



Session 3

C-PE 3 (3 units)

PATHFIT 3 – *Basic Skills and Strokes in Table Tennis*

Fall Semester 2024



Session

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.



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Lecturer:

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Session Objectives:

- Demonstrate variations of table tennis strokes.
- Execute shadow strokes with footwork.



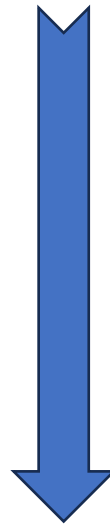
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Stance and Footwork

Purpose

Pattern

Importance

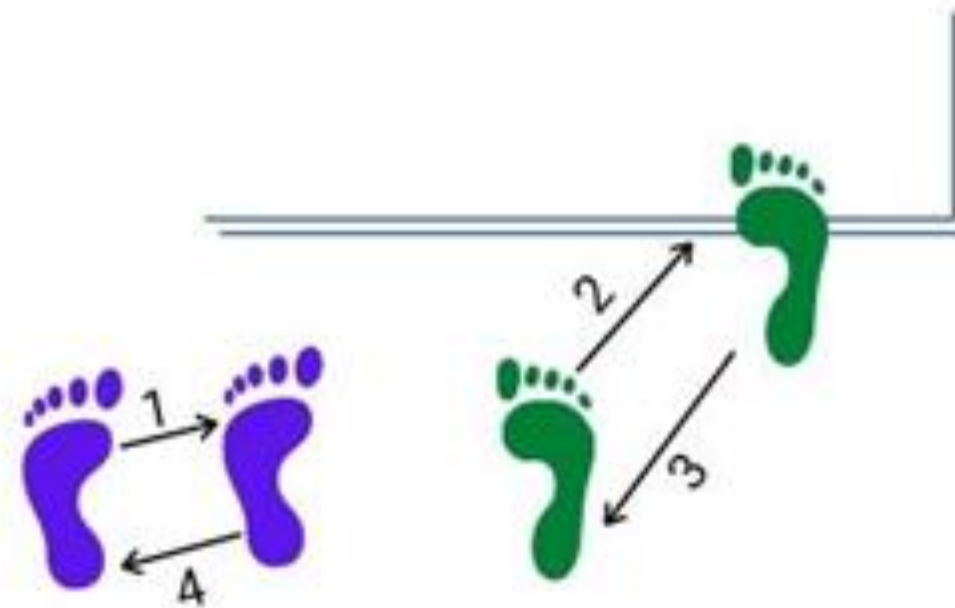


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Footwork Pattern



In and Out Footwork Pattern

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

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Stance

- ✓ Stand with legs wider at about shoulder-width apart.
- ✓ Left foot must be placed ahead of the right if the player is right-hander and vice versa.
- ✓ Knees should be bent a little to maintain stability of the body position at the center of gravity.
- ✓ The body must lean a little forward with the arms right ahead of the body.
- ✓ Stay on the ready position until the ball is served and about to receive it.



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

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The movement of the feet and legs when hitting the ball with a push stroke

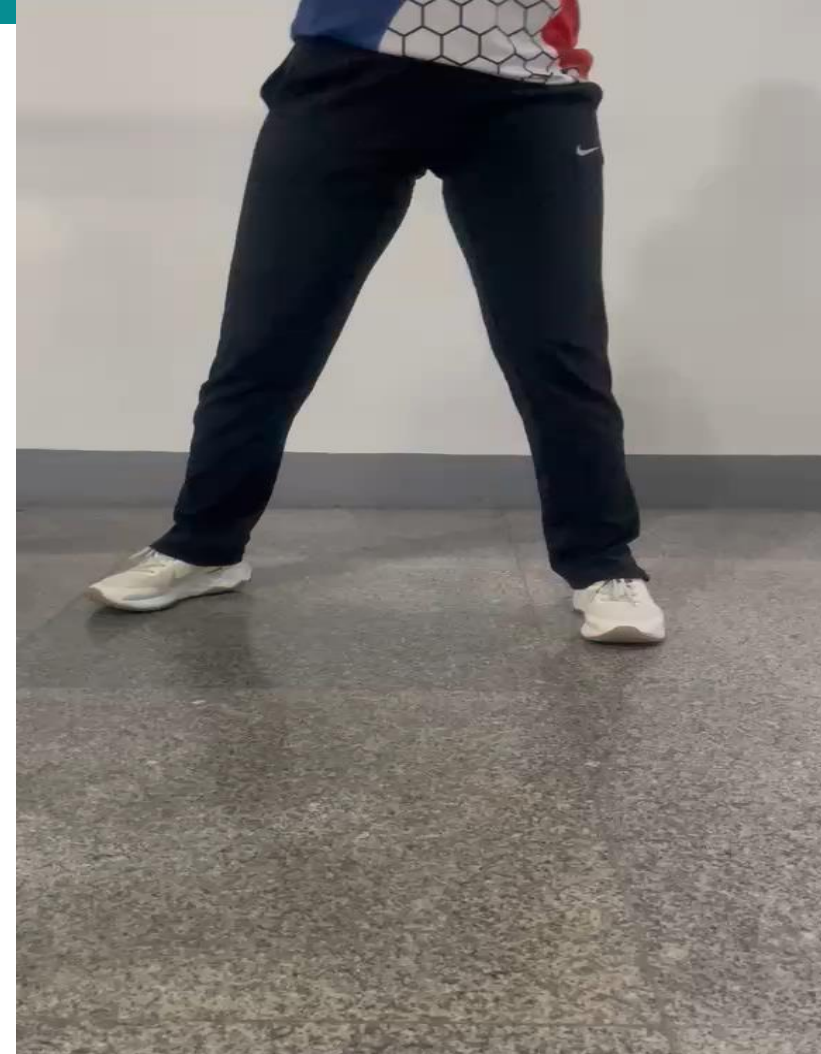
Figure 3: The author owns the video.
Demonstrator: Coach Steffy



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Transfer of weight when
doing the forehand push

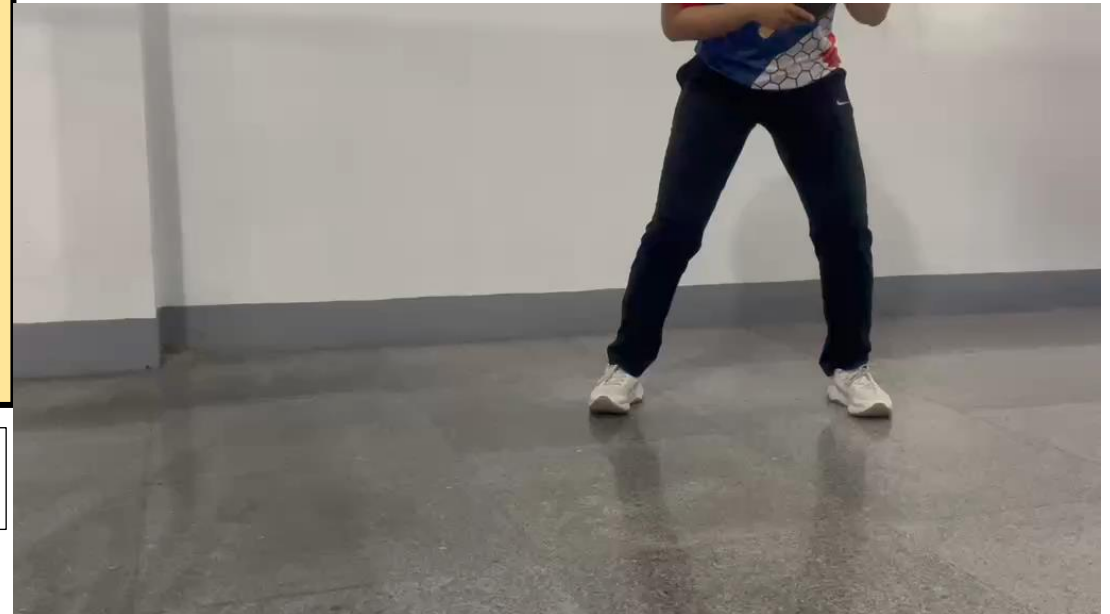
Figure 4: The author owns the video.
Demonstrator: Coach Steffy



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The side-to-side movement of the feet and legs when hitting the ball with spin, drive and loop strokes.

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





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Skills and Strokes

- Forehand and Backhand Push
- Forehand and Backhand Spin
- Forehand and backhand Drive
- Forehand and backhand Loop

Chop
As defense



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Skills and Strokes

- **Forehand and Backhand Push**
 - Forehand and Backhand Spin
 - Forehand and backhand Drive
 - Forehand and backhand Loop

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Forehand Push

- ✓ The easiest among the strokes.
- ✓ Foundational stroke for beginning players.

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

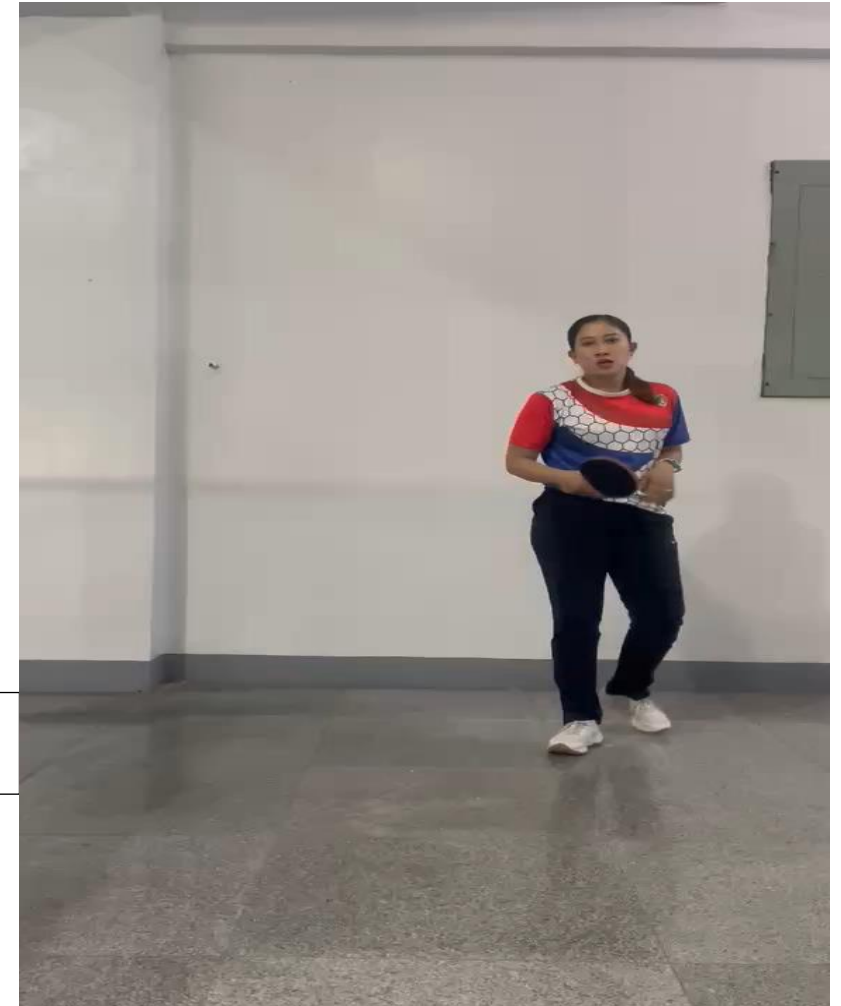


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Backhand Push

- ✓ Foundational stroke for beginning players.
- ✓ Serves as defense stroke.

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



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Forehand Push with Footwork

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



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Backhand Push with Footwork

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





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Skills and Strokes

- Forehand and Backhand Push
- **Forehand and Backhand Spin**
 - Forehand and backhand Drive
 - Forehand and backhand Loop

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Forehand Spin

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

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



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Backhand Spin

- ✓ The hit is coming from the hip level across the body.

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



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Forehand Spin with Footwork

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



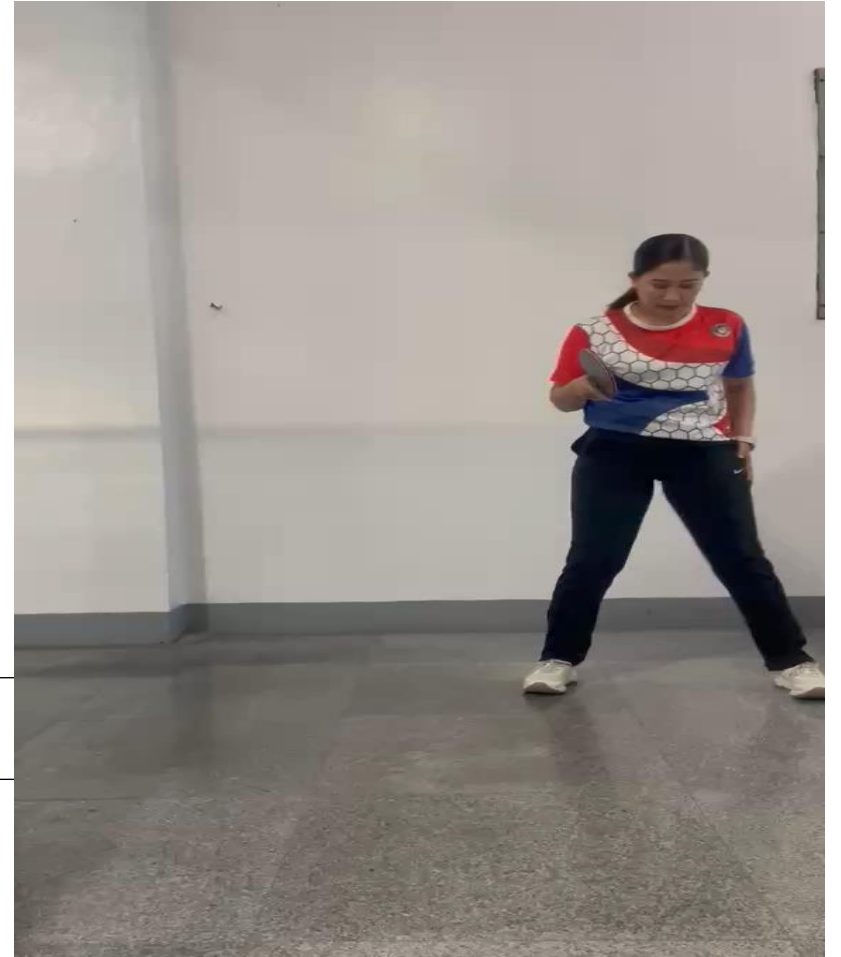
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Backhand Spin with Footwork

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





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Skills and Strokes

- Forehand and Backhand Push
- Forehand and Backhand Spin
- **Forehand and backhand Drive**
 - Forehand and backhand Loop

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Forward Drive Defense for high ball.

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



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Forward Drive with Footwork

- ✓ Apply the forehand drive with side-to-side footwork.

Figure 15: The author owns the video. Demonstrator: Coach Steffy





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Skills and Strokes

- Forehand and Backhand Push
- Forehand and Backhand Spin
- Forehand and backhand Drive
- **Forehand and backhand Loop**

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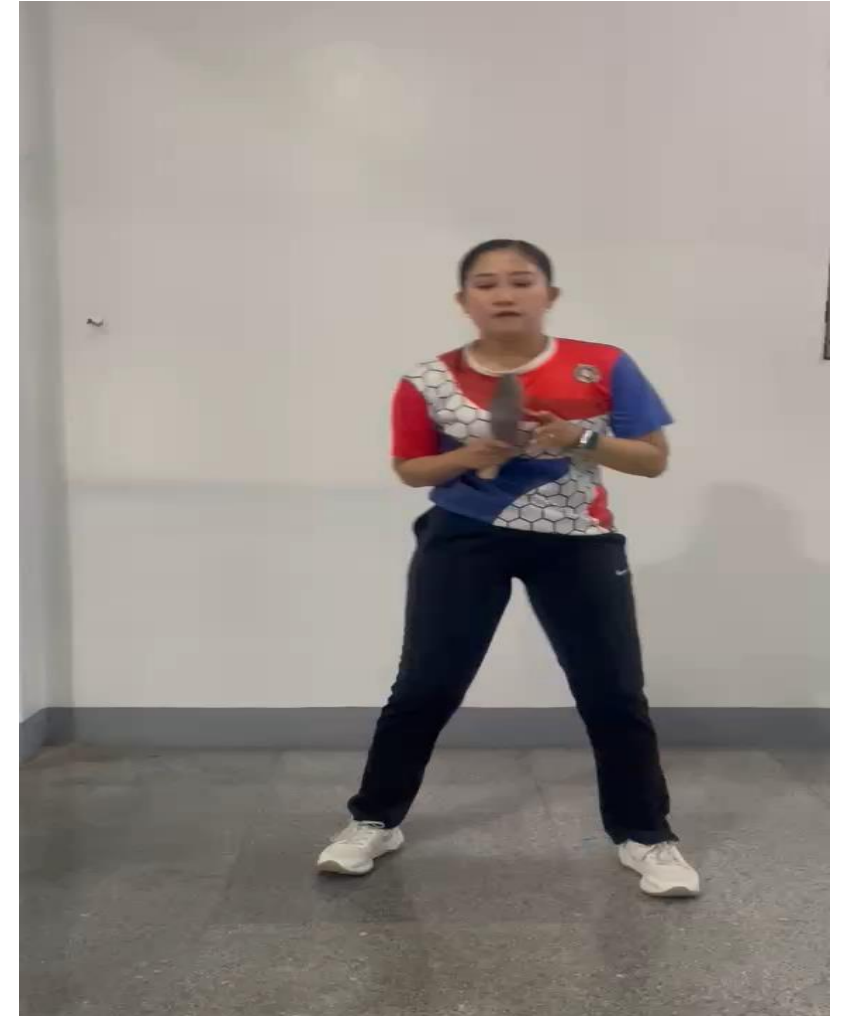
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Forehand Loop

- ✓ Usually held to receive ball delivered via chop stroke.

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



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Forehand Loop with side-to-side Footwork

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



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Backhand Loop

Figure 15: The author owns the video. Demonstrator: Coach Steffy



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Backhand Loop with side-to-side Footwork

Figure 16: The author owns the video. Demonstrator: Coach Steffy





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Conclusion: *Basic Skills and Strokes in Table Tennis*



Session 2

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Video Exhibit

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C-PE3: Physical Activities Toward Health and Fitness 3

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