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.

**TOP TIP**
- Hip to lip (start and finish points for the bat)
- Similar action to throwing a discuss
- Finish with your index finger pointing towards the target (like a gun)