

TECHNIQUE : BASIC STROKE

FOREHAND 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 with left foot slightly forward
- Close to the table

2. BACKSWING

- $\frac{1}{4}$ rotation demo the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body unwinds from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position

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)