

Session 3

Basic Skills and Strokes in Table Tennis

A. Introduction

Several people love playing sports for a reason. Learning the basic skills is one of the primary concern in terms of execution of the required movements like in Table Tennis. If one would like to improve the efficiency of movement and playing form, learning the basic skills in proper way a must.

B. Session Objectives

- Articulate the developmental activities to the basic strokes in table tennis
- Illustrate the importance of learning progression of the table tennis skills.
- Demonstrate variations of table tennis strokes.
- Execute shadow strokes with footwork.

C. Session Content

Stances and Footwork

The Footwork Pattern:

This describes how the foot/feet work along with the arms and body. Since the personal and shared space of the players is just enough for them to move close to the table, a simple side-to-side pattern works well for players.



Figure 1: Basic Skills in Table Tennis: Beginner's Guide. Source: Table Tennis Arena, M. 2024:

A right stance is one of the basic skills in table tennis in which one should not neglect in learning to improve and stabilize the body during the execution of the strokes during the match. The following is a basic guide to demonstrate the basic stance and ready position.

- The feet are placed parallel to each other on a shoulder-width apart.
- The other foot should be placed in front of the other. For instance, a right-handed person must place his left foot ahead the right foot and vice versa.
- The knees are held in a pain free half knee bend to allow mobility while playing.
- The body should position leaning a little forward towards the direction of the ball while the arms are readily place a little forward keeping the paddle in a right angle. This illustrates the ready position for a match.

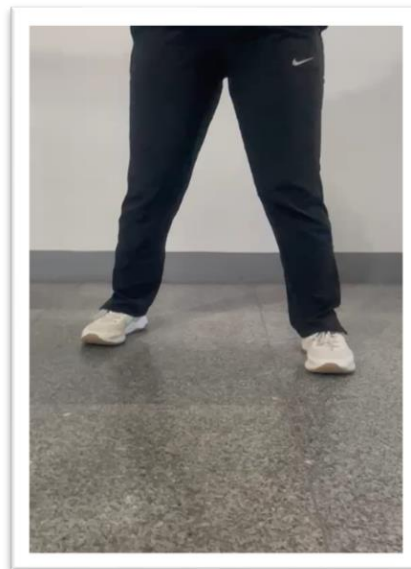


Figure 2: The author owns the video. Demonstrator: Coach Steffy

Skills and Strokes

Forehand and Backhand

Push- it is performing by extending the arm and hitting the ball lighter than any other strokes with the use of the paddle.

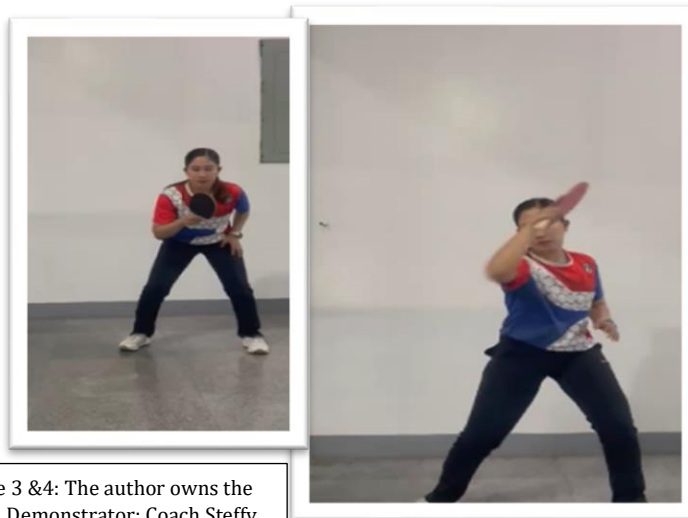


Figure 3 &4: The author owns the video. Demonstrator: Coach Steffy

Forehand and Backhand Push

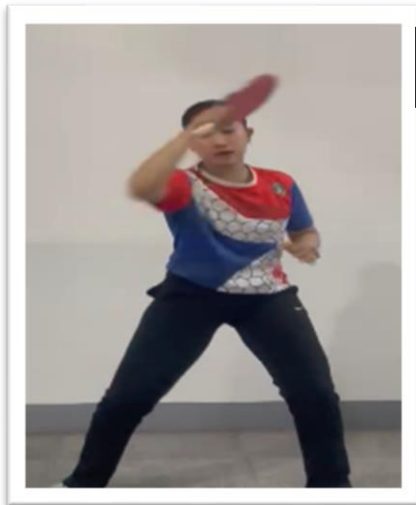
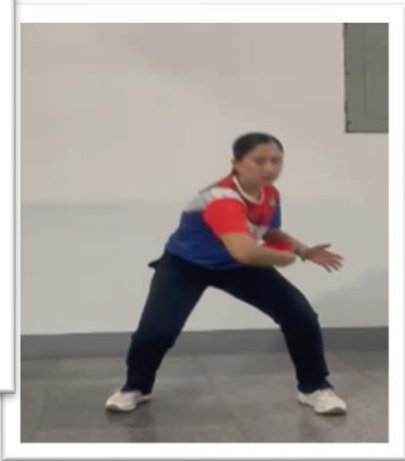


Figure 5&6: The author owns the video. Demonstrator: Coach



- ✓ Usually held to make the delivered ball hard to receive.
- ✓ Stroke that has a follow-through movement.

Forehand and Backhand Drive

Forehand drive is usually performed by extending the arms holding the paddle and backswinging the arms hitting the ball vigorously while the backhand drive is performed by crossing the arms using backhand grip and hitting the ball with the use of the paddle

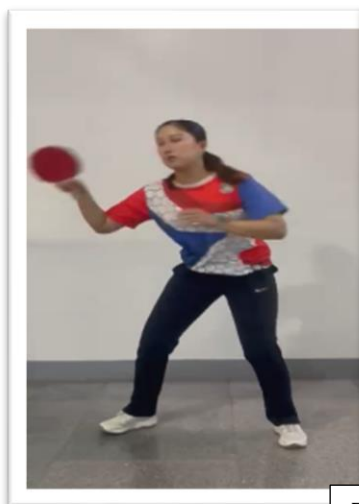


Figure 7&8: The author owns the video. Demonstrator: Coach

Forehand and Backhand Loop

Usually held to receive ball delivered via chop stroke.



Figure 9 & 10: The author owns the video. Demonstrator: Coach

Performance Task:

1. Execute the correct stance with side-to-side footwork patterns within 16 times going to sideward right and left/vise-versa.
2. Execute properly the Forehand push with correct stance, 10 times.
3. Execute the back hand push with correct stance, 10 times.
4. Execute the forehand drive with correct stance, 10 times.
5. Execute the backhand drive with correct stance, 10 times,
6. Execute the forehand spin with correct stance, 10 times.
7. Execute the backhand spin with correct stance, 10 times,
8. Execute the forehand loop with correct stance, 10 times.
9. Execute the backhand loop with correct stance, 10 times,
10. Execute all the given strokes with proper footwork, 8x each side.

D. Conclusion

We refer to the basic strokes as to push, drive, spin, chop and the loop. Learning all of these strokes alongside with the proper footwork, arm execution and the proper body movement refers to the skills in table tennis. One learned strokes alone without the other necessary bodily movement is not a ready skill for table tennis match. It should include all the basic movements and coordination of the body parts to efficiently perform well the basic skills.

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