

TECHNIQUE : BASIC STROKE

BACKHAND DRIVE

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:

1. Ready position
2. Backswing to include arm and body movement
3. Forward movement to include the forward swing & contact
4. Follow through

These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.



1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach
- Slight rotation at the waist

3. FORWARD MOVEMENT

- Produced from the elbow and bat moves forward and slightly upwards
- Contact at top of the bounce in front of eye line

4. FOLLOW THROUGH

- Bat moves in the direction you want the ball to travel
- Recover to ready position

TOP TIP

- When finishing the shot imagine you are looking at yourself in a mirror on the back of your bat
- Similar action to throwing a Frisbee