

## TECHNIQUE : BASIC STROKE

# BACKHAND SERVE

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 from the waist to the left
- Arm rotates back and upwards to the chest

## 3. FORWARD MOVEMENT

- Arm moves forward and downwards as the body unwinds from the waist
- Weight transfers from the left to the right foot
- Contact in eye line

## 4. FOLLOW THROUGH

- Bat arm continues to move forward and downwards
- Recover to ready position

### TOP TIP

- The ball must be thrown up at least 16cm in a near vertical trajectory
- The ball is struck after it has reached the peak of the throw and has begun to fall
- The ball must bounce each side of the table