

Session 2

Developmental Activities in Table Tennis

A. Introduction

Playing table tennis requires a process to develop the right skills in order to prepare a player or a beginning student to a more engaging and challenging matches. A gradual progression of skills development activities may help the beginning players to master the strokes that are needed in playing table tennis. This session will provide a series of basic introductory activities that are useful in skills development practices.



Figure 1: List of top, most popular Table Tennis domestic tournaments in India. Source: Dharamshi, M. 2018: Online

B. Session Objectives

- Highlight the proper grip of the paddle.
- Demonstrate introductory skills that aim to accelerate the hand, eye and ball coordination.
- Execute basic table tennis strokes as preparatory activities to a more complex movements that are required in playing table tennis.

C. Session Content

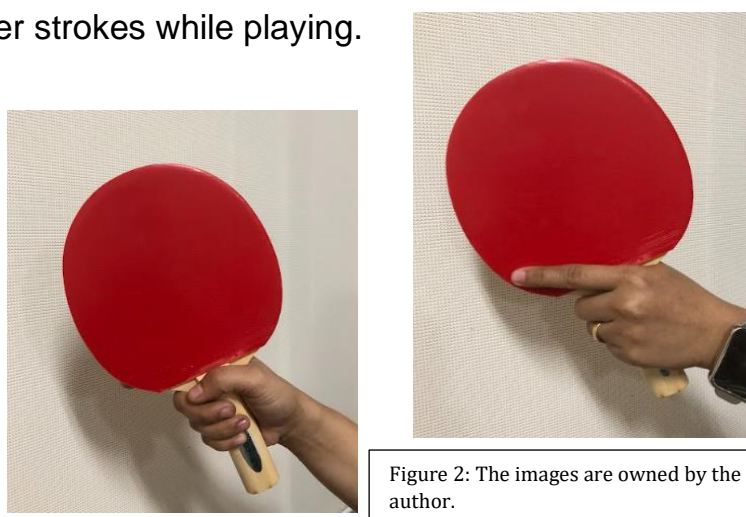
1. Topic 1: Table Tennis Grip

There are different kinds of grip in Table Tennis that are used by players from different level of performances. Players who are advanced in skills are commonly using the grip in which they are more comfortable with. For beginners, the introduction of the proper grip of the paddle is very important. The proper grip of the paddle is suggested to be the first skill to

be practiced by the beginning player since this is the foundation of all the strokes or striking skills in Table Tennis. There are two (2) types of grip in Table Tennis and these are Shakehand and Penhold Grip.

The Shakehand Grip

This grip resembles the shaking of hands with other person. For beginners, this is probably the most convenient grip for playing table tennis. The manner of holding the paddle must not be too tight or too loose to execute proper strokes while playing.



The Penhold Grip

The Penhold type of grip is usually held as if one is holding a pen when writing. Both the thumb and the index finger are placed around the edge of the paddle to have the right amount of grip while playing. This type of grip is not easy to use especially so for beginning players. This grip may use only one side of the paddle in hitting the ball unlike the Penhold grip which may most of the time using both sides of the paddle.



Figure 3: The images are owned by the author.

2. Topic 2: Introductory Activities for Eye, Hand and Ball Coordination.

Ball Rolling Activities

- The ball is placed on top of the paddle and have it roll over on top preventing it to fall on the ground. This can be done in 30 seconds for beginners.



Figure 4: The image is owned by the author.

Ball Tapping Activities

Forehand Tap – The action is held by tapping the ball to the air using forehand stroke to practice ball control and movement accuracy.

Standing



Sitting



Walking



Figure 5: The images are owned by the author.

Backhand Tap – The action is held by tapping the ball to the air using backhand stroke to practice ball control and movement accuracy.

Standing



Sitting



Walking



Figure 6: The images are owned by the author.

Forehand and Backhand Tap – The action is held by tapping the ball to the air using both forehand and backhand stroke to practice ball control and movement accuracy.

Suggested Activities:

1. *Forehand ball tapping activity:*
 - a. Phase 1: 15 repetitions of continuous and good taps
 - b. Phase 2: 30 repetitions of continuous and good taps
 - c. Phase 3: 60 repetitions of continuous and good taps
2. *Backhand ball tapping activity:*
 - a. Phase 1: 15 repetitions of continuous and good taps
 - b. Phase 2: 30 repetitions of continuous and good taps
 - c. Phase 3: 60 repetitions of continuous and good taps
3. *Forehand and Backhand ball tapping activity:*
 - a. Phase 1: 15 repetitions of continuous and good taps
 - b. Phase 2: 30 repetitions of continuous and good taps
 - c. Phase 3: 60 repetitions of continuous and good taps

Wall Drills

Forehand Wall Drill – This activity is a continuous rhythmical action drills in which the ball is hit towards the wall using forehand stroke and hit it back and forth as if there is an exchange of ball or a rally in a match. This is a preparatory activity for game matches.

Figure 7: The images are owned by the author.





Backhand Wall Drill – This activity is a continuous rhythmical action drills in which the ball is hit towards the wall using backhand stroke and hit it back and forth as if there is an exchange of ball or a rally in a match. This is a preparatory activity for game matches

Figure 8: The images are owned by the author.

Forehand and Backhand Wall Drills – This activity is a movement of the arm strokes using a combination of forehand and backhand stroke in hitting the ball against the wall. This prepares the beginning player to adapt to the pace of the hit coming from opponent's side. This illustrates the games itself through a drill.

Suggested Activities:

1. Forehand wall drill activity:
 - a. Phase 1: 15 repetitions of continuous and good hits
 - b. Phase 2: 30 repetitions of continuous and good hits
 - c. Phase 3: 60 repetitions of continuous and good hits
2. Backhand wall drill activity:
 - a. Phase 1: 15 repetitions of continuous and good hits
 - b. Phase 2: 30 repetitions of continuous and good hits
 - c. Phase 3: 60 repetitions of continuous and good hits
3. Forehand and Backhand wall drill activity:
 - a. Phase 1: 15 repetitions of continuous and good hits
 - b. Phase 2: 30 repetitions of continuous and good hits
 - c. Phase 3: 60 repetitions of continuous and good hits

D. Conclusion

“Trust the Process” is really applicable in teaching and learning table tennis. It takes time, effort, perseverance and technical understanding of what really table tennis is. Giving importance in learning the basics of the sport in a gradual manner will help a lot in the development of the skills that are required in each area of the training or practice. Teachers and coaches are primary agents of technical skills that is why their guidance and supervision will help to enhance the skills needed, to correct the improper ways, to motivate learners to gain knowledge, skills and the right attitude through this sport.

References:

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