



Session 4

C-PE 3 (3 units)

PATHFIT 3 – *Serving the Ball* (*Preparatory Activity for Matches*)

Fall Semester 2024



Session 4

Lecturer:

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



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Session Objectives:

- Demonstrate preparatory activity-drills for matches.
- Execute combine skill movements necessary for playing table tennis.



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Basic Guide in Table Tennis Serve

- ✓ *Ball placement*
- ✓ *Ball toss*

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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.

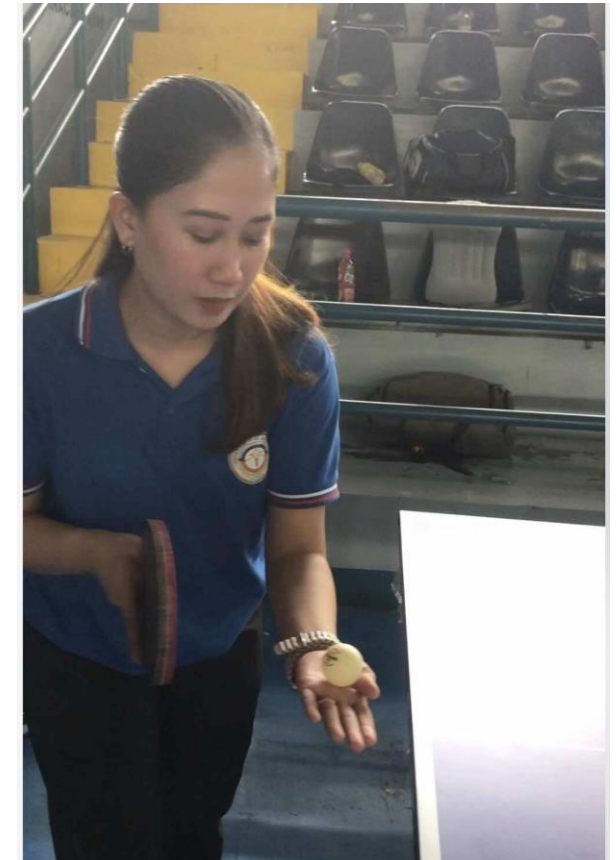


Figure 1&2: The author owns the photos. Demonstrator: Coach Steffy

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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

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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

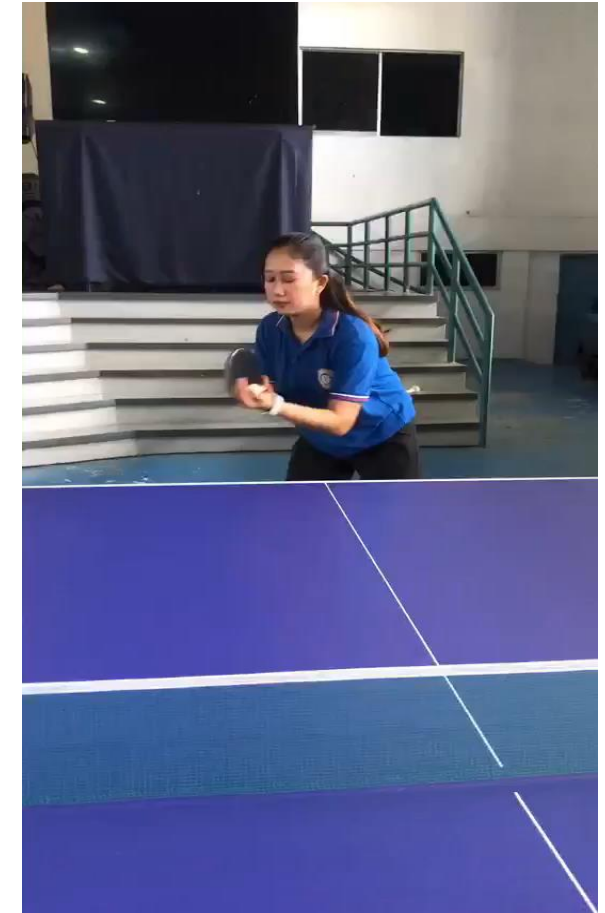
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Forehand Serve

The ball is served
in simple forehand
serve.



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



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Backhand Serve

The ball is served
in simple
backhand serve.

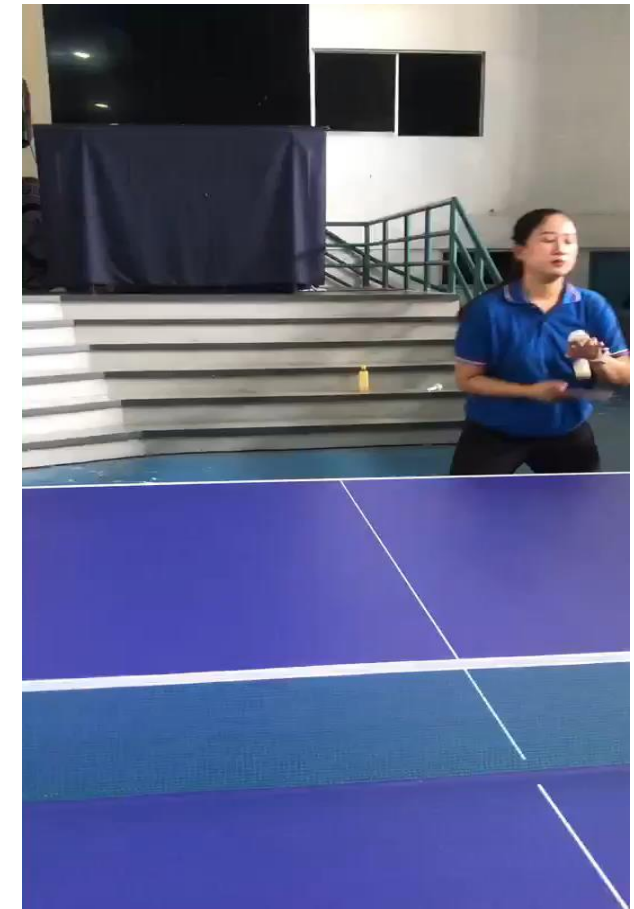


Figure 9 & 10: The author owns the photo-video. Demonstrator: Coach Steffy

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Forehand Chop Serve



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

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Backhand Chop Serve

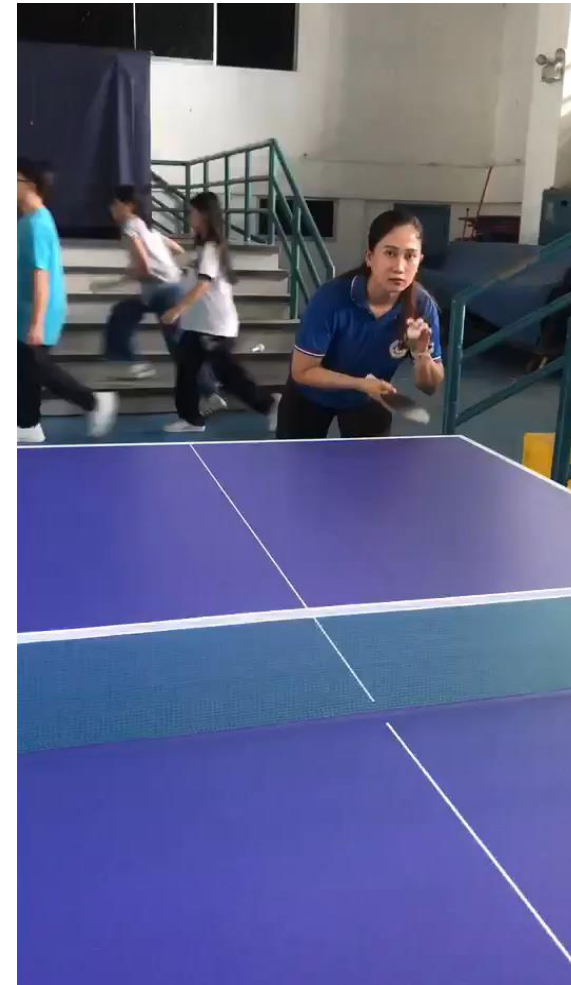


Figure 12: The author owns the video.
Demonstrator: Coach Steffy

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Forehand Fastball Serve

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



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Backhand Fastball Serve

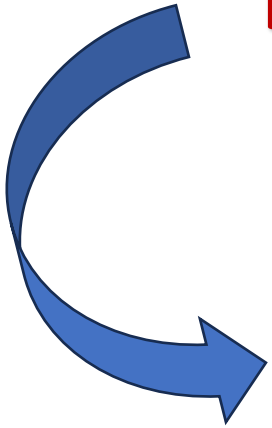
Figure 14: The author owns the video.
Demonstrator: Coach Steffy





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Hitting Drills in Table Tennis



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



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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.

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Hand Ball-Feeding Drills for Beginners (Forehand Drill)

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



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Hand Ball-Feeding Drills for Beginners (Backhand Drill)

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



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Hand Ball-Feeding Drills for Beginners (Forehand & backhand Drill)

Figure 17: The author owns the video.
Demonstrator: Coach Steffy





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Purpose of Paddle-fed Drills

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

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

Figure 18: The author owns the video.
Demonstrator: Coach Steffy



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

Figure 19: The author owns the video.
Demonstrator: Coach Steffy





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Ball Reception Drills

- Familiarity with the receiving movement technique.
 - *Reception-ready*
 - *Range of movement*
 - *Adjustment*

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Forehand Drill
*-preparation for match
rally.*

Figure 20: The author owns the video.
Demonstrator: Coach Steffy



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Backhand Drill *-preparation for match rally.*

Figure 21: The author owns the video.
Demonstrator: Coach Steffy





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Serve-Receive Drills

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

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**Forehand Serve-
Backhand
Receive**
*-preparation for
match rally.*

Figure 22: The author owns the video.
Demonstrator: Coach Steffy

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**Backhand Serve-
Backhand
Receive**
*-preparation for
match rally.*



Figure 23: The author owns the video.
Demonstrator: Coach Steffy



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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.



Session 2

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