



TECHNIQUE : FEEDS

1. BOUNCE & HIT FEED

Ideal for beginners. The feeder bounces the ball onto the table and hits it carefully, imparting the appropriate level of speed and spin needed to the point on the opposite side of the table required for the player to be able to perform the stroke.

2. THROW FEED

Perfect for beginners and feeders less able to control the ball with a bat. Feeders who do not have the skills to hit the ball into the required area are most likely to use this method. The ball to be thrown gently to the target area on the opposite side of the table required to enable the player to be able to perform the stroke.

3. MULTI-BALL FEED

A very good system for feeding the ball to the player from the beginner right through to advanced level. It can also be used for improving reaction time, speed and frequency, as well as developing technique. This method uses a box or bucket of balls, with the feeder playing a number of balls one after the other, carefully imparting the appropriate amount of speed and spin, to the points required on the opposite side of the table. A number of players can be involved at the same time by having one feeding, one hitting the ball and the others picking the balls up and putting them back into the box.