HOW TO PLAY

- Play alone or as a pair on a small table placed against a wall or against a wall with a line marking the net height.
- How many shots (without missing) can you score in 60 seconds?
- Play again and try to beat the number you scored last time.



Did you help others to set out the tables against the walls?  
Did the help your partner by playing easy shots to return?



# WALL TABLE TENNIS

---

## SAFETY POINTS

- When collecting balls be aware of the other players.
- Place tables away from each other so there is enough room to play safely.
- Play sensibly and be careful of table edges when moving around.

## EQUIPMENT

- 1 racket per player
- 1 table tennis ball per player

## CHANGES TO THE GAME

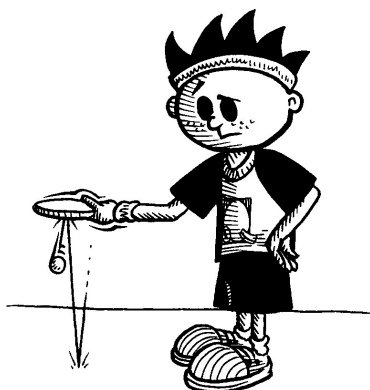
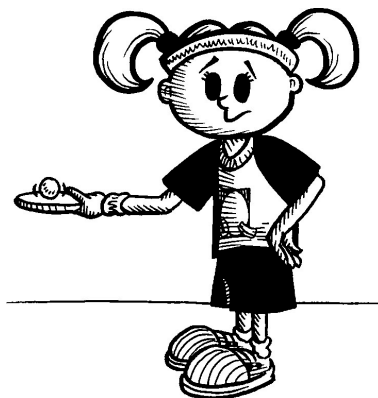
- Easier:
- Allow younger players to play with a big ball.
  - One player per table.
  - Increase time allowed.
  - Aim higher on wall.
- Harder:
- Place targets (paper circles or chalk) on wall; score a point each time they hit the circle.
  - Move table away from wall.
  - Encourage players to select shots (eg. backhand only, forehand only, alternate backhand and forehand).
  - In pairs alternate hits.
  - Decrease time allowed.
  - Aim lower on the wall.
  - Place a net on table against wall.

## SIMILAR GAMES TO PLAY

- Bench Table Tennis – Activity Card 5, Page 89

## ACTIVITY CARD 4:

# BOUNCER – LEVEL 1-2-3



## HOW TO PLAY

Players are given one ball each and asked to count the maximum number they can do in 30 seconds of each of the following;

BOUNCER 30 SECOND ACTIVITY CHART				Date / Score	
1.	Bounce the ball on the forehand				
2.	Bounce the ball on the backhand				
3.	Bounce the ball on alternate forehand and backhands				
4.	Bounce the ball alternatively on the edge of the racket and the forehand				
5.	Bounce on the floor using forehand				
6.	Bounce on the floor using backhand				
7.	Bounce on the floor alternatively using forehand and backhand				
8.	Bounce against the wall using forehand				
9.	Bounce against the wall using backhand				
10.	Bounce against the wall using alternate forehand and backhand				
11.	Volley against the wall using forehand				
12.	Volley against the wall using backhand				
13.	Volley against the wall using alternate forehand and backhand				



Did you try doing lower bounces to increase your score?

After each 30 seconds, ask students to indicate how many they did.

*This sheet should be photocopied for each student*

# BOUNCER

---

## SAFETY POINTS

- Ensure sufficient space between players.
- Remove objects that may be bumped into.

## EQUIPMENT

- 1 racket per player
- 1 table tennis ball per player

## CHANGES TO THE GAME

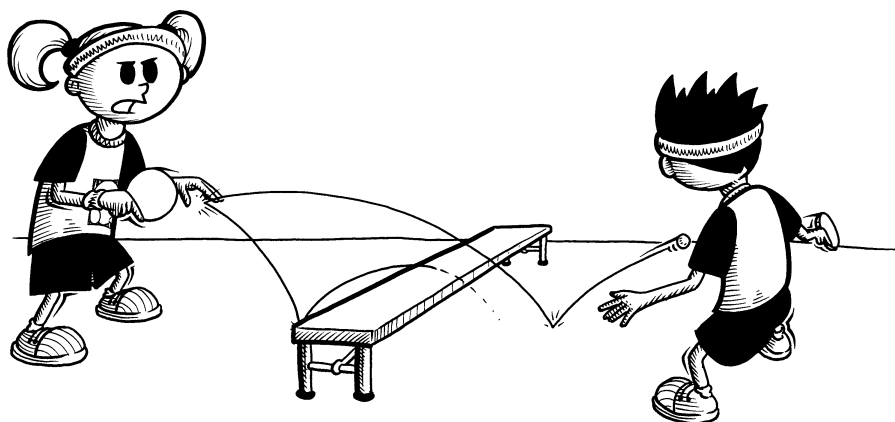
- If insufficient equipment, one player can count while the other does the exercise.

## SIMILAR GAMES TO PLAY

- Hoop Knockout – Activity Card 8, Page 95
- Table Tennis Relays – Activity Card 1, Page 81

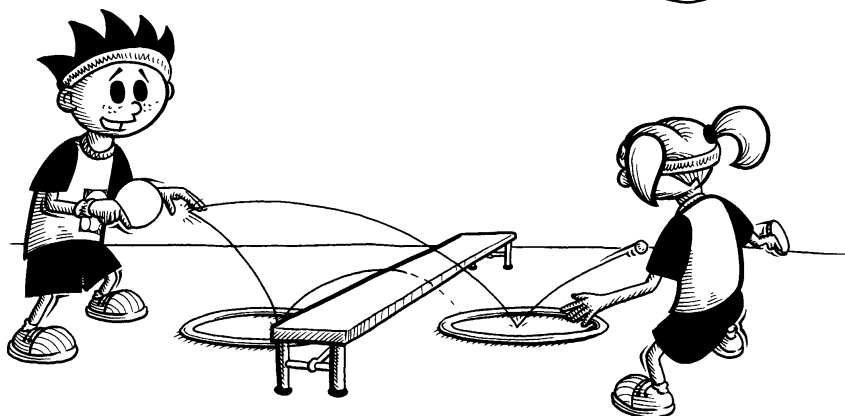
## ACTIVITY CARD 5:

# BENCH TABLE TENNIS – LEVEL 1-2



## HOW TO PLAY

- Play in pairs either side of a bench.
- Place a 'net' between each pair.
- How many shots can you play in 60 seconds?
- Try again, can you play more shots this time?
- Hoops can be added to make it more difficult or to emphasize one stroke eg. forehand or backhand.



Did you try to hit properly each time so your partner had a fair chance of returning the ball?

# BENCH TABLE TENNIS

---

## SAFETY POINTS

- Remember to stay out of each other's way.
- Place benches away from each other so there is enough room to play safely.

## EQUIPMENT

- 1 racket per player
- 1 table tennis ball per pair
- 1 bench

## CHANGES TO THE GAME

- Easier:
- Use a big ball.
  - Start with drop, hit and catch.
- Harder:
- Stand further apart.
  - Compete against pairs on next bench. See how many shots you can play without missing in 60 seconds.

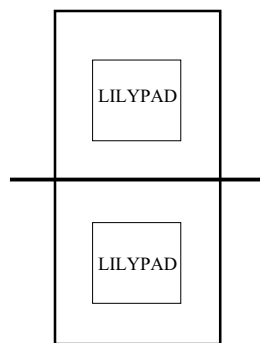
## SIMILAR GAMES TO PLAY

- Wall Table Tennis – Activity Card 3, Page 85

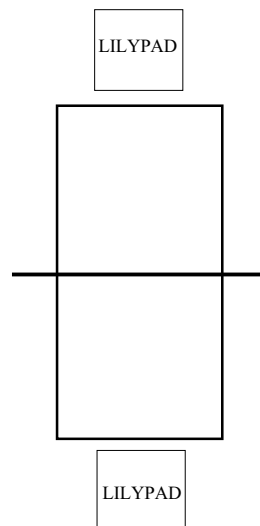
## ACTIVITY CARD 6:

# FROGGER – LEVEL 1

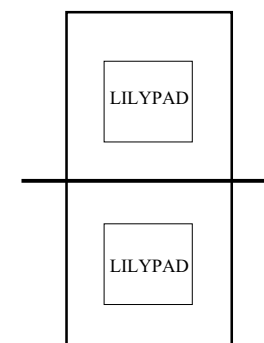
---



**FROGGER**



**FROGGER BALL TOSS**



**FROGGER SPLAT**

## HOW TO PLAY

- Place green A3 sheets on the table.
- Throw the ball so that it bounces from lilypad to lilypad.
- You score one point for each lilypad that you hit.
- Place the lilypads on the floor behind the table.
- Practice throwing the ball up from a flat palm so that it lands on the lilypad.
- Make sure you start with your hand over the lilypad.
- Count how many you can land on the lilypad out of 10 attempts.
- Serve the ball so that the ball bounces on both lilypads. You score one point for each lilypad you hit.

# FROGGER

---

## SAFETY POINTS

- Remove lilypads from the floor when finished with frogger ball toss.

## EQUIPMENT

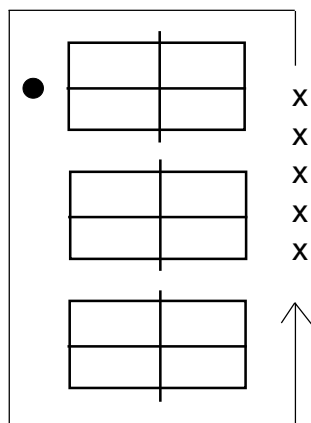
- 2 x A3 Green 'Lilypads' per table
- 1 racket per player
- 1 ball per table

## CHANGES TO THE GAME

- Easier: • Bigger lilypads
- Harder: • Smaller lilypads

## ACTIVITY CARD 7:

# ROUND THE TABLE – LEVEL 1-2-3



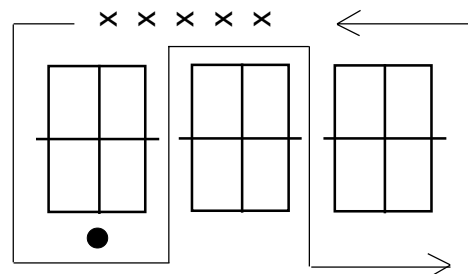
## HOW TO PLAY

- 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.
- 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).
- 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.

## VARIATIONS

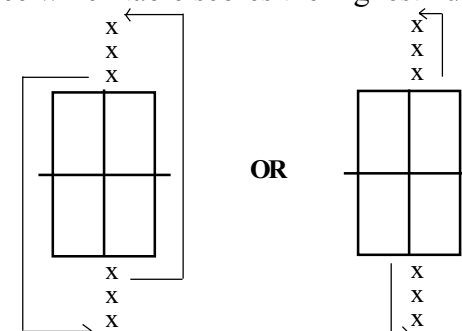
### ZIG ZAG ROUND THE TABLE

- Using 3 or 5 tables (1 table/4 players) players hit one ball and zig-zag 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'.



### KEEP THE KETTLE BOILING

- 3–4 players line up at each end of the table.
- Players hit one ball and join the end of the other line.
- Tables compete to see which table scores the highest number of consecutive hits.

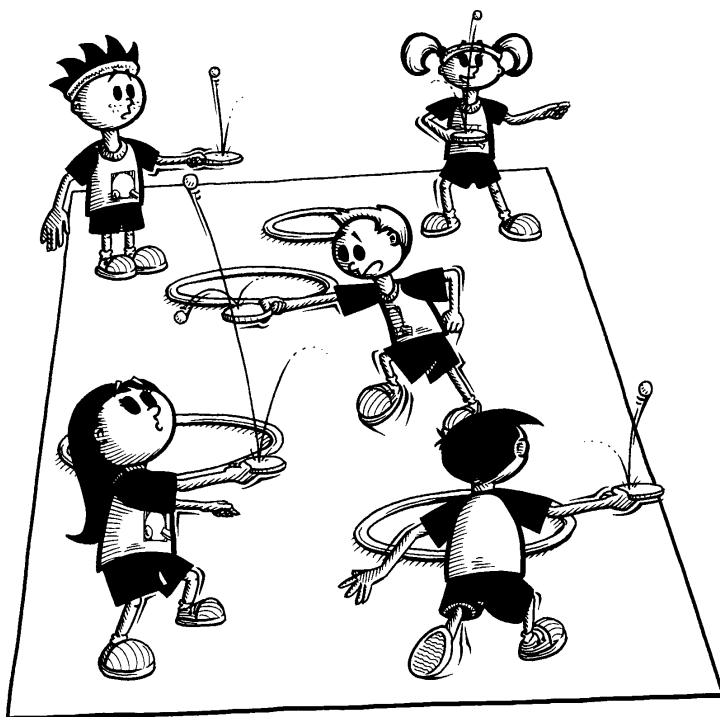






## ACTIVITY CARD 8:

# HOOP KNOCKOUT – LEVEL 1-2-3



## HOW TO PLAY

- Each player moves around an area hitting a ball continuously while moving.
- On a signal, the players must stop in a hoop but continue to hit the ball upwards.
- Players not reaching a hoop are eliminated, as are players who lose control of the ball.
- While outside the hoops, players must avoid touching them.
- Each round a few hoops are eliminated thus leaving fewer hoops than players.



Did you try and watch the players around you as well as the ball?

# HOOP KNOCKOUT

---

## SAFETY POINTS

- Ensure the floor is clear of items to trip on or fall over.

## EQUIPMENT

- 1 less hoop than players
- 1 racket per player
- 1 ball per player

## CHANGES TO THE GAME

- Easier:
- Balance the ball on the racket.
  - Bounce the ball on the floor.

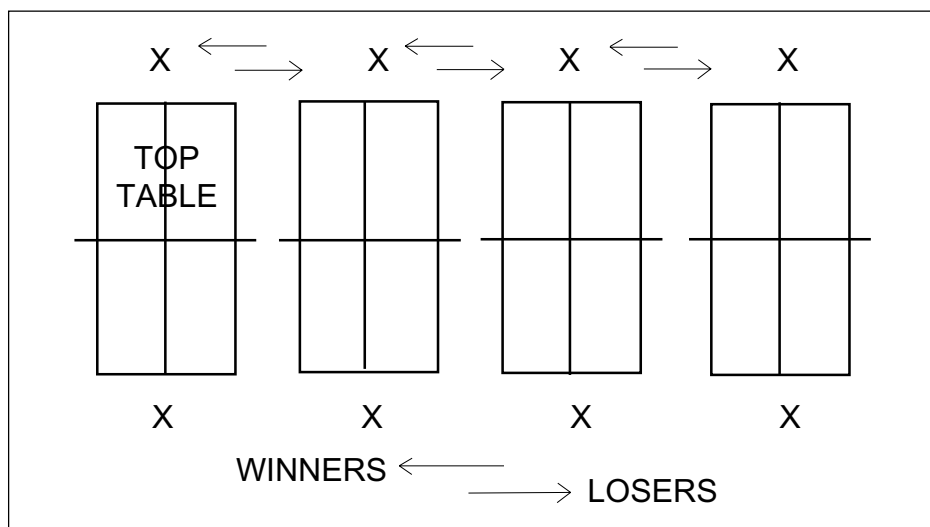
- Harder:
- Alternate forehands and backhands.

## SIMILAR GAMES TO PLAY

- Bouncer – Activity Card 4, Page 87
- Table Tennis Relays – Activity Card 1, Page 81

## ACTIVITY CARD 9:

# TOP TABLE – LEVEL 2-3-4



## HOW TO PLAY

- Designate one end table as the 'Top Table' and ask players or pairs to start a match.
- After 3–4 minutes call 'STOP' or the first players or pairs finished calls 'STOP'.
- The player or pairs leading the match move one table closer to the 'Top Table'. The losing player or pairs move one table further away. Repeat.
- If the score is level, play one additional point.

**NB:** The winners on the 'Top Table' and the loser on the last table do not move.



Did you leave the ball on the table?

# TOP TABLE

---

## SAFETY POINTS

- Ensure the area is free of balls and other equipment on the floor.
- Ensure tables are a safe distance from each other.

## EQUIPMENT

- 1 racket per player
- 1 ball per table

## CHANGES TO THE GAME

- Play the same with doubles.

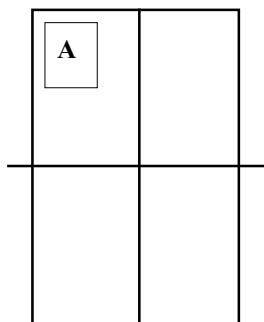
## SIMILAR GAMES TO PLAY

- Beat the Champ – Activity Card 11, Page 101

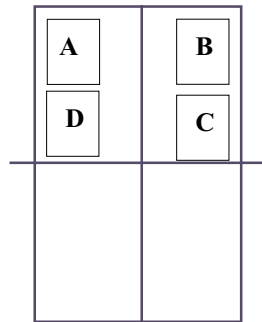
## ACTIVITY CARD 10:

# TARGET SERVING GAME – LEVEL 2-3

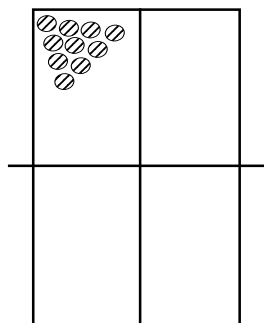
**Game 1**



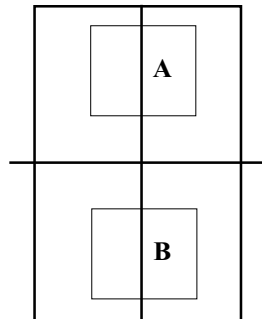
**Game 2**



**Game 3**



**Game 4**



## HOW TO PLAY

Place a target (racket or container) on one or all of the following target positions.

- Game 1:** One target – give each player 10 serves, counting the number of times you hit the target. Repeat for other positions.
- Game 2:** Four targets – count how many serves it takes to hit each target once.
- Game 3:** Set 10 plastic cups in either corner as for Ten Pin Table Tennis. Players serve at the target. Score as for Ten Pin Table Tennis or by the number of serves required to knock all ten cups off the table.
- Game 4:** Count how many times you can hit the targets with your serve. Use sheets of paper.

# TARGET SERVING GAME

---

## SAFETY POINTS

- Ensure all targets are off the floor area.

## EQUIPMENT

- 1 ball per table
- 2 rackets per table
- Targets

## CHANGES TO THE GAME

Easier: • Bigger and more targets.

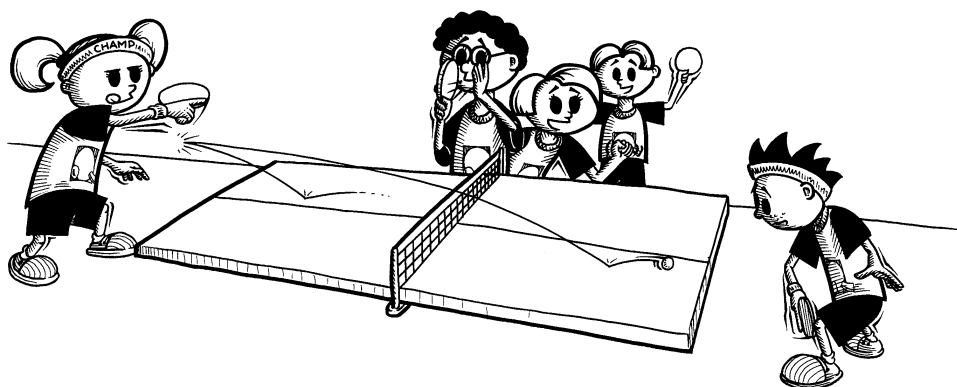
Harder: • Smaller targets.  
• Vertical targets to hit through.

## SIMILAR GAMES TO PLAY

- Ten Pin Table Tennis – Activity Card 16, Page 111

## ACTIVITY CARD 11:

# BEAT THE CHAMP – LEVEL 1-2-3



## HOW TO PLAY

- Number of players: 4–8 per table.
- First challenger in line umpires the game.
- One player starts as ‘champion’ and the rest are challengers.
- Each player challenges the ‘champion’ to a competitive game, first to 3 points. If the ‘champion’ is beaten, the winner takes over on the side as ‘champion’.
- Alternate service – challenger first.
- Champion retires after winning three consecutive games.



Did you shake hands with your opponent and the umpire at the end of the game?



# BEAT THE CHAMP

---

## SAFETY POINTS

- Remember to leave enough room between tables.
- Challengers waiting for turns must stand well back from the table.

## EQUIPMENT

- 1 racket each
- 1 table tennis ball per table
- 1 table tennis table per group of 4–8

## CHANGES TO THE GAME

Harder: • Try to put some spin on the ball.

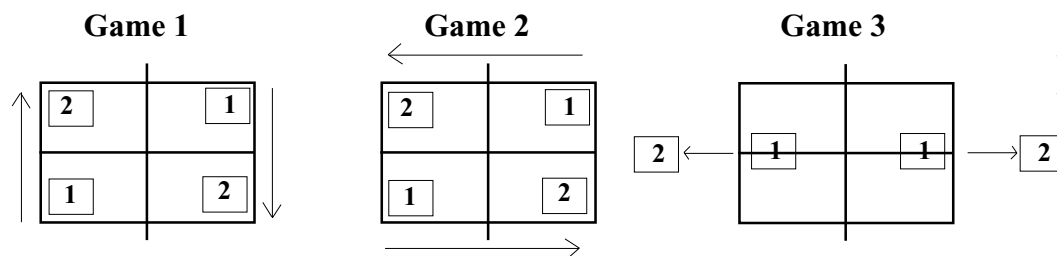
Easier: • Play one point only.

## SIMILAR GAMES TO PLAY

- Top Table – Activity Card 9, Page 97

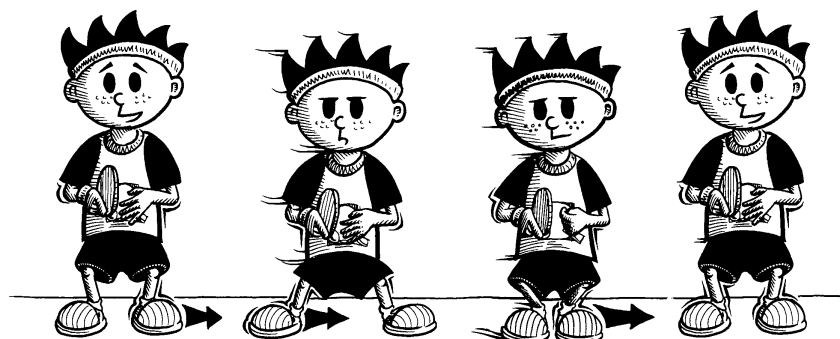
## ACTIVITY CARD 12:

# TRANSFER BALL – LEVEL 2-3



## HOW TO PLAY

- 10 balls in container 1.
- Teams of 2–4.
- On ‘Go’ the first player picks up a ball from ‘1’ using their playing hand.
- Shuffle sideways to ‘2’ and place the ball in the container.
- Repeat until all balls are transferred.
- When finished, second player returns the balls in the same way ‘2’ to ‘1’ and so on.
- Winner is the first team to transfer **ALL** the balls.
- Repeat with roles reversed.



Start in ready position.  
To move to left take  
a small step with the left  
foot to the left.

The right foot  
moves next to  
the left foot.

The left foot  
moves to the left  
into the ready position.



**Did you stay down low and keep your knees bent?**  
**Did the spare players hold the containers so they didn’t fall off the table?**

# TRANSFER BALL

---

## SAFETY POINTS

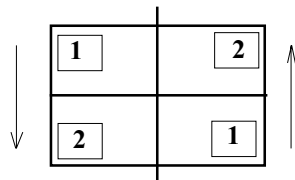
- Remove the net so that players don't hit it while moving.
- Remove all items from the floor and on the sides of the tables.

## EQUIPMENT

- 2 containers per team
- 10 balls per team

## CHANGES TO THE GAME

Easier:



Use the ends instead of the sides

(Good for younger players)

Harder:

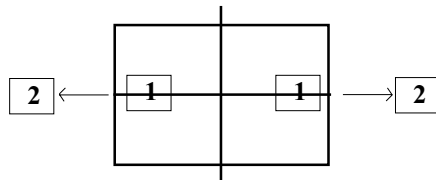


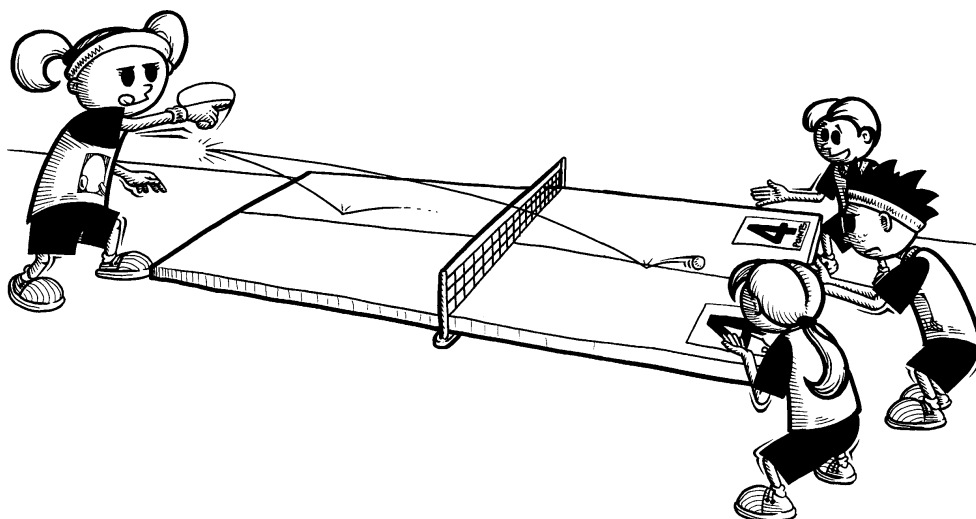
Table to floor, alternating the way they face when sidestepping.

## SIMILAR GAMES TO PLAY

- Mirror Footwork – Activity Card 15, Page 109

## ACTIVITY CARD 13:

# TABLE CRICKET – LEVEL 2-3



## HOW TO PLAY

- Number of players: 4: 1 batter and 3 fielders.
- Player drops the ball on the table and hits it over the net towards target on other side of table – fielders try to catch ball after it bounces.
- If ball hits target, score 4.
- If ball misses target but hits table, score 1.
- If ball hits table including the targets and is caught, score 0.
- Each hitter has 5 attempts, then swaps over.



**Did the fielders remain alert?  
Did you think about the best place to hit the ball?  
Did the fielders think about the best place to stand?**

# TABLE CRICKET

---

## SAFETY POINTS

- Remember to leave enough room between tables.
- Be careful when collecting balls. Try not to get in the way of others.

## EQUIPMENT

*For each group of 4:*

- 1 racket
- 1 table tennis ball
- Targets (A4 paper, plastic cups etc.)
- 1 table tennis table

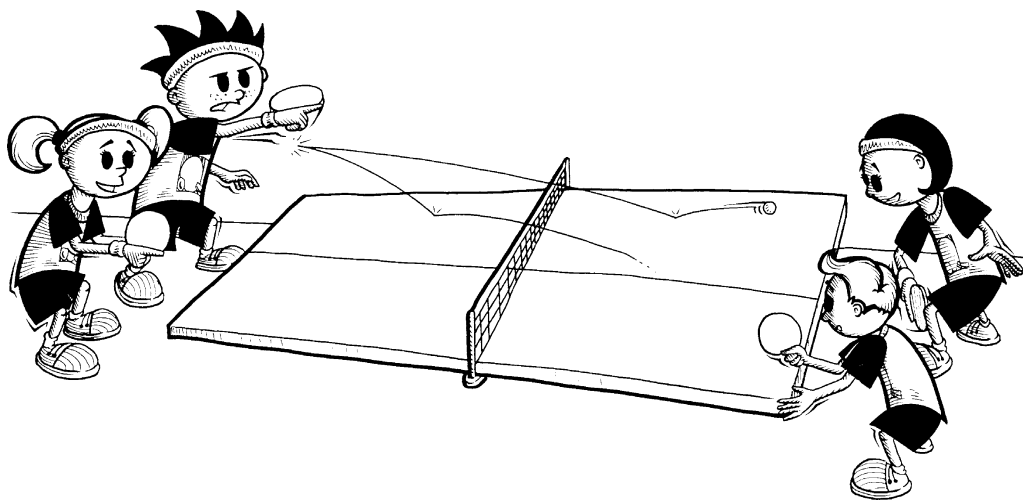
## CHANGES TO THE GAME

Easier: • Have larger targets.

Harder: • Have smaller targets.  
• One fielder acts as a bowler bouncing the ball as for serving.  
• Place targets at corner of tables.  
• Have 3 lives – how many runs can you score?  
• No runs scored if fielders catch the ball after it hits the table.

## ACTIVITY CARD 14:

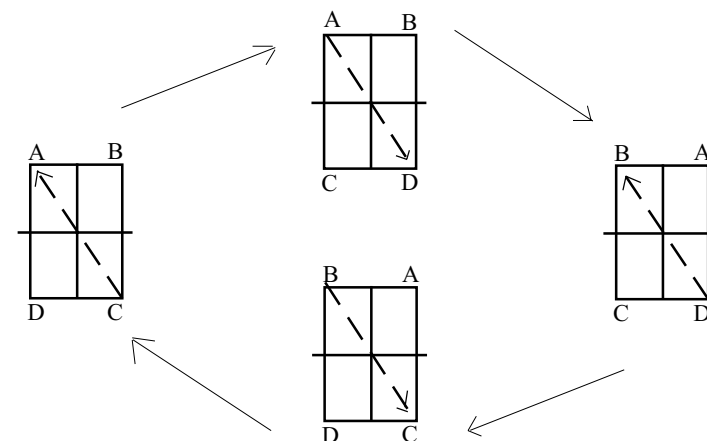
# TABLE TENNIS DOUBLES – LEVEL 2-3



## HOW TO PLAY

- Number of players: 5: 4 players, 1 umpire.
- Play a competitive game of doubles up to 11 points.
- Serve from the right hand side of table to the right hand side.
- Players hit alternately.
- Service changes to receiving pair after 2 points.
- Rotate partners.
- Take turns to umpire.

## SERVICE ROTATION DIAGRAM



Did you encourage your partner?  
Did you shake hands with your opponents and the umpire at the end of the game?

# TABLE TENNIS DOUBLES

---

## SAFETY POINTS

- Remember to leave enough room between tables.
- Take care not to accidentally hit your partner – play and move out of the way.

## EQUIPMENT

*For each group of 5:*

- 1 racket each
- 1 table tennis ball
- 1 table tennis table (could also be played by joining 4 school tables).

## CHANGES TO THE GAME

- Harder:
- Try to put some spin on the ball.
  - Match players in the groups according to ages and/or ability level, to make game more fun and challenging.

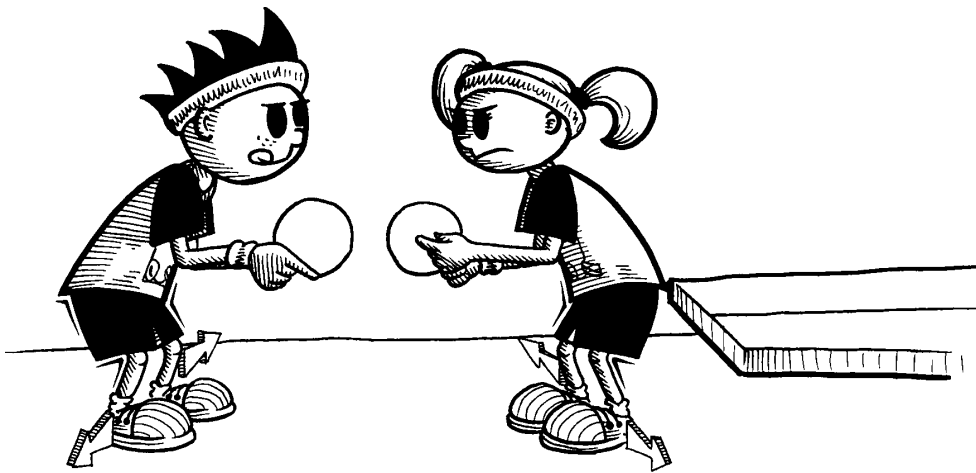
## SIMILAR GAMES TO PLAY

- Beat the Champ – Activity Card 11, Page 101
- Top Table – Activity Card 9, Page 97

## ACTIVITY CARD 15:

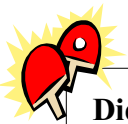
# MIRROR FOOTWORK – LEVEL 2-3

---



## HOW TO PLAY

- One player is designated 'Leader' and the other 'Mirror Reflection' with the leader facing the table.
- The leader moves side to side using the side-skipping footwork randomly and with rapid changes of direction.
- The 'Mirror Reflection' attempts to follow the leader's moves.
- 30 seconds activity, 30 seconds rest, change leaders and repeat.



Did you imagine you were playing a game of table tennis using forehands and backhands?



# MIRROR FOOTWORK

---

## SAFETY POINTS

- Ensure there is enough room to move side to side and pairs are sufficient distance apart.
- Ensure there is nothing to slip on while moving.

## SIMILAR GAMES TO PLAY

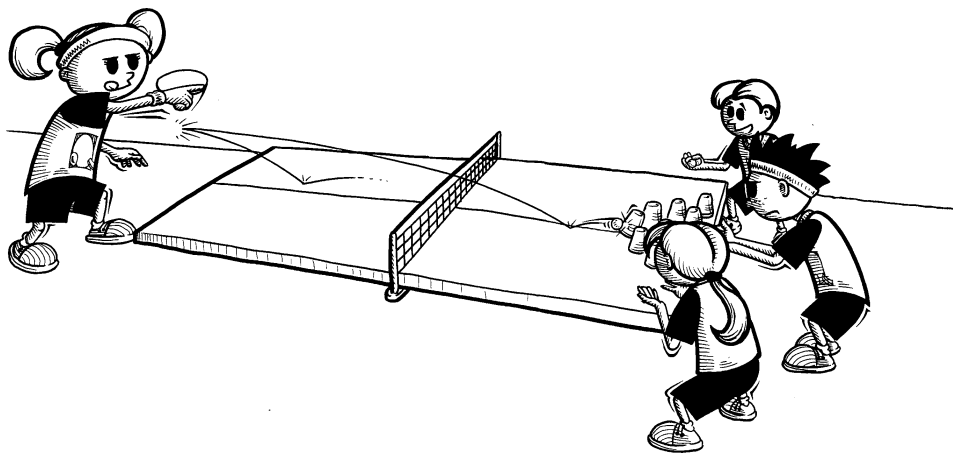
- Transfer Ball – Activity Card 12, Page 103

## CHANGES TO THE GAME

- Easier:
- 15 seconds.
- Harder:
- x 60 seconds.
  - x 4–5 repetitions of 30 seconds.

## ACTIVITY CARD 16:

# TEN PIN TABLE TENNIS – LEVEL 2-3



## HOW TO PLAY

- Set up 10 targets as indicated.
- Number of players: 3 in a team.
  - 1 hitter, 2 fielders; one at back and one at front who returns ball to hitter.
- Bounce the ball on your side of the table and hit it at the targets.
- Each target scores 1 point.
- Take turns to keep score.
- Each player has 10 balls to score as many points as possible.
- Replace or re-set targets and change around.



Did you help lay out the equipment for this game?  
Did someone umpire?  
Did you bring the balls back quickly?

# TEN PIN TABLE TENNIS

---

## SAFETY POINTS

- Leave enough space between groups.
- Fielders should be alert – no bumping or running into another group's area.
- Use a container placed on the table to retain balls.

## CHANGES TO THE GAME

Easier: • More targets on table.

Harder: • Fewer targets on table.  
• Have 3 more tries and see if you can beat your last score each time.  
• Compete against other groups:

Each person takes turns and hits 5 balls; how many points can each group score out of 15 balls hit?

Variations: • Do not replace the targets when hit.  
• Place targets in corners of table.  
• Use a legal service instead of a hit.

## EQUIPMENT

*For each group of 3:*

- At least ten targets (bean bags, plastic cups etc.)
- 1 racket
- 1 table tennis table
- Minimum of 6 table tennis balls

## SIMILAR GAMES TO PLAY

- Target Serving Game – Activity Card 10, Page 99

# SECTION 5: Skills Circuits

## Level 1(5-8 Years)

---

STATION 1:	Balloon Forehand .....	Page 115
STATION 2:	Ball Balance Relay .....	Page 116
STATION 3:	Volleys .....	Page 117
STATION 4:	Balloon Backhand .....	Page 118
STATION 5:	Wall Table Tennis .....	Page 119
STATION 6:	Frogger Serve .....	Page 120
STATION 7:	Balloon Hoop .....	Page 121
STATION 8:	Ball Bouncing .....	Page 122
STATION 9:	Roller Ball .....	Page 123
STATION 10:	Bench Table Tennis .....	Page 124
SCORING:	.....	Page 125

## Level 2 (9-16 Years)

---

STATION 1:	Bouncer Relay .....	Page 128
STATION 2:	Rope Skipping .....	Page 129
STATION 3:	Ball Bouncing .....	Page 130
STATION 4:	Bench Jumps .....	Page 131
STATION 5:	Target Serving .....	Page 132
STATION 6:	Modified Push Ups .....	Page 133
STATION 7:	Transfer Ball .....	Page 134
STATION 8:	Hit-Spin-Catch .....	Page 135
STATION 9:	Partner Volley .....	Page 136
STATION 10:	Shuttle Runs .....	Page 137
SCORING:	.....	Page 138

# SECTION 5: Skills Circuits

## Level 1(5-8 Years)

---

INTRODUCTION:	.....	Page 114
STATION 1:	Balloon Forehand .....	Page 115
STATION 2:	Ball Balance Relay .....	Page 116
STATION 3:	Volleys .....	Page 117
STATION 4:	Balloon Backhands.....	Page 118
STATION 5:	Wall Table Tennis .....	Page 119
STATION 6:	Frogger Serve .....	Page 120
STATION 7:	Balloon Hoop .....	Page 121
STATION 8:	Ball Bouncing.....	Page 122
STATION 9:	Roller Ball .....	Page 123
STATION 10:	Bench Table Tennis.....	Page 124
SCORING:	.....	Page 125

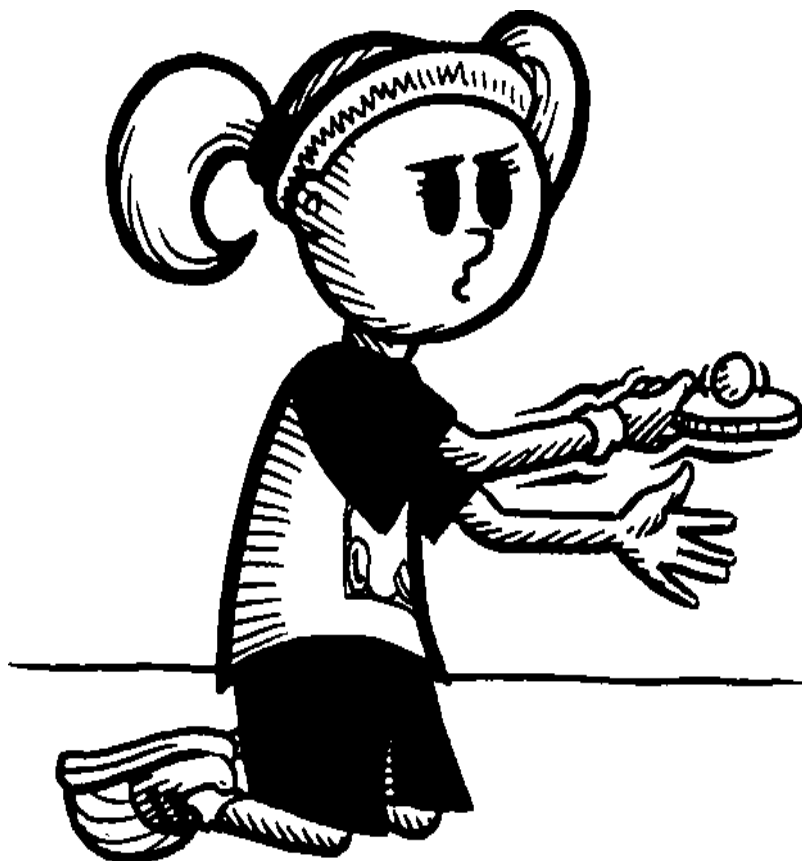
## SECTION 5: SKILLS CIRCUITS

**Challenging children through Skill Circuits is an excellent way to encourage and promote involvement in a wide range of skills and activities. Skill Circuits are characterised by a variety of separate stations, each requiring different skills from the children, set up around a court. The stations are designed to encourage maximum participation and individual improvement.**

As many stations as desired can be set up, with 10 as the suggested maximum number. Children should work in groups of 2–4 so that each child receives a high degree of involvement in a particular skill. Certain activities require partners, so in groups with 3, ensure that each child has a turn with a partner. The suggested time spent at each station is 1–2 minutes, followed by a 1 minute change over during which the children move to the next station (in a clockwise direction, for example) and report scores to the coach. One convenient and effective way to regulate this is to make a music tape with 1–2 minutes of music... 1 minute no music... 1–2 minutes music... 1 minute no music... and so on. This way the children know when to move and prepare for the next station.

You need to allow sufficient time at the beginning of the lesson to explain each station carefully. The master sheets provided for each station's activity should be photocopied and laminated or attached to heavy cardboard, then placed around the circuit area to direct the children.

One member of each team will be responsible for counting the number of points scored, and reporting to the coach.

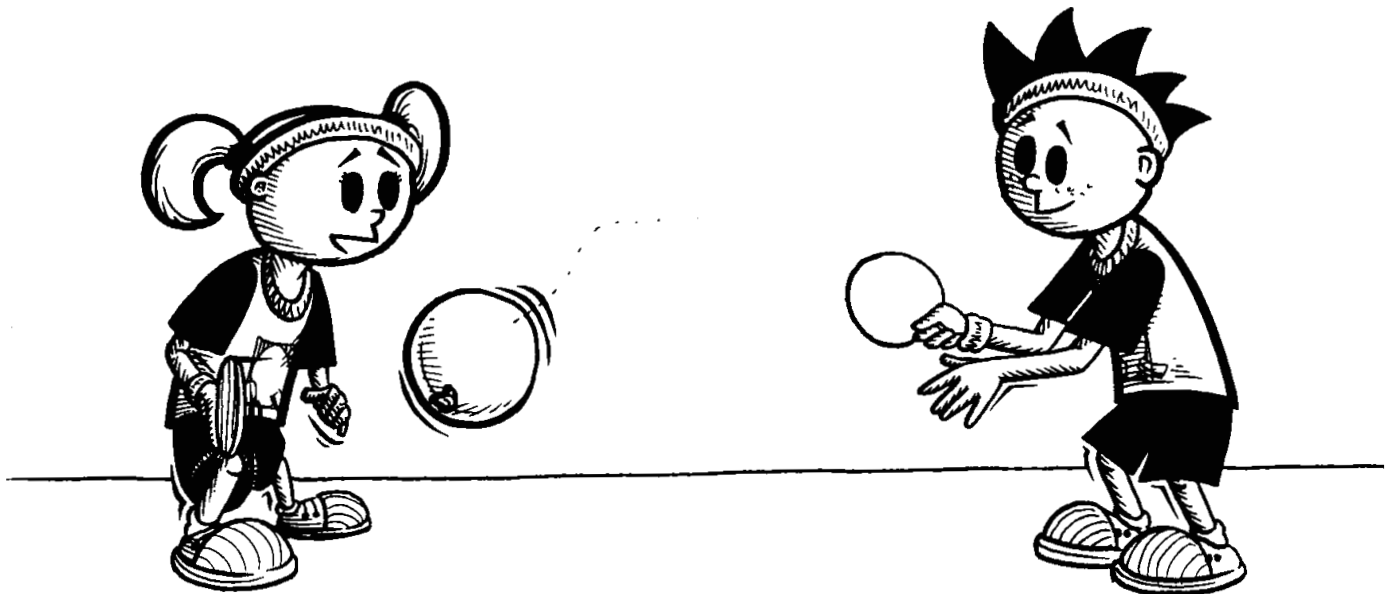


# **BALLOON FOREHANDS**

---

## **Equipment**

- 2 rackets per team
- 1 balloon per team



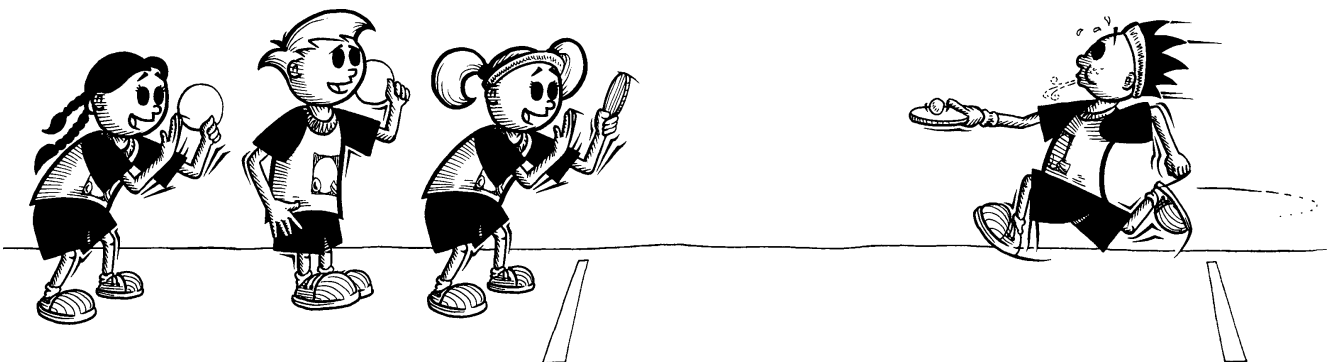
Players stand in two lines facing each other.  
Players, in turn hit one forehand each.  
10 points for each forehand.

# **BALL BALANCE RELAY**

---

## **Equipment**

- 1 racket per player
- 1 ball per team



Each team member in turn runs up and back balancing the ball on their racket.

Up and back = 10 points.



# **VOLLEYS**

---

## **Equipment**

- 1 racket per team
- 1 ball per team



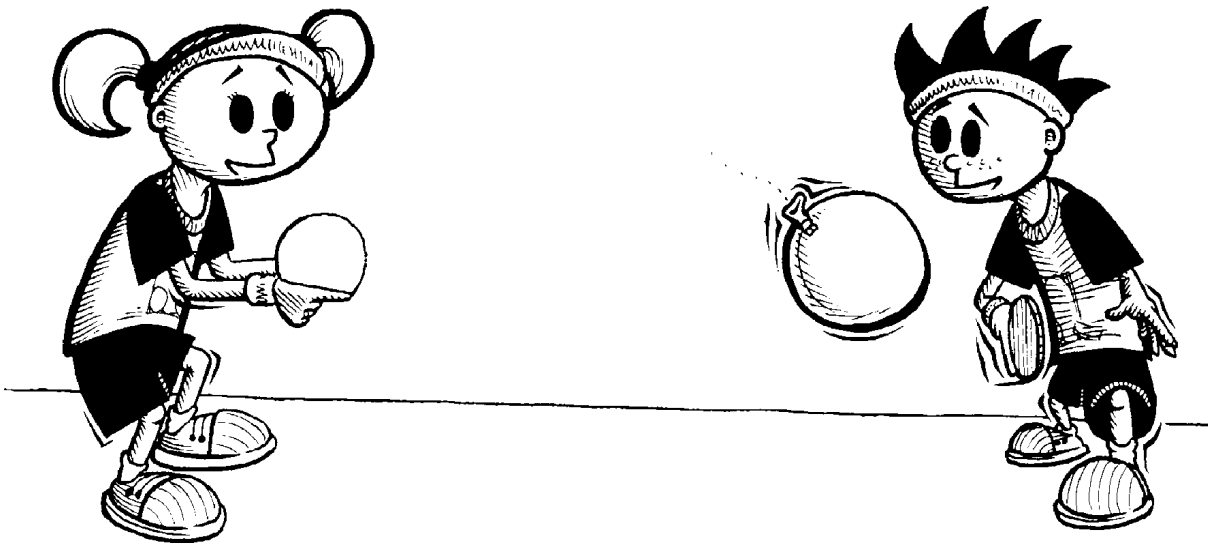
Each player in turn, hits the ball 5 times in the air.  
5 hits = 10 points.

# **BALLOON BACKHANDS**

---

## **Equipment**

- 2 rackets per team
- 1 balloon per team



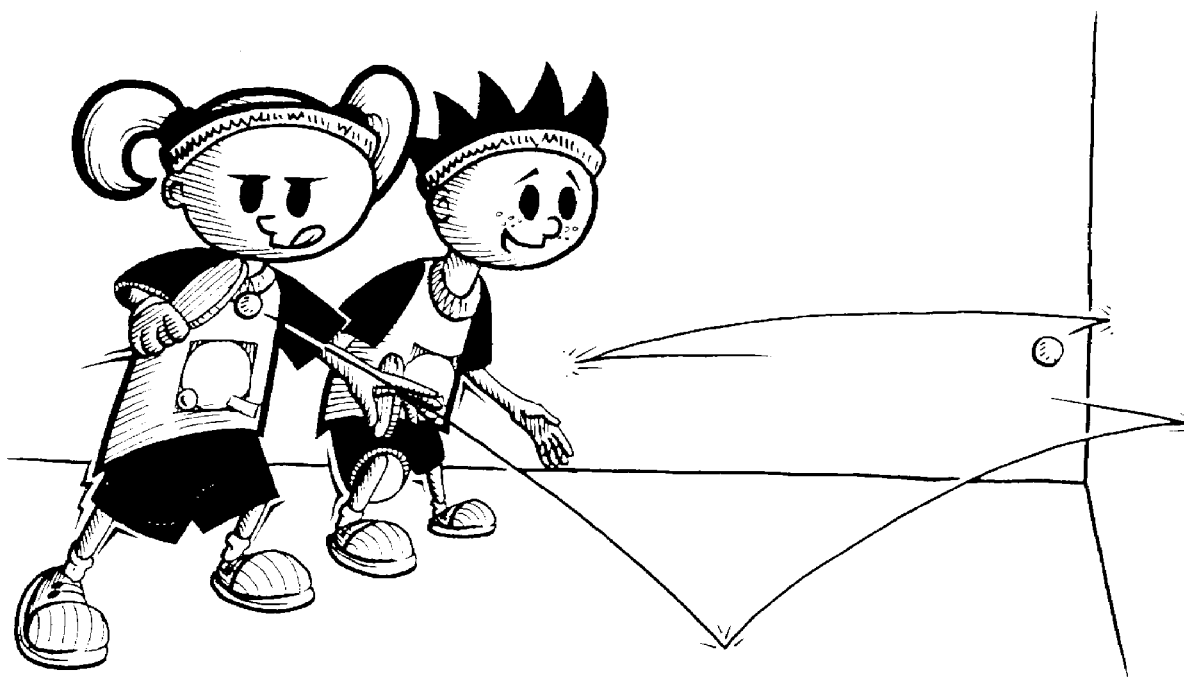
Players stand in two lines facing each other.  
Players, in turn hit one backhand each.  
10 points for each backhand.

# **WALL TABLE TENNIS**

---

## **Equipment**

- 1 racket per team
- 1 ball per team



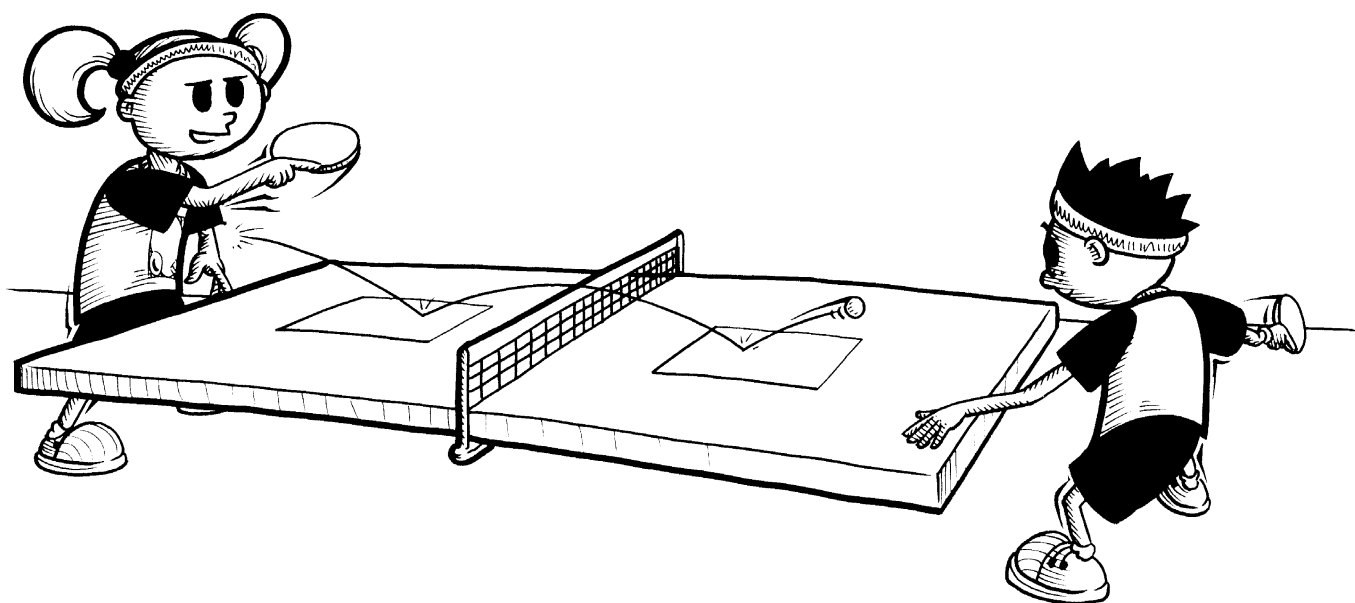
Players stand in a line facing the wall.  
In turn each player hits one shot against the wall.  
1 hit = 10 points.

# **FROGGER SERVE**

---

## **Equipment**

- 2 x Green A3 Lilypads
- 1 racket per team
- 1 ball per team



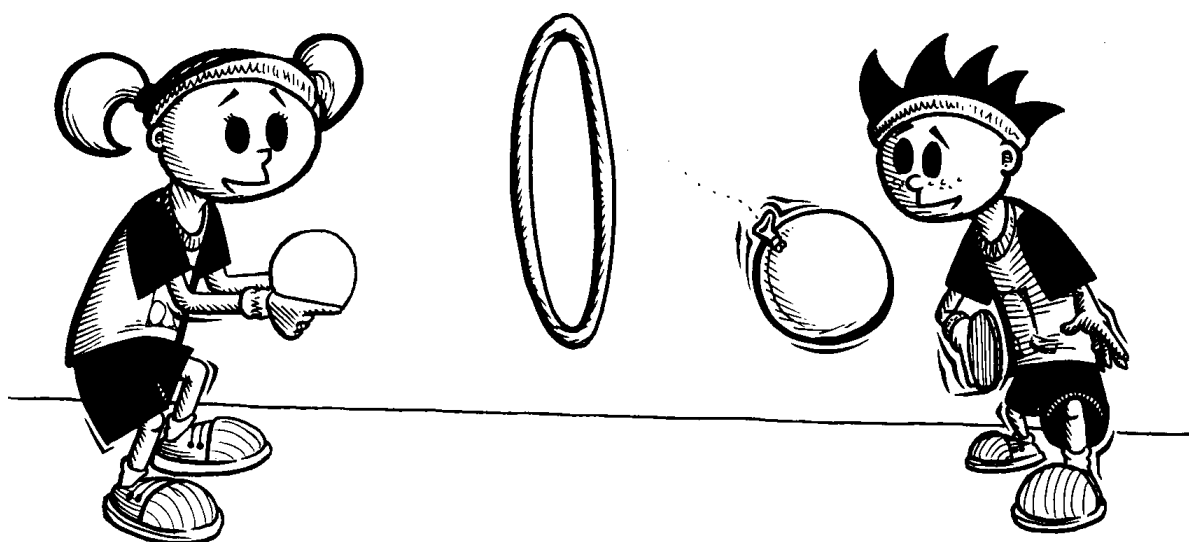
Each player has one serve each at a time,  
Each successful bounce on the lilypads = 10 points.

# **BALLOON HOOP**

---

## **Equipment**

- 1 hoop
- 1 balloon per team
- 2 rackets per team



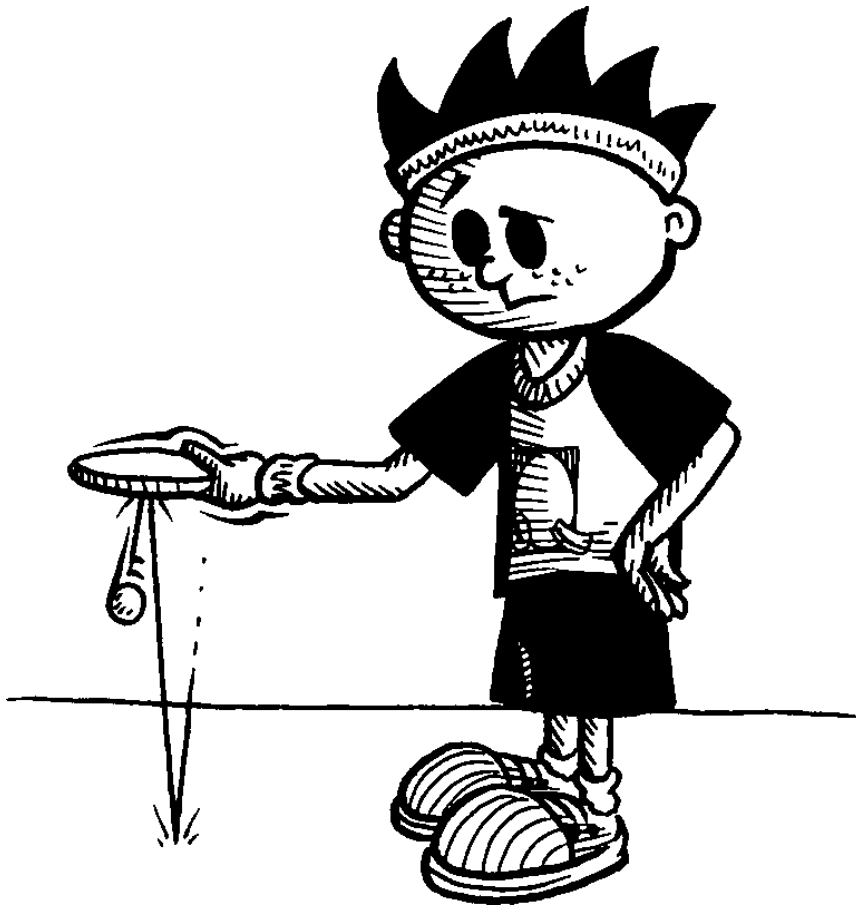
Players stand in two groups either side of the hoop.  
Each player has one shot, and goes to the end of the line.  
Each hit through the hoop = 10.  
(Note: The hoop may be fixed or held by one player).

# **BALL BOUNCING**

---

## **Equipment**

- 1 racket per team
- 1 ball per team



Bounce the ball on the floor 5 times. Pass the ball to the next team member.

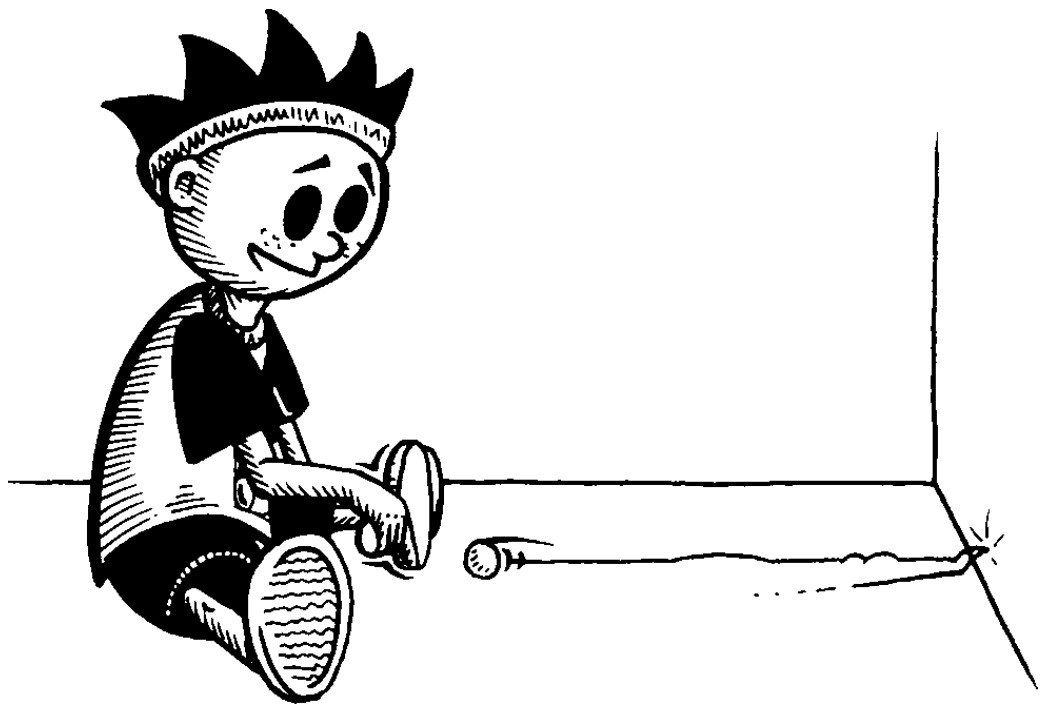
5 bounces = 10 points.

# **ROLLER BALL**

---

## **Equipment**

- 1 racket per team
- 1 ball per team



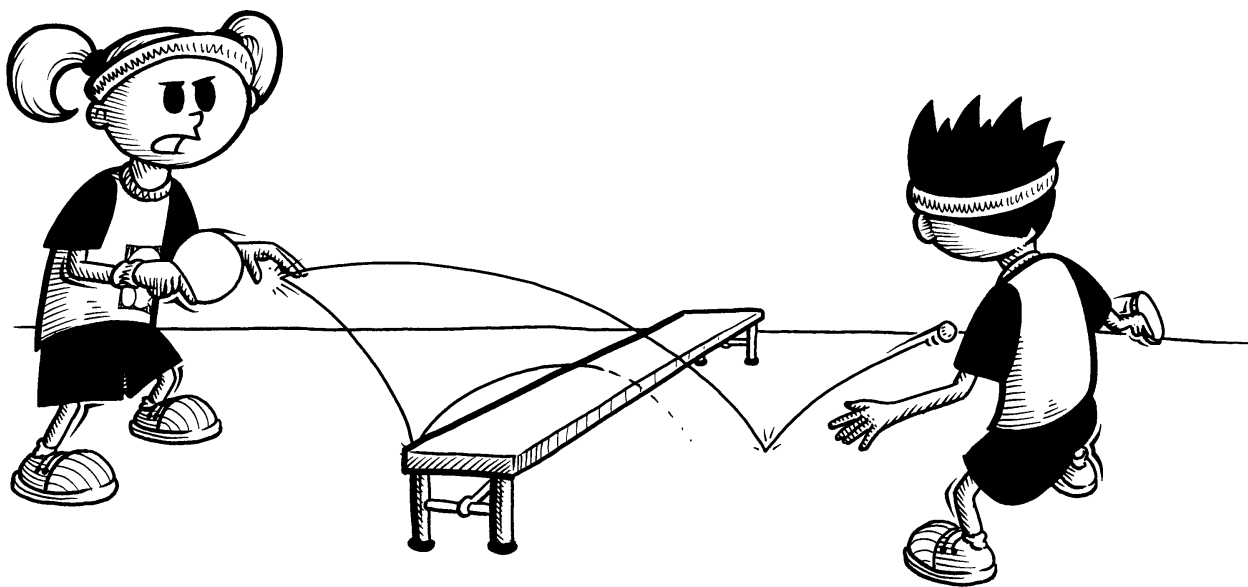
Players sit in a line with legs apart and feet touching the wall. Each player in turn hits the ball five times against the wall. 5 hits = 10 points.

## **BENCH TABLE TENNIS**

---

### **Equipment**

- 1 bench per team
- 1 racket per player or 2 rackets per team
- 1 ball per team



Players stand in two lines facing each other, either side of the bench.

Players in turn hit one forehand each.

10 points for each forehand.



## SKILLS CIRCUIT – LEVEL 1

# SCORING

TEAM SKILL	1	2	3	4	5	6	7	8	9	10
1. BALLOON FOREHANDS										
2. BALL BALANCE RELAY										
3. VOLLEYS										
4. BALLOON BACKHANDS										
5. WALL TABLE TENNIS										
6. FROGGER SERVE										
7. BALLOON HOOP										
8. BALL BOUNCING										
9. ROLLER BALL										
10. BENCH TABLE TENNIS										
<b>TOTALS</b>										
<b>PLACING</b>										



## SECTION 5: Skills Circuits

### Level 2 (9-16 Years)

---

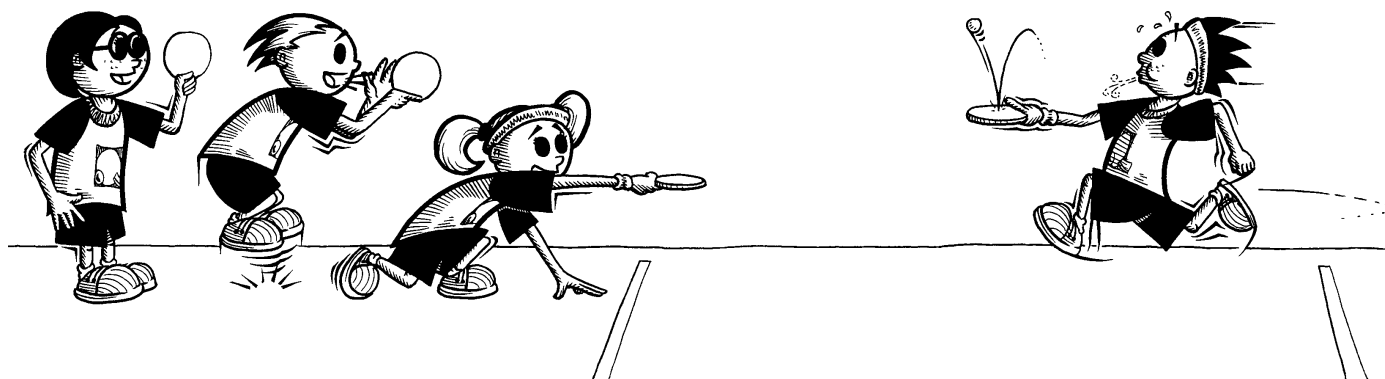
STATION 1:	Bouncer Relay .....Page 128
STATION 2:	Rope Skipping .....Page 129
STATION 3:	Ball Bouncing.....Page 130
STATION 4:	Bench Jumps .....Page 131
STATION 5:	Target Serving .....Page 132
STATION 6:	Modified Push Ups .....Page 133
STATION 7:	Transfer Ball.....Page 134
STATION 8:	Hit-Spin-Catch .....Page 135
STATION 9:	Partner Volley .....Page 136
STATION 10:	Shuttle Runs .....Page 137
SCORING:	.....Page 138

# **BOUNCER RELAY**

---

## **Equipment**

- 1 racket per player
- 1 ball per team



Each team member in turn runs up and back volleying the ball.

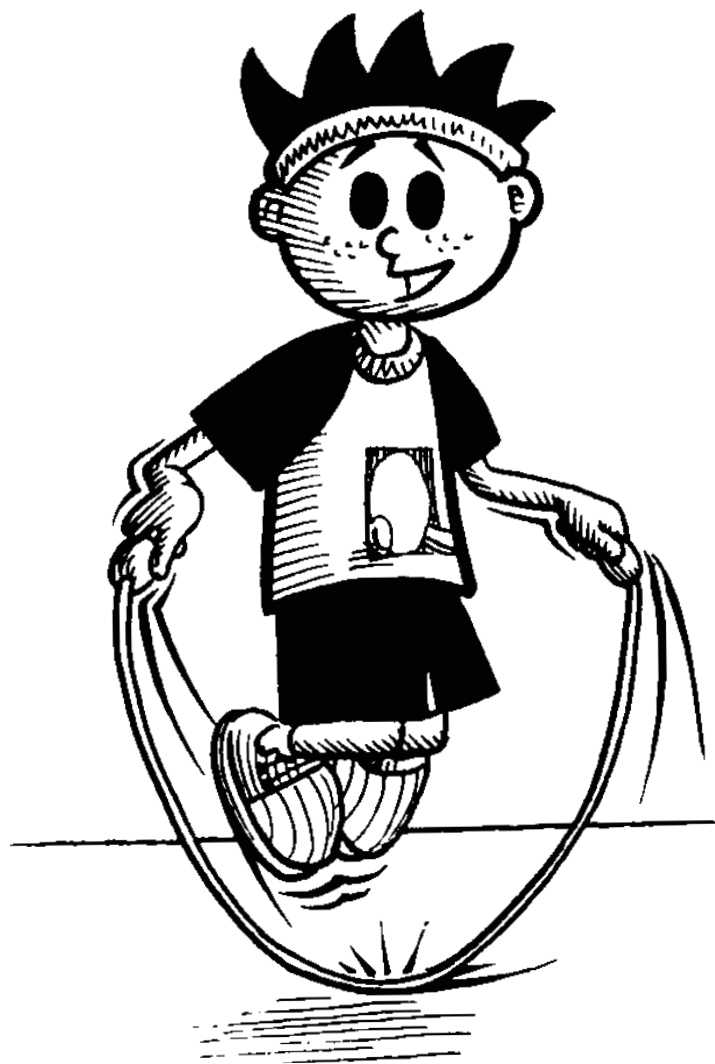
Up and back = 10 points.

# **ROPE SKIPPING**

---

## **Equipment**

- 1 skipping rope



First player skips 10 times. After 10 jumps, they give the rope to the second person.

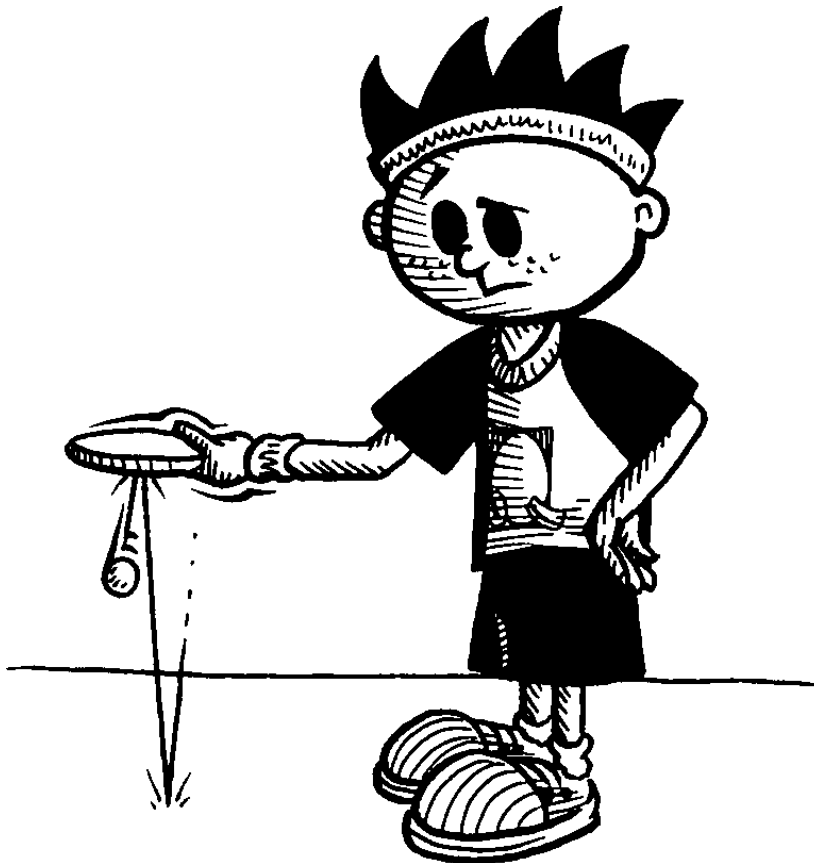
10 jumps = 10 points.

# **BALL BOUNCING**

---

## **Equipment**

- 1 racket per player
- 1 ball per team



Bounce the ball on the floor 10 times. Pass the ball to the next team member.

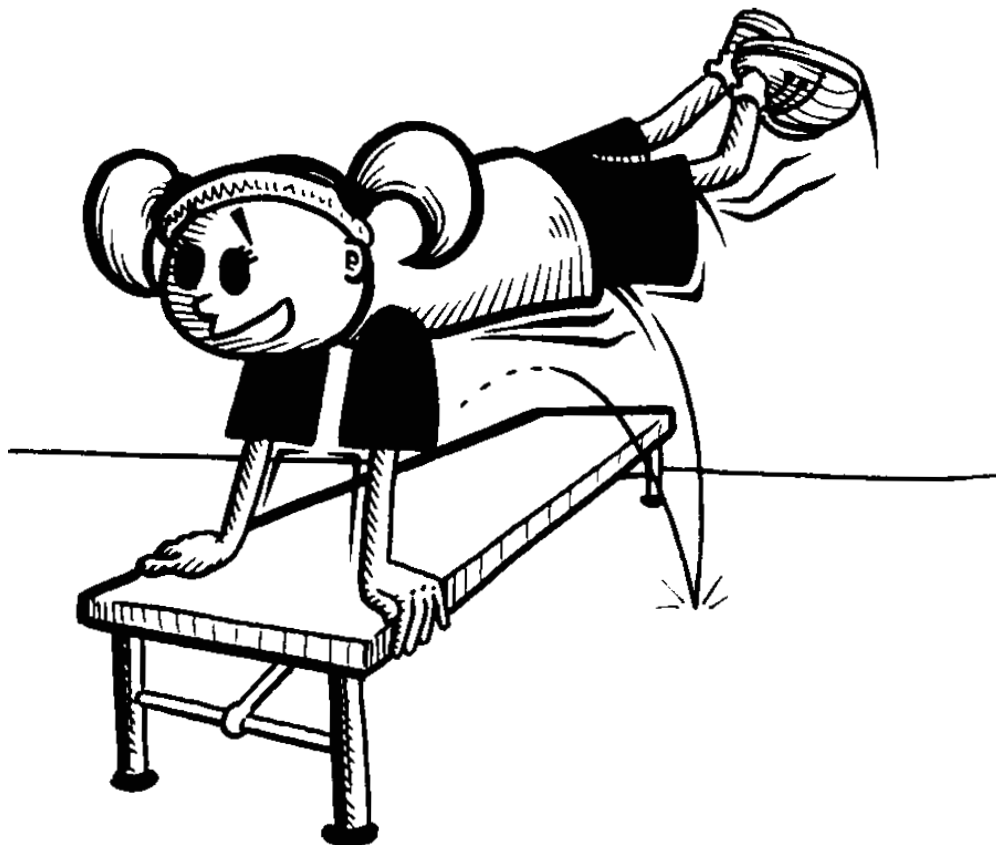
10 bounces = 10 points.

## **BENCH JUMPS**

---

### **Equipment**

- 1 bench



Players hold onto the bench and do 10 double foot jumps. One player at a time.

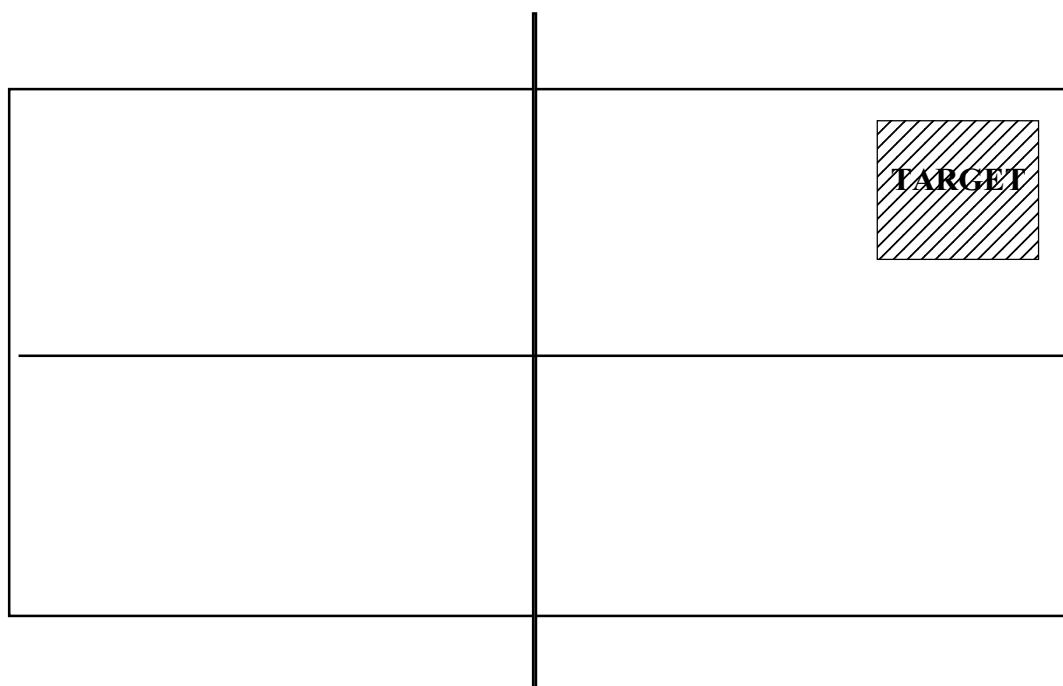
10 each way = 10 points.

# **TARGET SERVING**

---

## **Equipment**

- 1 table
- 1 racket
- 1 ball
- 1 target (eg. A3 sheet of paper, container etc)

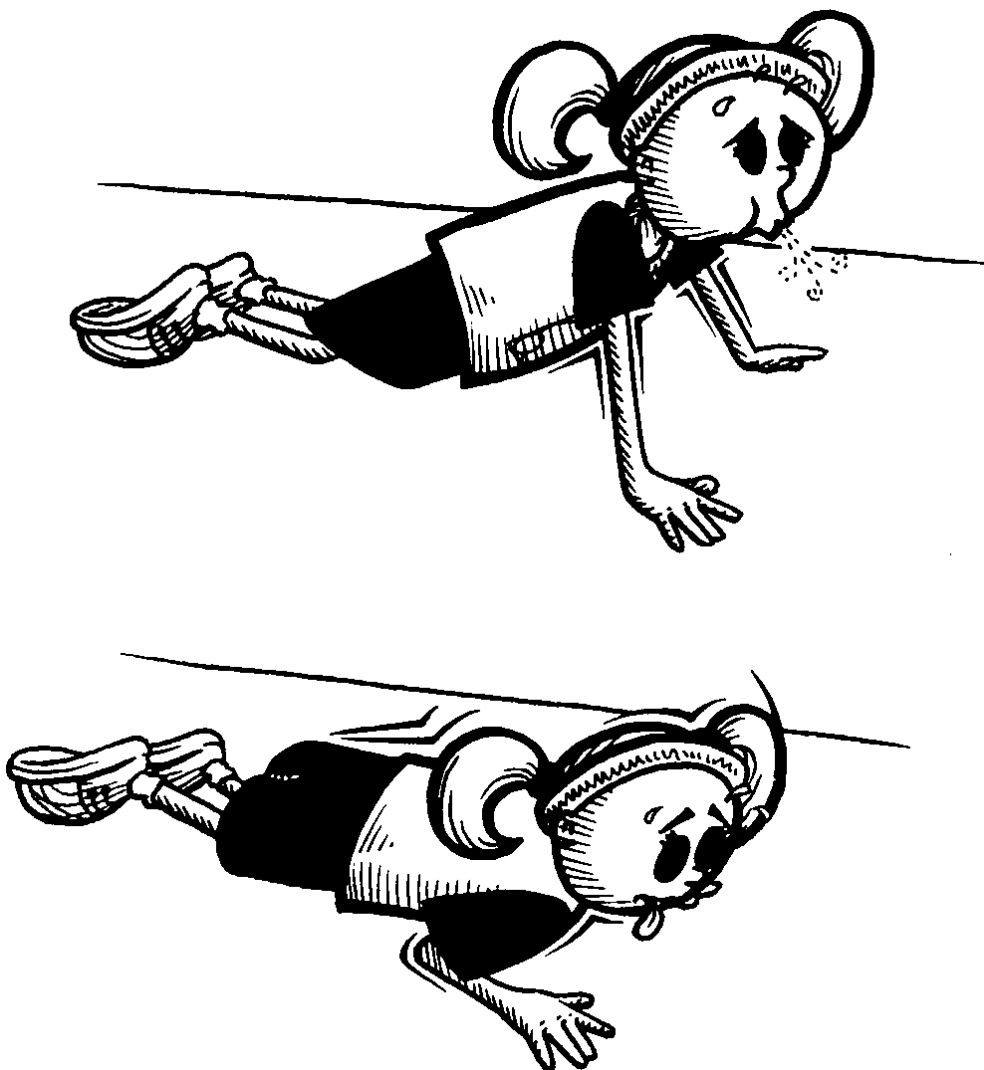


Each player in turn serves one ball at the target.  
Direct hit = 10 points.



## **MODIFIED PUSH UPS**

---



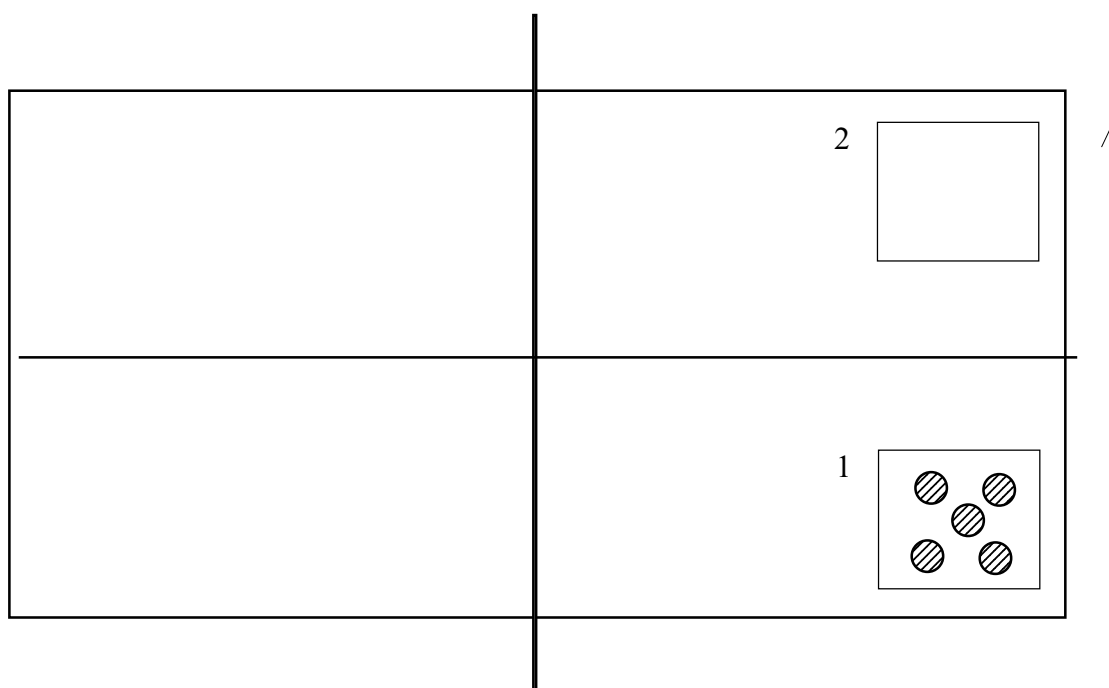
Lower the body and push up, using the arms and keeping the back straight, 10 times and then the next team member starts.  
10 push ups = 10 points.

# TRANSFER BALL

---

## Equipment

- 1 table
- 2 containers
- 5 balls



First player transfers the balls from container 1 to container 2, one at a time, using side stepping footwork.

The second player then returns them in the same fashion.

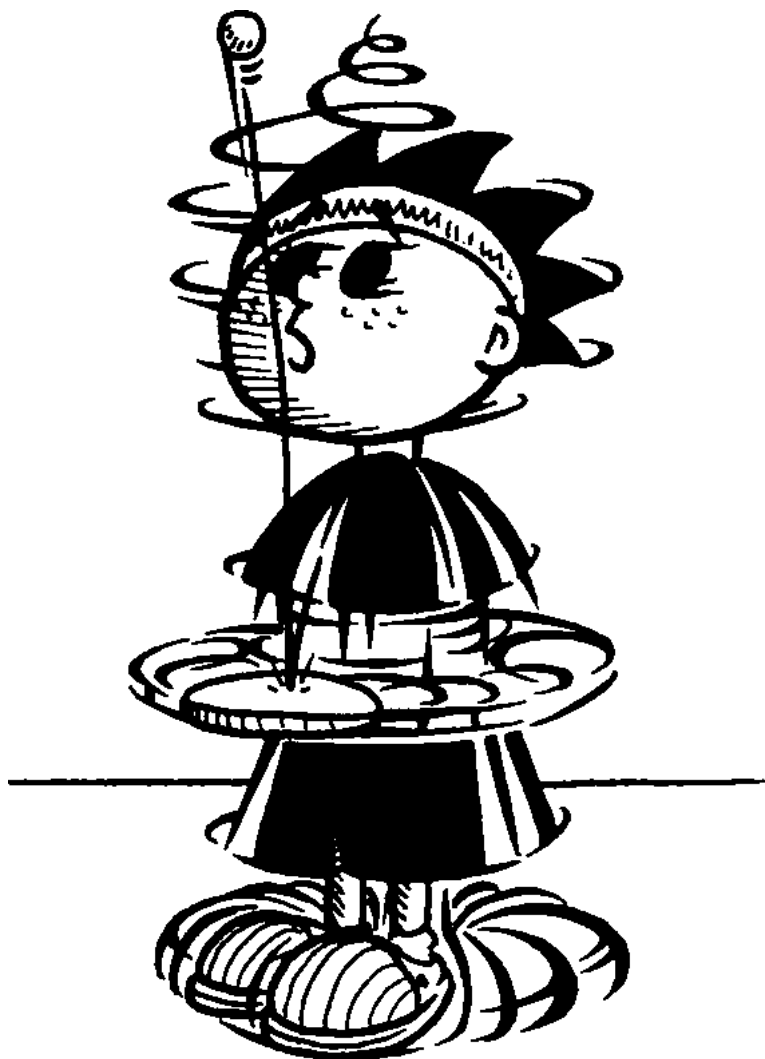
5 balls = 10 points.

# **HIT–SPIN–CATCH**

---

## **Equipment**

- 1 racket
- 1 ball



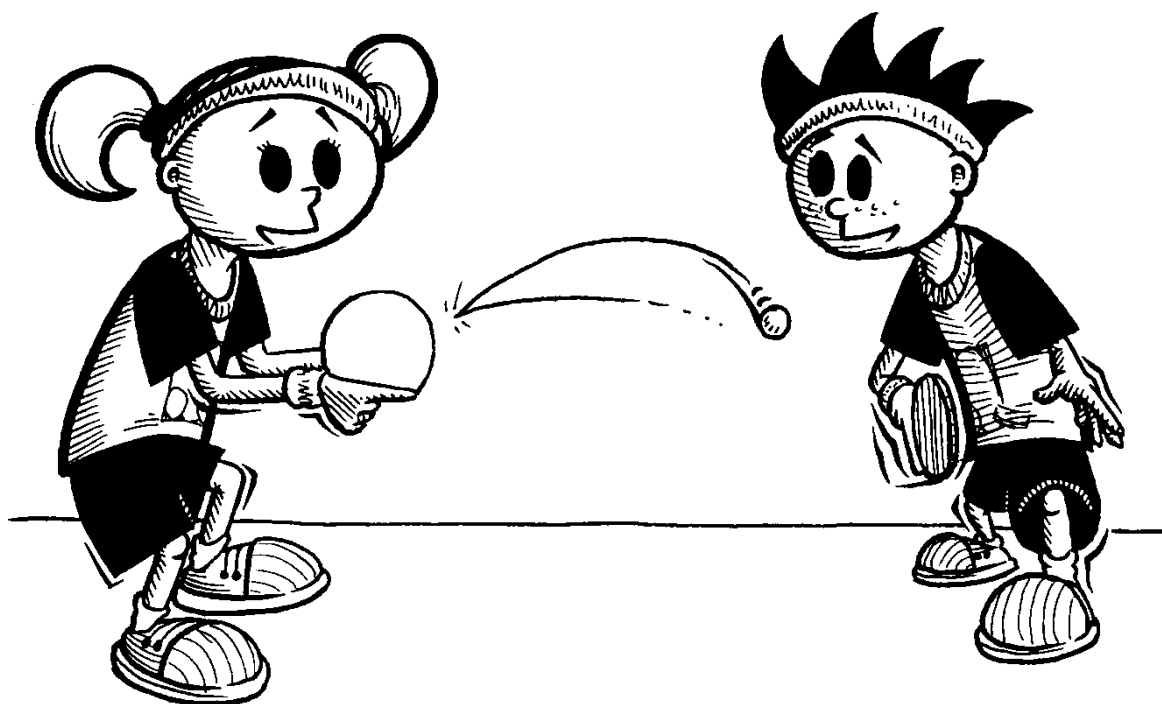
Hit the ball in the air, rotate 360°, and catch the ball.  
1 successful hit–spin–catch = 10 points.  
Alternate players after each attempt.

## **PARTNER VOLLEY**

---

### **Equipment**

- 1 racket per player
- 1 ball per team



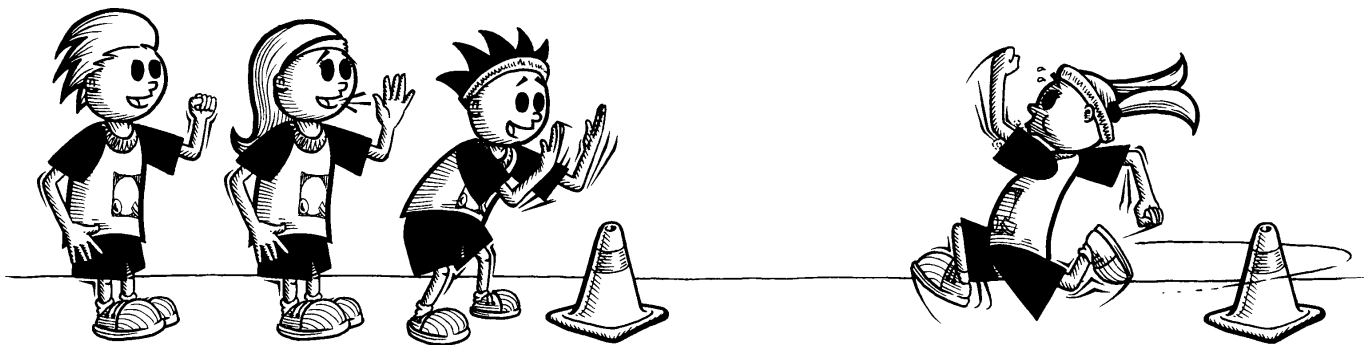
2 players volley the ball to each other.  
Alternate players after each 10 hits.  
10 volleys = 10 points.

# SHUTTLE RUNS

---

## Equipment

- 2 cones



First team member runs to the cone, touches it, and returns.  
Second team member continues.  
Up and back = 10 points.

## SKILLS CIRCUIT – LEVEL 2

# SCORING

---

TEAM SKILL	1	2	3	4	5	6	7	8	9	10
1. BOUNCER RELAY										
2. ROPE SKIPPING										
3. BALL BOUNCING										
4. BENCH JUMPS										
5. TARGET SERVING										
6. MODIFIED PUSH-UPS										
7. TRANSFER BALL										
8. HIT-SPIN- CATCH										
9. PARTNER VOLLEY										
10. SHUTTLE RUNS										
<b>TOTALS</b>										
<b>PLACING</b>										

# SECTION 6: Competition Formats

## Competition Formats

---

DESCRIPTION:	.....Page 139
FORMAT 1:	School Table Tennis League .....Page 141
FORMAT 2:	Teams Match Formats .....Page 144
FORMAT 3:	Single Knockout Draw .....Page 146
FORMAT 4:	Compass Draw .....Page 147
FORMAT 5:	Continuous Knockout Draw .....Page 148
FORMAT 6:	Round Robin Draw .....Page 149
FORMAT 7:	Six Player Round Robin Draw ....Page 150
FORMAT 8:	Ladder Tournament .....Page 151
FORMAT 9:	Pyramid Tournament .....Page 152
FORMAT 10:	Handicap Tournament .....Page 153

## SECTION 6: COMPETITION FORMATS

# DESCRIPTION

---

There are a wide variety of competition formats which include;

### **A. KNOCKOUT DRAW**

This system can be used where you have a lot of students. With this system, once you lose you are eliminated. It involves fewer matches than the other systems.

Players are placed into the first round. Winners move on, the losers are eliminated until you are left with one winner.

*Refer Competition format 3–4, Page 146–147*

### **B. CONTINUOUS KNOCKOUT DRAW**

This system incorporates the principles of the Knockout and Round Robin draws. It works with players commencing in a Knockout Draw format however the losers are not eliminated they just feed into another Knockout Draw. This continues until all players receive a final placing.

The draw is set out in matches from 1 to 80. Players all start in round 1. This can be drawn randomly or players can be placed to separate the better players in the first round.

At the end of each round:

- winners of each match (M) go to the position in the next round signified by WIN M.
- losers of each match go to the position in the next round signified by LOS M.

eg. The winner of match M1 moves to the position in Round 2 WIN M1  
AND the loser of match M1 moves to the position in Round 2 LOS M1.

***This follows through the draw until Round 5 where all players will be given a final placing.***

*Refer Competition format 5, Page 148*

### **C. ROUND ROBIN**

This system can be used to ensure each player or pair plays several matches, with everyone in a group playing each other. After the groups are completed you may play off the winners against each other, second place getters against each other and so on. From this you can work out a placing for each player/pair at the end of the competition.

Play all the matches in order until they are all completed. At the end of all the matches total the number of matches and games won and lost by each player. The winner is the person with the highest number of wins.

*Refer Competition format 6–7, Page 149–150*



# DESCRIPTION

---

The length of matches can be altered to maximise the number of opponents played, or with small numbers to extend the player's time.

**Examples include:**

- 1 game to 11 (5 minutes)
- Best of 3 games to 11 (10 minutes)
- Best of 5 games to 11 (15 minutes)
- Best of 7 games to 11 (20 minutes)
- Best of 9 games to 11 (30 minutes)

**Other formats include:**

- Teams match formats for 2, 3 or 4 people  
*Refer Competition format 2 and Competition format 1, Page 141–145*
- Ladder Tournament  
*Refer Competition format 8, Page 151*
- Pyramid Tournament  
*Refer Competition format 9, Page 152*
- Handicap Tournament  
*Refer Competition format 10, Page 153*

# COMPETITION FORMAT: 1

## SCHOOL TABLE TENNIS LEAGUE – LEVEL 2-3

### BASIC RULES

- Teams are placed into 2 groups – Red & Blue
- Team names can be allocated by the teams

**RED**                                      **BLUE**  
 Team A, B, C, D                      Team E, F, G, H

- 4 person Teams
- 1 Game up to 11
- Sudden death at 10 all i.e.; Only play up to 11, no advantage

10 matches as follows:

<b><u>TEAM A</u></b>		<b>vs</b>	<b><u>TEAM B</u></b>	
<b>SINGLES</b>	Player No. 1	vs	Player No. 1	
	“ 2	“	“ 2	
	“ 3	“	“ 3	
	“ 4	“	“ 4	
<b>DOUBLES</b>	Player No. 1 & 2	vs	Player No. 1 & 2	
	“ 3 & 4	“	“ 3 & 4	
<b>SINGLES</b>	Player No. 1	vs	Player No. 2	
	“ 2	“	“ 1	
	“ 3	“	“ 4	
	“ 4	“	“ 3	

- At the completion of the match add up the scores for each team.
- Winning team is the team to score the most points

Winning Team earns 10 Premiership points for scoring the most points

Losing Team earns 5 Premiership points

### BONUS POINTS:

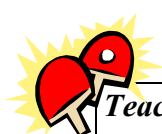
Each Team earns

- 7 Premiership points for scoring more than 70 points
- or 6 Premiership points for scoring more than 60 points
- or 5 Premiership points for scoring more than 50 points
- or 4 Premiership points for scoring more than 40 points
- or 3 Premiership points for scoring more than 30 points

1 to 5 Rating – Premiership points awarded to team for good sportsmanship

1 to 5 Rating – Premiership points awarded for wearing correct uniform

1 to 5 Rating – Premiership points awarded for team practice time



**Teacher judges Sportsmanship, Uniform and Practice awards.**

# COMPETITION FORMAT: 1

## SCHOOL TABLE TENNIS LEAGUE – LEVEL 2-3

### TEAMS SCORE SHEET

- These score sheets are to be filled in by the teams during the teams competition
- Place the team name at the top of the score sheet, individuals name in the name column, scores of each match in the score column.

	TEAM			
MATCH	SINGLES	PLAYER	NAME	SCORE
1		1		
2		2		
3		3		
4		4		
5	DOUBLES	1 & 2		
6		3 & 4		
7	SINGLES	1		
8		2		
9		3		
10		4		
				TOTAL SCORE

TEAM			
SINGLES	PLAYER	NAME	SCORE
	1		
	2		
	3		
	4		
DOUBLES	1 & 2		
	3 & 4		
SINGLES	2		
	1		
	4		
	3		
		TOTAL SCORE	

		TOTAL SCORE
WINNING TEAM		
LOSING TEAM		

# COMPETITION FORMAT: 1

## SCHOOL TABLE TENNIS LEAGUE – LEVEL 2-3

SCORING CHART – TEAM \_\_\_\_\_ VS TEAM \_\_\_\_\_

MATCH 1		MATCH 2		MATCH 3		MATCH 4		MATCH 5	
TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11

MATCH 6		MATCH 7		MATCH 8		MATCH 9		MATCH 10	
TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM	TEAM
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11

## COMPETITION FORMAT: 2

# TEAMS MATCH FORMATS

### 2 PERSON

TEAM NAME:						TEAM NAME:						GAMES		MATCHES	
PLAYERS NAMES	1	2	3	4	5	PLAYERS NAMES	1	2	3	4	5	AB	XY	AB	XY
A						X									
B						Y									
DOUBLES						DOUBLES									
A						Y									
B						X									

TEAM	GAMES	MATCHES	CAPTAIN'S SIGNATURE
WINNER:			
LOSER:			

### 3 PERSON

TEAM NAME:						TEAM NAME:						GAMES		MATCHES	
PLAYERS NAMES	1	2	3	4	5	PLAYERS NAMES	1	2	3	4	5	ABC	XYZ	ABC	XYZ
A						X									
B						Y									
C						Z									
B						X									
A						Z									
C						Y									
B						Z									
C						X									
A						Y									

TEAM	GAMES	MATCHES	CAPTAIN'S SIGNATURE
WINNER:			
LOSER:			

## COMPETITION FORMAT: 2

# TEAMS MATCH FORMATS

### 4 PERSON

TEAM NAME A:						TEAM NAME B:						GAMES		MATCHES	
PLAYERS NAMES	1	2	3	4	5	PLAYERS NAMES	1	2	3	4	5	A	B	A	B
1						3									
2						4									
3						1									
4						2									
1						2									
2						1									
3						4									
4						3									
1/2						1/2									
3/4						3/4									
1						1									
2						2									
3						3									
4						4									

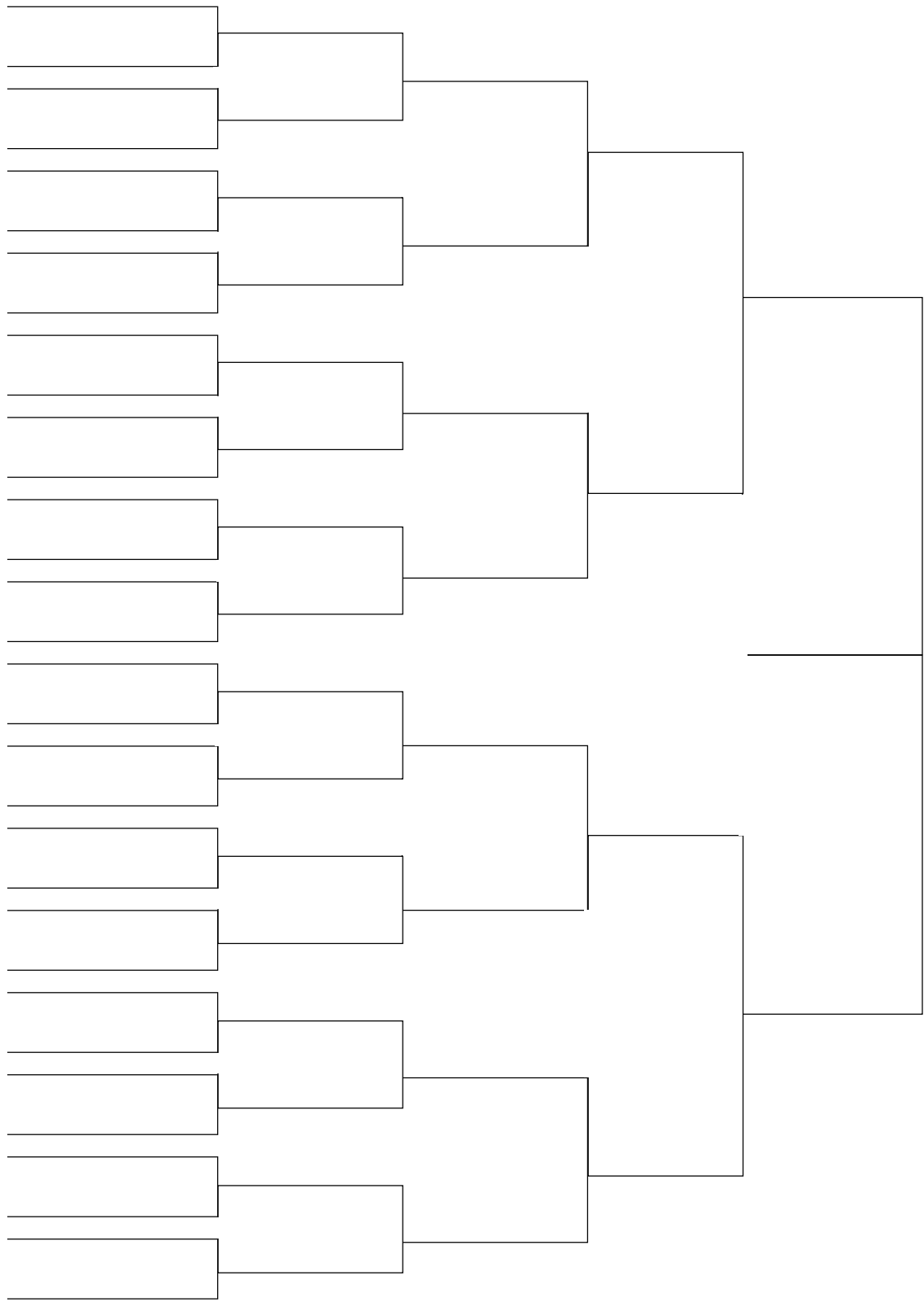
TEAM	GAMES	MATCHES	CAPTAIN'S SIGNATURE
WINNER:			
LOSER:			

**COMPETITION FORMAT: 3**

# SINGLE KNOCKOUT DRAW

---

*(ONE LOSS TO BE ELIMINATED)*



# COMPASS DRAW

*(TWO LOSSES TO BE ELIMINATED)*

		1.		
		2.		
		3.		
		4.		
		5.		
		6.		
		7.		
		8.		
		9.		
		10.		
		11.		
		12.		
		13.		
		14.		
		15.		
		16.		



# COMPETITION FORMAT: 5

## CONTINUOUS KNOCKOUT DRAW

ROUND 1		ROUND 2			ROUND 3			ROUND 4			ROUND 5			PLACING		
MATCH No.	NAMES	MATCH No.		NAMES	MATCH No.		NAMES	MATCH No.		NAMES	MATCH No.		NAMES			NAMES
M 1		M 17	WIN M 1		M 33	WIN M 17		M 49	WIN M 33		M 65	WIN M 49		1	WIN M 65	
			WIN M 2			WIN M 18			WIN M 34			WIN M 50		2	LOS M 65	
2		18	WIN M 3		34	WIN M 19		50	WIN M 35		66	LOS M 49		3	WIN M 66	
			WIN M 4			WIN M 20			WIN M 36			LOS M 50		4	LOS M 66	
3		19	WIN M 5		35	WIN M 21		51	LOS M 33		67	WIN M 51		5	WIN M 67	
			WIN M 6			WIN M 22			LOS M 34			WIN M 52		6	LOS M 67	
4		20	WIN M 7		36	WIN M 23		52	LOS M 35		68	LOS M 51		7	WIN M 68	
			WIN M 8			WIN M 24			LOS M 36			LOS M 52		8	LOS M 68	
5		21	WIN M 9		37	LOS M 17		53	WIN M 37		69	WIN M 53		9	WIN M 69	
			WIN M 10			LOS M 18			WIN M 38			WIN M 54		10	LOS M 69	
6		22	WIN M 11		38	LOS M 19		54	WIN M 39		70	LOS M 53		11	WIN M 70	
			WIN M 12			LOS M 20			WIN M 40			LOS M 54		12	LOS M 70	
7		23	WIN M 13		39	LOS M 21		55	LOS M 37		71	WIN M 55		13	WIN M 71	
			WIN M 14			LOS M 22			LOS M 38			WIN M 56		14	LOS M 71	
8		24	WIN M 15		40	LOS M 23		56	LOS M 39		72	LOS M 55		15	WIN M 72	
			WIN M 16			LOS M 24			LOS M 40			LOS M 56		16	LOS M 72	
9		25	LOS M 1		41	WIN M 25		57	WIN M 41		73	WIN M 57		17	WIN M 73	
			LOS M 2			WIN M 26			WIN M 42			WIN M 58		18	LOS M 73	
10		26	LOS M 3		42	WIN M 27		58	WIN M 43		74	LOS M 57		19	WIN M 74	
			LOS M 4			WIN M 28			WIN M 44			LOS M 58		20	LOS M 74	
11		27	LOS M 5		43	WIN M 29		59	LOS M 41		75	WIN M 59		21	WIN M 75	
			LOS M 6			WIN M 30			LOS M 42			WIN M 60		22	LOS M 75	
12		28	LOS M 7		44	WIN M 31		60	LOS M 43		76	LOS M 59		23	WIN M 76	
			LOS M 8			WIN M 32			LOS M 44			LOS M 60		24	LOS M 76	
13		29	LOS M 9		45	LOS M 25		61	WIN M 45		77	WIN M 61		25	WIN M 77	
			LOS M 10			LOS M 26			WIN M 46			WIN M 62		26	LOS M 77	
14		30	LOS M 11		46	LOS M 27		62	WIN M 47		78	LOS M 61		27	WIN M 78	
			LOS M 12			LOS M 28			WIN M 48			LOS M 62		28	LOS M 78	
15		31	LOS M 13		47	LOS M 29		63	LOS M 45		79	WIN M 63		29	WIN M 79	
			LOS M 14			LOS M 30			LOS M 46			WIN M 64		30	LOS M 79	
16		32	LOS M 15		48	LOS M 31		64	LOS M 47		80	LOS M 63		31	WIN M 80	
			LOS M 16			LOS M 32			LOS M 48			LOS M 64		32	LOS M 80	

# COMPETITION FORMAT: 6

## ROUND ROBIN DRAW

### FOR ANY NUMBER

Example For 8 Players:

- Place half numbers down the page

i.e. 1  
2  
3  
4

- Place the other half up the page

i.e. 1-8  
2-7  
3-6  
4-5

This becomes Round 1.

- For the rest of the rounds, 1 stays in the same position while each number rotates one position anti-clockwise.

**Round 2   Round 3   Round 4   Round 5   Round 6   Round 7**

1-7	1-6	1-5	1-4	1-3	1-2
8-6	7-5	6-4	5-3	4-2	3-8
2-5	8-4	7-3	6-2	5-8	4-7
3-4	2-3	8-2	7-8	6-7	5-6

- If an odd number exists, round off to the higher even number and the last number becomes a bye.

### 5-8 PLAYERS

5	6	7	8
1-BYE 2-5 3-4	1-6 2-5 3-4	1-BYE 2-7 3-6 4-5	1-8 2-7 3-6 4-5
1-5 BYE-4 2-3	1-5 6-4 2-3	1-7 BYE-6 2-5 3-4	1-7 8-6 2-5 3-4
1-4 5-3 BYE-2	1-4 5-3 6-2	1-6 7-5 BYE-4 2-3	1-6 7-5 8-4 2-3
1-2 3-BYE 4-5	1-2 3-6 4-5	1-5 6-4 7-3 BYE-2	1-5 6-4 7-3 8-2
		1-4 5-3 6-2 7-BYE	1-4 5-3 6-2 7-8
		1-3 4-2 5-BYE 6-7	1-3 4-2 5-8 6-7
		1-2 3-BYE 4-7 5-6	1-2 3-8 4-7 8-6

	1	2	3	4	5	6	7	8	Totals
1									
2									
3									
4									
5									
6									
7									
8									

COMPETITION FORMAT: 7

SIX PLAYER ROUND ROBIN DRAW

GROUP No.

TABLE No.

MATCHES

MATCH	UMPIRE	PAIR OR PLAYER	NAME/S	SCORE		PAIR OR PLAYER	NAME/S	SCORE
1.	C	A			vs	F		
2.	D	B			vs	E		
3.	B	C			vs	D		
4.	F	A			vs	E		
5.	A	D			vs	F		
6.	E	B			vs	C		
7.	B	A			vs	D		
8.	F	C			vs	E		
9.	D	B			vs	F		
10.	E	A			vs	C		
11.	A	B			vs	D		
12.	C	E			vs	F		
13.	D	A			vs	B		
14.	E	C			vs	F		
15.	C	D			vs	E		

MATCH SUMMARY

PAIRS OR PLAYER	NAME/S	POINTS		FINAL POSITION
		WON	LOST	
A				
B				
C				
D				
E				
F				

# LADDER TOURNAMENT

---

In a Ladder Tournament, players are listed according to ability or ranking, with the best player at the top of the list. Competition is arranged by challenge and a player is allowed to challenge either of the two players immediately above him/her on the ladder. If the challenger wins, he/she changes places with the loser on the ladder.

If the challenged player wins, he/she is allowed to challenge someone above him/her, before he/she must accept another challenge. All challenges must be accepted and played before a pre-determined date or time.

Specific rules should be posted concerning the ladder tournament in order to avoid disputes and to keep the tournament running smoothly. This type of tournament is ideal for maintaining a continuous ranking of players over a long period of time.

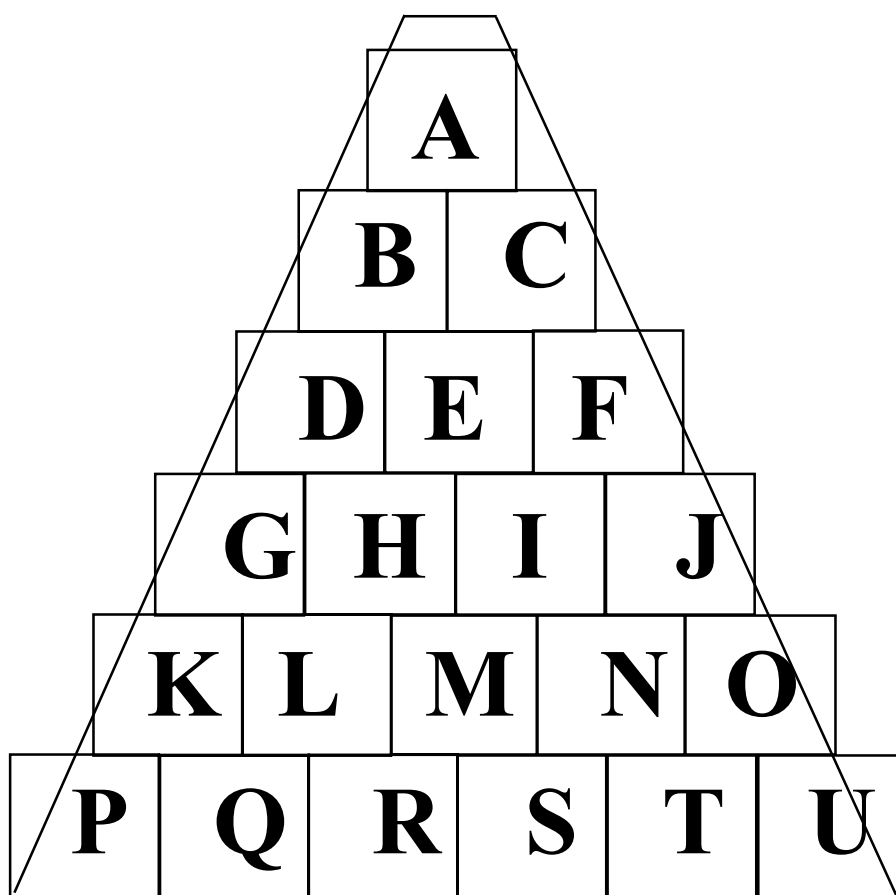
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

# PYRAMID TOURNAMENT

---

The Pyramid Tournament, like the Ladder Tournament, maintains continuous prolonged competition. It can include a larger number of participants than the Ladder Tournament.

After the original draw is made, any player may challenge any other player in the same horizontal row. If he/she wins, he/she can challenge any player in the row above him/her. When a player loses to someone on the row below him/her, he/she changes places with the winner.



### EXAMPLE:

- L challenges M.
- L wins and L is then allowed to challenge anyone on the next row (G,H,I,J).
- L challenges J and changes places with J if he or she wins.

# HANDICAP TOURNAMENT

This handicap system involves one game to 41 points with the best player always starting on zero according to the following three rules;

1. In a game to 21, estimate what score each player would get against the best player (Column 1).
2. Allocate handicaps as per Column 2.
3. Use the accompanying chart (see page 154) to work out starting scores. See Column 3 for an example.

NOTE: The best player ALWAYS starts on zero.

A	VS	B	HANDICAP			STARTING SCORES		
21	v	19	-35	v	-27	0	v	4
21	v	18	-35	v	-23	0	v	6
21	v	17	-35	v	-20	0	v	8
21	v	16	-35	v	-16	0	v	10
21	v	15	-35	v	-12	0	v	12
21	v	14	-35	v	-8	0	v	14
21	v	13	-35	v	-5	0	v	16
21	v	12	-35	v	-2	0	v	18
21	v	11	-35	v	+1	0	v	19
21	v	10	-35	v	+6	0	v	22
21	v	9	-35	v	+9	0	v	24
21	v	8	-35	v	+13	0	v	26
21	v	7	-35	v	+16	0	v	28
21	v	6	-35	v	+20	0	v	30
21	v	5	-35	v	+25	0	v	32
21	v	4	-35	v	+28	0	v	34
21	v	3	-35	v	+32	0	v	36
21	v	2	-35	v	+35	0	v	38
21	v	1	-35	v	+35	0	v	38

# SECTION 7: Assessment

## Assessment

---

ASSESSMENT ONGOING:	.....Page 155
TABLE TENNIS AUSTRALIA	Explanation .....Page 157
SKILLS AWARDS:	Bronze .....Page 159
	Silver .....Page 163
	Gold.....Page 168

# SECTION 7:

## ASSESSMENT – ONGOING

On going assessment of players progress may be recorded during week 1 and 5 of a 5 week program, and during week 1, 5 and 10 of a 10 week program. Use a tick or a cross.

At the end of a 5 or 10 week program, players may then be tested using the Table Tennis Australia Skills Award Scheme (Gold, Silver and Bronze)

NAME \_\_\_\_\_

YEAR \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

	TEST 1	TEST 2	TEST 3
<b>GRIP</b>			
> Can demonstrate the correct grip			
> Maintains the correct grip during training drills			
> Maintains the correct grip during games			
<b>SERVICE TECHNIQUE</b>			
> Serves from behind the table			
> Throws the ball up			
> Can hit the ball to land on both sides of the table			
<b>FOREHAND TECHNIQUE</b>			
> Feet placed approx. 45 degrees to table			
> Starts stroke beside body			
> Finishes with bat at shoulder height or above			
> Has control over the stroke			
> Can place the ball			
> Number of consecutive forehands achieved			
<b>BACKHAND TECHNIQUE</b>			
> Feet and body facing target			
> Start with bat low and in front of the body			
> Finishes with bat at shoulder/head height			
> Has control over the stroke			
> Can place the ball			
> Number of consecutive backhands achieved			



# ASSESSMENT – ONGOING

---

	TEST 1	TEST 2	TEST 3
<b>BALANCE</b>			
> Can demonstrate a balanced stance			
> Remains balanced during play			
> Can control movement and balance simultaneously			
<b>PLACEMENT</b>			
> Can place the ball to the correct side of the table			
> Uses placement to advantage in a game situation			
> Number of balls landing on A3 target within 10 strokes – Forehand			
> Number of balls landing on A3 target within 10 strokes – Backhand			
<b>KNOWLEDGE OF RULES</b>			
> Has a good understanding of the Singles rules			
> Has a good understanding of the Doubles rules			
> Has a good understanding of the Service rules			
<b>SPORTSMANSHIP</b>			
> Demonstrates good sportsmanship during the game			
> Deals with winning appropriately			
> Deals with losing appropriately			
<b>TEAM PARTICIPATION</b>			
> Co-operates with team members			
> Assists team members where required			
> Participates with team activities			

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME

The Skills Award Scheme has been developed to reward our young players and students who are progressing in our sport of table tennis.

The Scheme provides recognition and motivation for our young players as they improve giving them a target to aim for and an indication of their skill development.

## THE AWARDS

---

### ***BRONZE***

Tests the basics of ready position, hand-eye co-ordination, footwork, forehand, backhand, service and basic rules.

Aimed at beginners completing Level 1 of the Tops Table Tennis program.

Assessment is by PE and Sports Teachers and Club Coaches.

### ***SILVER***

Tests consistency of forehand and backhand drive and push strokes, backspin and topspin serves, basic topspin, doubles rotations and umpiring responsibilities.

Aimed at players starting to play tournaments.

Assessment is by Level '1' or coaches and teachers who have completed the Table Tennis Australia "Orientation to Coaching".

### ***GOLD***

Tests various footwork routines, forehand and backhand topspin, block against topspin, service and service return (topspin, backspin, sidespin) and umpiring.

Aimed at State level juniors.

Assessment is by Level '2' or '3' NCAS Accredited Coaches or by other coaches authorised by Table Tennis Australia.

# TEST PROCEDURE

---

Tests may be carried out as follows:

## 1. Assessors

Bronze	PE and Sport Teachers Club Coaches
Silver	Level '1' NCAS Accredited Coaches or other approved personnel
Gold	Level '2' NCAS Accredited Coaches or other approved personnel

(Where NCAS accredited coaches are unavailable, please contact your State Association or Table Tennis Australia to make alternative arrangements)

## 2. Certificates

- Certificates may be copied or downloaded and reproduced or purchased from Table Tennis Australia - see page 14 for contact details.

## 3. Assessment

- Players are allowed a warm-up period up to 30 minutes
- Players must complete all the tests for their level over a maximum of two days.
- Tests may be repeated after 1 month if unsuccessful.
- Follow instructions for each test.
- A formal presentation of the awards will add prestige to the players and awards received.
- Where a rally of a minimum number of strokes is required, a suitable standard partner or the coach is needed. Where the partner or coach makes an error, this does not count against the person being tested.

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME

## BRONZE AWARD

All examples are for right handed players – reverse for left handed players.

Tick the box if successful R cross if unsuccessful Q

NAME: \_\_\_\_\_

YEAR/LEVEL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

### TEST 1 : DEMONSTRATE 'READY POSITION'

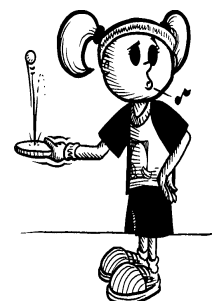
- Knees bent
- Leaning slightly forward
- Racket table height and in the middle of the body

☐☐☐

### TEST 2 : HAND-EYE CO-ORDINATION

- Demonstrate 10 consecutive forehand bouncers  
– Players bounce the ball on their racket using the forehand side.

*3 attempts allowed*

☐

### TEST 3 : HAND-EYE CO-ORDINATION

- Demonstrate 10 consecutive bouncer combos  
– Alternate forehand/backhand.

*3 attempts allowed*

☐

### TEST 4 : FOOTWORK

- Demonstrate footwork for 10 alternate wide forehand/backhands with the racket but without a ball.  
– Start in ready position in one corner of the table.

☐

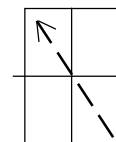
# BRONZE AWARD

---

## TEST 5 : FOREHAND CONTROL

- Player or tester drops the ball from a height of 30cm on the forehand half of the table and hits the ball to the opposite forehand half.
  - Demonstrate 10 forehands with a maximum of 2 mistakes

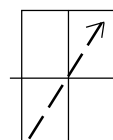
*3 attempts allowed.*

☐

## TEST 6 : BACKHAND CONTROL

- Player or tester drops the ball from a height 30cm on the backhand half of the table and hits the ball to the opposite backhand half.
  - Demonstrate 10 backhands with a maximum of 2 mistakes.

*3 attempts allowed.*

☐

## TEST 7 : FOREHAND RALLY

- Demonstrate a rally of 5 consecutive forehands by the person being tested (i.e. rally of 10 strokes)

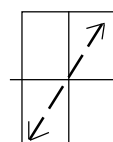
*3 attempts allowed.*

☐

## TEST 7 : BACKHAND RALLY

- Demonstrate a rally of 5 consecutive backhands by the person being tested (i.e. rally of 10 strokes)

*3 attempts allowed.*

☐

## TEST 9 : SERVICE

- Demonstrate 5 consecutive legal services with either forehand or backhand
- Hand flat
- Ball in palm to start the service
- Throw the ball up near vertically at least 15cm
- Racket and ball above the level of the table and behind the end line

☐☐☐☐☐

## TEST 10 : RULES

- Explain 3 requirements of a legal serve
- Explain 5 ways to win a point

☐☐

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME: BRONZE AWARD

NAME	DATE OF BIRTH	TEST 1	TEST 2	TEST 3	TEST 4	TEST 5	TEST 6	TEST 7	TEST 8	TEST 9	TEST 10	DATE	ASSESSOR'S SIGNATURE	ASSESSOR'S NAME AND POSITION

## ASSESSOR'S DETAILS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

We require \_\_\_\_\_ Bronze Certificates @ \$2.00 per certificate.

A cheque is enclosed for \$\_\_\_\_\_ made out to Table Tennis Australia, or  
certificates can be downloaded or copied by your school.

Signature \_\_\_\_\_ Date \_\_\_\_\_

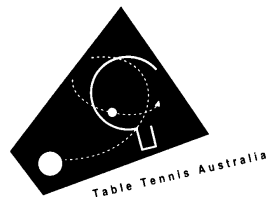
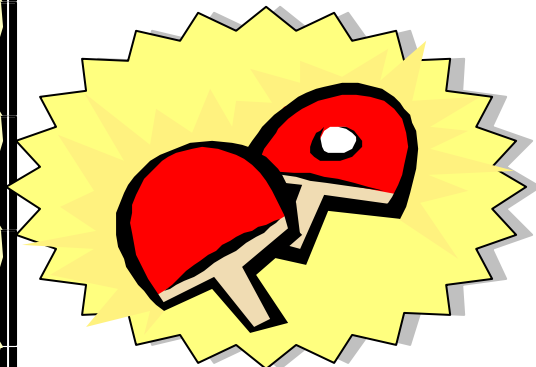
# Certificate of Achievement

*This certifies that*

**BRONZE  
Award**

---

*has successfully completed the  
TABLE TENNIS AUSTRALIA  
SKILLS AWARDS SCHEME*



---

*Signature Award Assessor*

---

*Date*

---

*Name Award Assessor*

---

*Position*

---

*Signature National Coaching Director*

---

*Print Name*

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME

## SILVER AWARD

All examples are for right handed players – reverse for left handed players.

Tick the box if successful R , cross if unsuccessful Q

NAME: \_\_\_\_\_

YEAR/LEVEL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

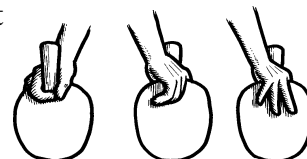
### TEST 1 : DEMONSTRATE CORRECT GRIP AND STANCE FOR READY POSITION, FOREHAND AND BACKHAND

- Ready position – knees bent
  - leaning slightly forward
  - racket table height and in middle of body

☐  
☐  
☐  
☐


- Grip** Shakehand grip
- thumb and forefinger along edges of rubber
  - racket forms a straight line with the arm and shoulder

- Penhold grip
- thumb and forefinger around the handle
  - 3 fingers curled or spread on reverse side of the racket

☐


### TEST 2 : FOREHAND RALLY

- Demonstrate a rally of 20 consecutive forehands by the person being tested (i.e. rally of 40 strokes) with good technique
- Feet at 45° to table
- Racket starts vertical
- Follow through forward and up

☐  
☐  
☐  
☐


*3 attempts allowed*



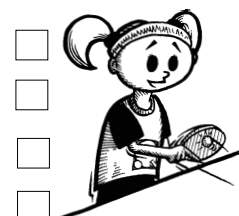
# SILVER AWARD

---

## TEST 3 : BACKHAND RALLY

- Demonstrate a rally of 20 consecutive backhands by the person being tested (i.e. rally of 40 strokes) with good technique
- Feet square on to table
- Racket starts in front of belly button and vertical
- Follow through forward and up and in direction of hit

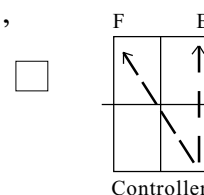
*3 attempts allowed.*



## TEST 4 : FOREHAND – BACKHAND FOOTWORK

- Demonstrate 10 alternate wide forehand/backhands using ‘shuffle’ footwork

*3 attempts allowed*

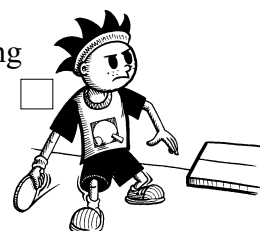


## TEST 5 : TOPSPIN

- Demonstrate 10 consecutive forehand topspins by the person being tested (i.e. rally of 20). Controller blocks the ball

A maximum of 3 mistakes allowed per 10 topspins

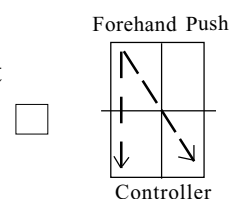
*3 attempts allowed.*



## TEST 6 : FOREHAND PUSH

- Demonstrate 10 consecutive forehand pushes (5 to each side) to alternate forehand and backhand sides. Controller plays push shot also.

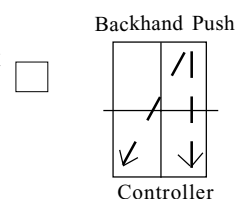
*3 attempts allowed.*



## TEST 7 : BACKHAND PUSH

- Demonstrate 10 consecutive backhand pushes (5 to each side) to alternate forehand and backhand sides. Controller plays push shot also.

*3 attempts allowed.*



# SILVER AWARD

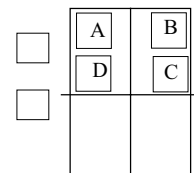
---

## TEST 8 : SERVICE

Place A3 sheets of paper as indicated

- Demonstrate 10 topspin serves to 'A' and 'B' (20 in total)
- Demonstrate 10 backspin serves to 'C' and 'D' (20 in total)
  - A maximum of 3 misses allowed per 10 serves

*3 attempts allowed.*



## TEST 9 : DOUBLES ROTATION

- Explain the system for double's rotation including 1st game, 2nd Game, 3rd Game and at 5-4 in the deciding game.

☐

## TEST 10 : RULES

- Explain the responsibilities of the umpire
  - Check equipment and playing conditions
  - Conduct draw for choice of serve, receive and ends
  - Control the order of serve, receive and ends and correcting any errors
  - Call the score with servers score first
  - Umpire a match incorporating each of the criteria

☐☐☐☐☐

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME: SILVER AWARD

NAME	DATE OF BIRTH	TEST 1	TEST 2	TEST 3	TEST 4	TEST 5	TEST 6	TEST 7	TEST 8	TEST 9	TEST 10	DATE	ASSESSOR'S SIGNATURE	ASSESSOR'S NAME AND POSITION

## ASSESSOR'S DETAILS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

We require \_\_\_\_\_ Silver Certificates @ \$2.00 per certificate.

A cheque is enclosed for \$\_\_\_\_\_ made out to Table Tennis Australia, or  
certificates can be downloaded or copied by your school.

Signature \_\_\_\_\_ Date \_\_\_\_\_

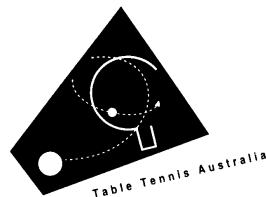
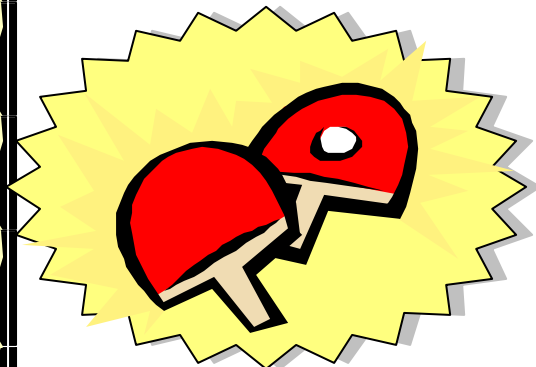
# Certificate of Achievement

*This certifies that*

SILVER  
Award

---

*has successfully completed the*  
**TABLE TENNIS AUSTRALIA**  
**SKILLS AWARDS SCHEME**



---

*Signature Award Assessor*

---

*Date*

---

*Name Award Assessor*

---

*Position*

---

*Signature National Coaching Director*

---

*Print Name*

# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME

## GOLD AWARD

All examples are for right handed players – reverse for left handed players.

Tick the box if successful R , cross if unsuccessful Q

NAME: \_\_\_\_\_

YEAR/LEVEL: \_\_\_\_\_

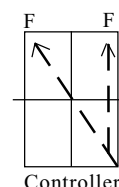
DATE OF BIRTH: \_\_\_\_\_

### TEST 1 : FOREHAND – FOREHAND FOOTWORK

☐

- Demonstrate 20 consecutive forehands placed alternately to the forehand and backhand corner, utilising shuffle footwork.

*3 attempts allowed*



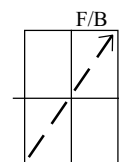
Controller

### TEST 2 : FOREHAND – BACKHAND PIVOT FOOTWORK

☐

- Demonstrate 20 consecutive alternate forehand/backhands from the backhand corner utilising shuffle footwork.

*3 attempts allowed*



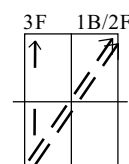
Controller

### TEST 3 : ‘FALCONBERG’ FOOTWORK

☐

- Demonstrate 5 complete rounds of ‘Falconberg’ footwork (15 strokes) from block multiball with a maximum of 2 mistakes (1–backhand from backhand corner, 2–forehand from backhand corner, 3–forehand from forehand corner)

*3 attempts allowed*



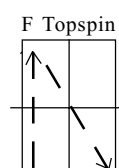
Controller

### TEST 4 : FOREHAND TOPSPIN AGAINST BACKSPIN

☐

- Demonstrate 10 consecutive topspins against multiball backspin with a maximum of 2 mistakes.

*3 attempts allowed*



Controller

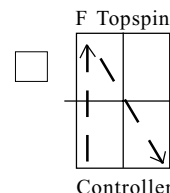
# GOLD AWARD

---

## TEST 5 : FOREHAND TOPSPIN AGAINST BLOCK

- Demonstrate 20 consecutive forehand topspins from block multiball with a maximum of 2 mistakes.

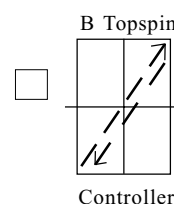
*3 attempts allowed*



## TEST 6 : BACKHAND TOPSPIN AGAINST BLOCK

- Demonstrate 10 consecutive backhand topspins from block multiball with a maximum of 2 mistakes.

*3 attempts allowed*



## TEST 7 : FOREHAND BLOCK AGAINST TOPSPIN

- Demonstrate 10 consecutive forehand blocks against multiball topspins of varied spin and speed to the forehand half of the table with a maximum of 2 mistakes.

*3 attempts allowed*



## TEST 8 : BACKHAND BLOCK AGAINST TOPSPIN

- Demonstrate 10 consecutive backhand blocks against multiball topspins of varied spin and speed to the backhand half of the table with a maximum of 2 mistakes.

*3 attempts allowed*



## TEST 9 : SERVICE AND SERVICE RETURN

- Explain the concept of and demonstrate service and returning backspin, topspin and left and right sidespin serves.

Serve – Topspin ☐  
 – Backspin ☐  
 – Left Sidespin ☐  
 – Right Sidespin ☐

Service Return – Topspin ☐  
 – Backspin ☐  
 – Left Sidespin ☐  
 – Right Sidespin ☐

## TEST 10 : UMPIRING

- Umpire one full match, including announcing the match and players, control of warm-up time, toss for service/ends, scoring during the match, and announcing the full result on completion.



# TABLE TENNIS AUSTRALIA SKILLS AWARD SCHEME: GOLD AWARD

NAME	DATE OF BIRTH	TEST 1	TEST 2	TEST 3	TEST 4	TEST 5	TEST 6	TEST 7	TEST 8	TEST 9	TEST 10	DATE	ASSESSOR'S SIGNATURE	ASSESSOR'S NAME AND POSITION

## ASSESSOR'S DETAILS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

We require \_\_\_\_\_ Gold Certificates @ \$2.00 per certificate.

A cheque is enclosed for \$\_\_\_\_\_ made out to Table Tennis Australia, or  
certificates can be downloaded or copied by your school.

Signature \_\_\_\_\_ Date \_\_\_\_\_

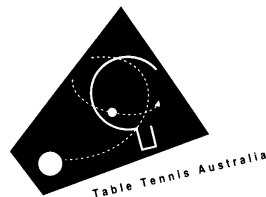
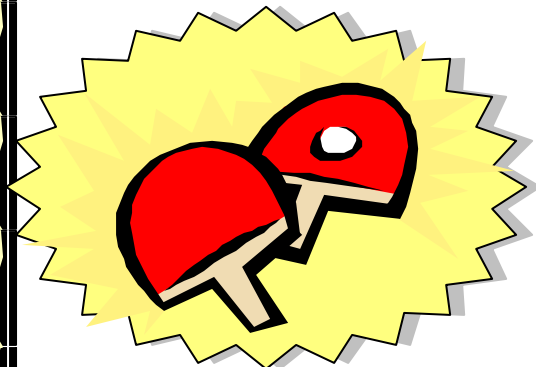
# Certificate of Achievement

*This certifies that*

**GOLD  
Award**

---

*has successfully completed the  
TABLE TENNIS AUSTRALIA  
SKILLS AWARDS SCHEME*



---

*Signature Award Assessor*

---

*Date*

---

*Name Award Assessor*

---

*Position*

---

*Signature National Coaching Director*

---

*Print Name*



## SECTION 8: Rules

### The Rules of Table Tennis

---

SCHOOL EDITION:	.....Page 172
-----------------	---------------

QUICK QUIZ:	.....Page 176
-------------	---------------

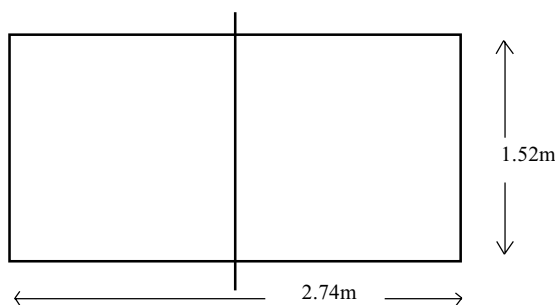
## SECTION 8:

# THE RULES OF TABLE TENNIS – SCHOOLS EDITION

---

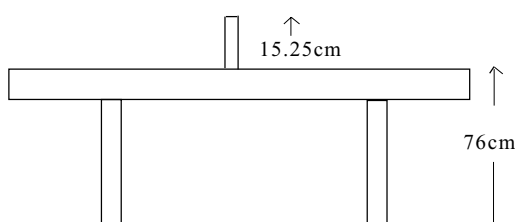
### THE TABLE:

- The surface of the table, known as the playing surface, is rectangular, 2.74m (9ft) long and 1.52m (5ft) wide, and lies in a horizontal plane 76cm (2ft 6in) from the floor.
- The playing surface does not include the sides of the table top.
- Tops Table Tennis tables are 1.8m long and 0.9 wide.



### THE NET ASSEMBLY:

- The net is 15.25cm high (6 inches).
- Tops Table Tennis nets are 0.1m high.



### THE BALL:

- The ball is made of celluloid or similar plastic material and can be white or orange being 40mm in diameter.

### THE RACKET:

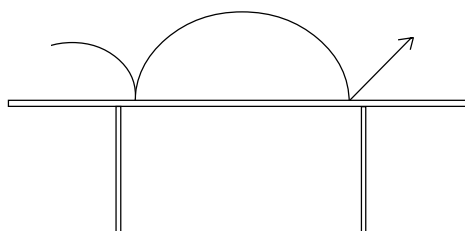
- The racket can be any size, shape or weight
- The surface material covering the wood must be bright red on one side and black on the other and can be pimples or smooth rubber.

## HITTING:

- A player hits the ball if he touches it in play with his racket held in the hand, or with his racket-hand below the wrist.

## A GOOD SERVICE:

- At the start of service the ball must be stationary, resting freely on the flat, open palm of the server's free hand, behind the end line and above the level of the playing surface.
- The server must then throw the ball almost vertically up without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being hit.
- As the ball is falling the server hits it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court.



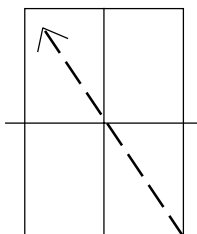
- The ball and the racket must be above the level of the playing surface throughout the serve. The ball must be hit behind the server's end line.

## A GOOD RETURN:

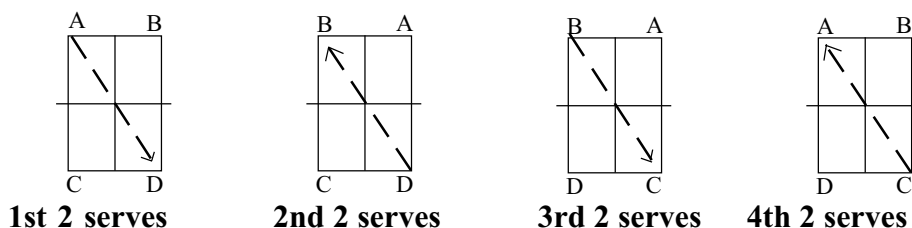
- The ball, after being served or returned, must be hit so that it passes over or around the net assembly and touches the opponent's court, either directly or after touching the net assembly.

## DOUBLES:

- In doubles, the server must first make a good service, the receiver must then make a good return. **All players must take it in turns to hit the ball.**
- When serving in doubles, **the ball must touch successively the right half court of server and receiver.**



- In each game of a doubles match, the pair having the right to serve first will choose which of them will do so and in the first game of a match the receiving pair will decide which of them will receive first. In subsequent games of the match, the first server having been chosen, the first receiver is the player who served to him in the preceding game. At the change of games the opposite team starts to serve.
- In doubles, at each change of service **the previous receiver becomes the server** and the partner of the previous server becomes the receiver.



## A POINT:

Unless the rally is a let, a player scores a point

- if his opponent fails to make a good service;
- if his opponent fails to make a good return;
- if the ball, after he has served or returned it, touches anything other than the net assembly before being struck by his opponent;
- if the ball passes beyond his end line without touching his court, after being struck by his opponent;
- if his opponent obstructs the ball i.e. if anything he wears or carries, touches it in play when it is above or travelling towards the playing surface and has not passed beyond his end line, not having touched his court since last being struck by his opponent;
- if his opponent, or anything his opponent wears or carries, moves the playing surface;
- if his opponent, or anything his opponent wears or carries, touches the net assembly;
- if his opponent's free hand touches the playing surface;

## A GAME:

- A game is won by the player or pair who **scores 11 points** unless both players or pairs score 10 points, then the game is won by the **player or pair that leads by two points** i.e. 12–10, 13–11 etc.
- For Tops Table Tennis, games are to 11. If the score is 10–10, one point only is played to decide the winner (i.e. 11–10).

## A MATCH:

- A match must consist of the **best of any odd number of games**. For schools use 1, 3, 5 or 7 depending on time constraints.
- **Play must be continuous** throughout a match except that any player shall be entitled to claim an interval of not more than 1 minute between successive games.

## THE CHOICE OF SERVING, RECEIVING AND ENDS:

- The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.
- When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.
- After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs have scored 10 points when the sequences of serving and receiving shall be the same but each player shall serve for the only 1 point in turn.

# QUICK QUIZ

---

- Is the ball in or out if it hits the side of the table?  
OUT
- Do you win the game if the score is 7–0 or 11–0?  
NO. You must play to the full score.
- How many Lets can you serve before you lose the point?  
AS MANY AS YOU LIKE. You never lose a point for serving a let.
- In doubles do you serve one serve to each side of the table?  
NO. You only ever serve from your right side court to your opponent's right court.
- If you hit the ball onto the white line is it in or out?  
IN.
- Are you allowed to lean on the table and is your racket allowed to touch the table?  
YES. The only thing that is not allowed to touch the table is your non-playing hand but if you move the table you lose the point.
- How many faults are you allowed to serve before you lose a point?  
Every time you serve a fault you lose a point.
- Can you hit the ball before it bounces on your side of the table?  
If the ball is still in play, (over the table) and you hit it on the full you lose the point.  
If the ball has gone past the table and you hit it on the full you win the point.  
Either way when someone hits the ball on the full the point stops.

For further information contact your State Association for a copy of the International Table Tennis Federation Rules Book or download a copy from [www.ittf.com](http://www.ittf.com)

