



Session 2

C-PE 3 (3 units)

**PATHFIT 3 – *Developmental Activities in
Table Tennis***

Fall Semester 2024



Session 2

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.

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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Developmental Activities in Table Tennis



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



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Table Tennis Grip

- *Purpose of learning the proper grip.*
- *It's importance*
- *In comparison with other sports' grip*
- *Types of Grips*

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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.



Figure 2: The images are owned by the author.

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The Shakehand Grip

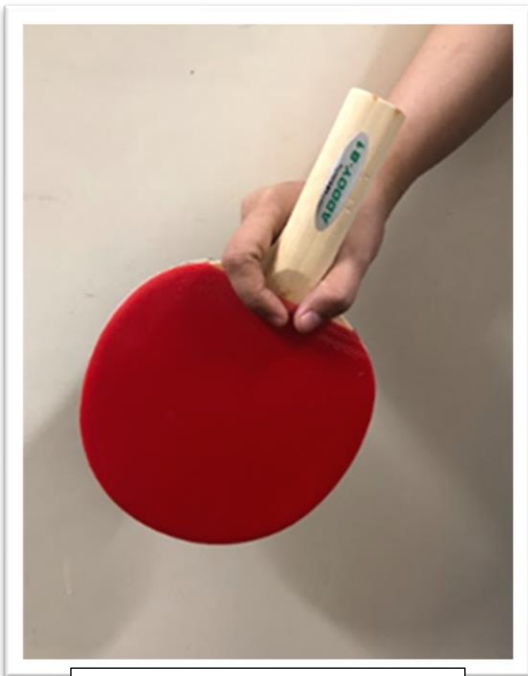


Figure 3: The images are owned by the author.

- The type of grip that 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 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.



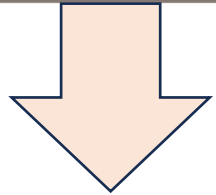
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**Introductory Activities for *Eye, Hand and
Ball* Coordination.**

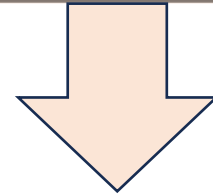


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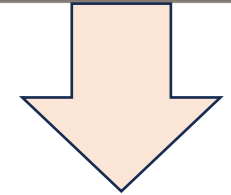
Introductory Activities for *Eye, Hand and Ball* Coordination.



**Movement
Background**



Importance



Purpose

Session 2

Ball Rolling Activity 1: Standing Position

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 author owns the video.
Demonstrator: Coach Steffy

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Ball Rolling Activity 1: Walking

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 5: The author owns the video.
Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Standing

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



Figure 6: The author owns the video.
Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Sitting

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



Figure 7: The author owns the video.
Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Walking

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



Figure 8: The author owns the video.
Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Standing

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



Figure 9: The author owns the video.
Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Sitting

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

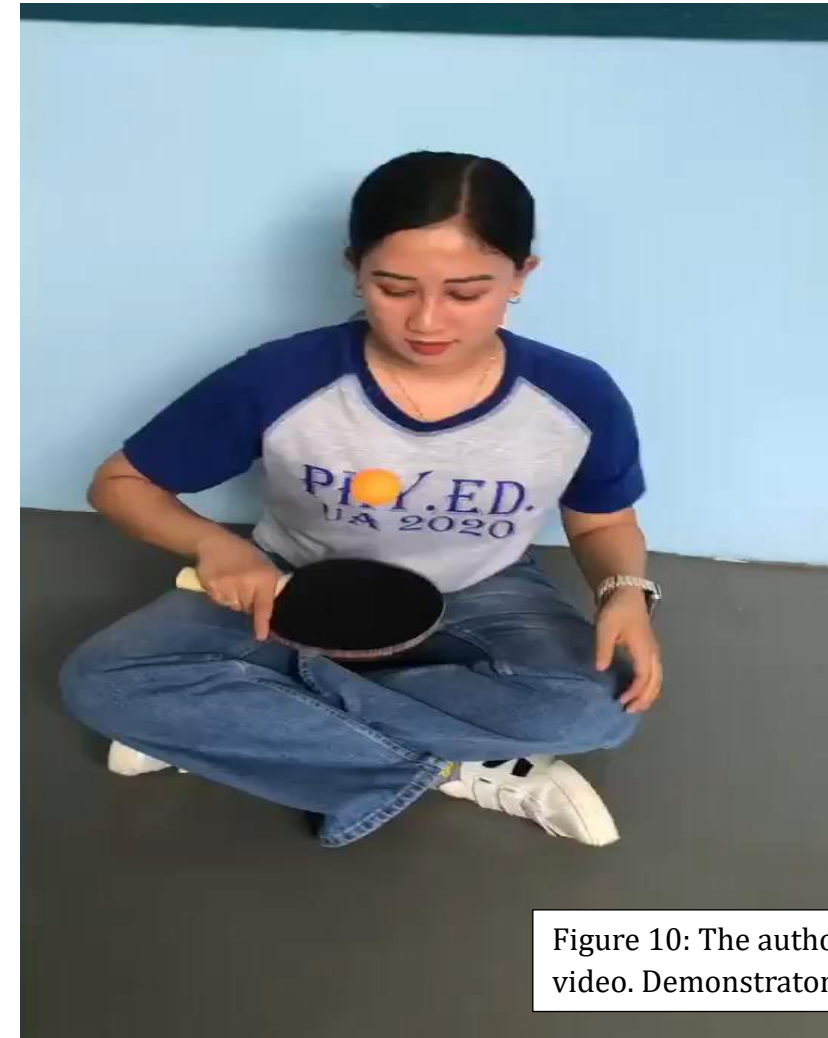


Figure 10: The author owns the video. Demonstrator: Coach Steffy

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Ball Tapping Activity 1: Walking

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

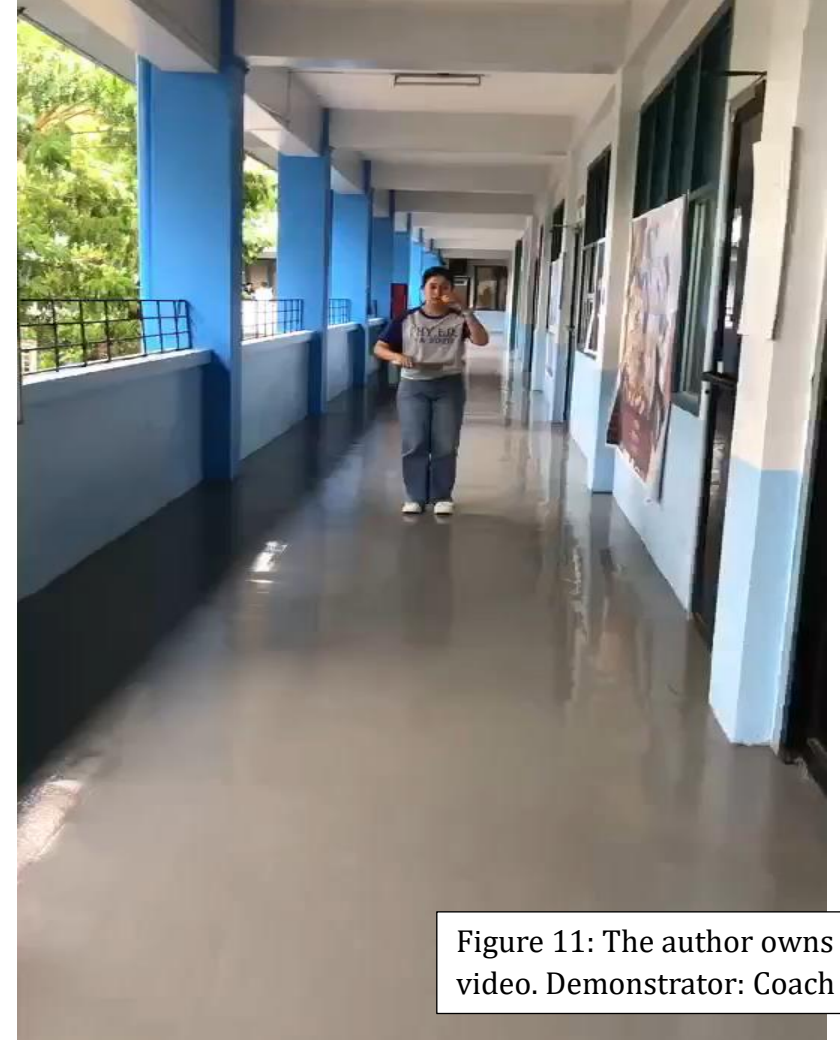


Figure 11: The author owns the video. Demonstrator: Coach Steffy



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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

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.



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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
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Figure 12: The author owns the video. Demonstrator: Coach Steffy



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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



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May S. Flores, LPT, Ed.D.
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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



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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



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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Figure 12: The author owns the video. Demonstrator: Coach Steffy



Session 2

Wall Drills

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.



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Figure 13: The author owns the video. Demonstrator: Coach Steffy



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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.



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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



Figure 14: The author owns the video. Demonstrator: Coach Steffy



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Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

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



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May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
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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



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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.



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Professor, School of Education
University of the Assumption
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