

## TECHNIQUE : BASIC STROKE

# BACKHAND PUSH

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 with an open angle

## 3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball underneath and early off the bounce

## 4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

### TOP TIP

- Making an L shape with your elbow on the backswing and push your arm forwards to an I on the swing
- Finish with your index finger pointing towards the target (like a gun)