

Session 4

Serving the Ball (Preparatory Activity for Matches)

A. Introduction

As part of the skill development activity in teaching and learning sports skills is the preparatory phase. This phase allows the students to take developmental activity that are required in a particular sport like table tennis. Synonymous to Volleyball, Table tennis has a variety of way in developing the right skill in serving the ball. This skill is vital in aiming to get a point once it is delivered right. The improvement or changes in the execution of the skill is seen after several practice and drills. Serving the ball requires accuracy and excellent ball trajectory to ace the delivery of the ball in serving phase.

B. Session Objectives

- Identify legal manner of serving the ball.
- Explain the importance of learning the basic of table tennis serve and its performance progression.
- Demonstrate variety of drills for skills development from beginning players to advanced.
- Demonstrate preparatory activity-drills for matches.
- Execute combine skill movements necessary for playing table tennis.

C. Session Content

1. Topic 1 Basic Guide in Table Tennis

- a. Ball placement
- b. Ball toss

Ball Placement on Serving Hand

The ball must be resting on the open palm of the serving player which is likewise visible to the opponent.

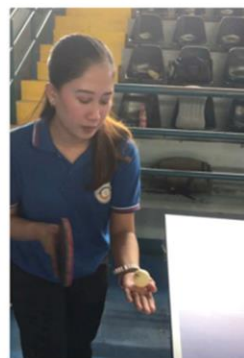


Figure 1&2: The author owns the photos. Demonstrator: Coach Steffy

Common Errors in handling the Ball

Improper handling of the ball causes a player to commit fault.



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

Ball Toss in Service

The ball must be tossed at least six (6) inches above the table before it is served.



Figure 5: Pingpong Serves: A Complete Guide. Source: Horscroft, A. 2023: Online

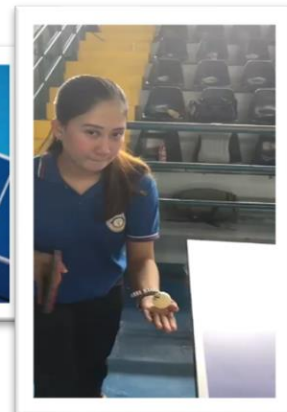


Figure 6: The author owns the video. Demonstrator: Coach Steffy

Forehand Serve

The ball is served in simple forehand serve.



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

Backhand Serve

The ball is served in simple backhand serve.



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

Hitting Drills in Table Tennis

- *Enhances body coordination.*
- *Improves muscle memory on movement required by the sport.*

Purpose of Hand-fed Drills

- *to project the ball on the right angle and trajectory for beginners.*
- *provides opportunity for a good reception of ball.*

Hand Ball-Feeding Drills for Beginners (Forehand Drill)

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



Purpose of Paddle-fed Drills

- *To practice speed of ball reception.*
- *To allow players to explore playing spaces.*

Ball-Feeding Drills for Beginners / Advanced Players (Backhand Drill)

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



Ball Reception Drills

Familiarity with the receiving movement technique.

- *Reception-ready*
- *Range of movement*
- *Adjustment*

Forehand Drill -preparation for match rally.

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



Serve-Receive Drills

- Drill objective/s
- When to and when not to teach and learn serve-receive drill?

D. Conclusion:

Table tennis serving skills is important like any other skills in playing the sport. A good serve determines a strong start of the match. Failing to deliver a good serve means giving away a point or points to the opposing player or a team. In general, perfecting the serving skill provides better opportunity to perform well in the rally.

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