

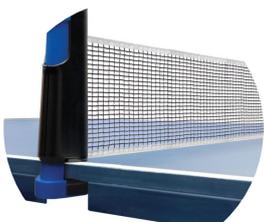
# CLASSROOM & HOME GUIDE

Table Tennis is one of the few sports in the world that is light on resource and space. This Classroom and Home guide is specially designed for teachers and parents to provide children with fun exercises in school and/or at home as we are facing a medical crisis. This guide aims to increase physical activity where space and resources are limited. Table Tennis Australia hope that the activities outlined below will keep children engaged in a fun manner and at the same time develop their hand-eye coordination and help to keep them active.

## EQUIPMENT

Our philosophy is that any table is a table tennis table! Whether you have all the equipment like the professionals, or a dining room table and some books, you can create your very own table tennis set up at home or in the classroom.

Get in touch with us to get bats, balls and tables delivered to your home or school!



Net



Table



Targets



Bats & Balls



# LEARNING THE BASICS

## The Grip Shake Hand

Hold the handle of the bat in the palm of your hand.

Thumb and forefinger roughly parallel to the straight edge of the rubber.

Wrap the remaining fingers loosely around the handle.

## The Stance Ready Position



## Keepy Uppies

- Balance or bounce ball on bat
- Count the number of times the ball hits bat or set a fixed time period (one minute)
- Explore both sides of the bat while encouraging the use of the correct grip



Progression Alternate between backhand & forehand



Regression Use soft toy or balloon instead of ball

## Wall Table Tennis

- Player tries to strike ball onto wall
- First try to catch the ball
- Next try to return the ball directly from the wall



Progression Find a partner and play against each other



Regression Roll ball against wall along the ground

# PROGRESS TO RALLYING

## Throw, Hit, Catch

- Players take turns to throw ball over the net to partner
- One player strikes the ball and the other player catches the ball



Add target to table to test accuracy



Use the side of the table without a net and roll the ball to each other



## Target Shooters

- Place targets on different positions on the table.
- Players serve and try to hit the target.
- The ball has to bounce before and after it goes over the net



Allow to bounce more than once on opponents side before striking the target



Try serving down the line

# "PLAYING LIKE A PRO"

Watch training 101 | Forehand & Backhand Counter Hit presented by our National Para Head Coach, Alois Rosario and our friends at Ping Skills.

CLICK HERE!



## BACKHAND



### Backhand Rally

- Develop backhand hit by swinging bat in front of your bat with the bat side on back of your hand
- Forward movement is up and forward
- Analogy: throwing a frisbee



Add movement or include consistency target (e.g. 25 shots in a row)



Get partner to throw you the ball

## FOREHAND

### Forehand Rally

- Stand in semi side way
- Hit the ball on the side of you that is on the palm of your hand
- Forward movement is up and forwards
- Bat angle in the direction of the intended travel of the ball



Add movement or include consistency target (e.g. 25 shots in a row)



Get partner to throw you the ball

# INFORMATION

## Websites

Spinneroos | [www.spinneroos.com.au](http://www.spinneroos.com.au)

Table Tennis Australia | [www.tabletennis.org.au](http://www.tabletennis.org.au)

Ping Skills | [www.pingskills.com](http://www.pingskills.com)

## Contact Information

Spinneroos | [spinneroos@tabletennis.org.au](mailto:spinneroos@tabletennis.org.au)

Sporting Schools | [anshul@tabletennis.org.au](mailto:anshul@tabletennis.org.au)

## Hygiene Information

It's important to ensure that all activities remain as safe as possible. We recommend washing hands before and after handling equipment, and avoiding touching your face during activities where possible.

## Special thanks

Sport Australia and the Move it Aus initiative

Table Tennis England

Ping Skills



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AUSTRALIA  
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