

# "TABLE TENNIS IN SCHOOLS PROGRAM"



Australian Sports  
Commission



# Tops Table Tennis - A Game For Everyone

Table Tennis Australia and its State and Territory affiliates are committed to the development of Table Tennis for young people. Table Tennis Australia has developed a comprehensive Table Tennis in Schools Program to facilitate the growth of the sport in Australia. The Table Tennis in Schools Program offers a range of opportunities to increase the number of young people experiencing and playing quality Table Tennis in Schools and Clubs. This will encourage ongoing participation in Table Tennis throughout the lives of those who become involved in the program.

**TOPS TABLE TENNIS** - is the basis of the *Table Tennis in Schools Program*.

**TOPS TABLE TENNIS** - is a Program that aims to introduce the sport of Table Tennis to young people *in Primary and Secondary Schools* through a progressive range of fun and innovative Table Tennis related lessons and activities.

**TOPS TABLE TENNIS** - is designed to meet the demands of all teachers regardless of their Table Tennis or sport related background. The *lesson plans, basic stroke and activity cards, skill circuits and competition formats* ensure that anyone can conduct a comprehensive Tops Table Tennis class.

**TOPS TABLE TENNIS** - is easy to organise and designed to develop the Table Tennis *skills and knowledge* of the students who participate, in an enjoyable learning environment.

**TOPS TABLE TENNIS** - has been developed according to the National Curriculum encompassing *play, skill development, the game and assessment* to ensure complete student development in Table Tennis.

**TOPS TABLE TENNIS** - can be conducted in whatever space is available. Whether it be a classroom, a gymnasium or even outside, there are *readily adaptable activities* suitable for all environments.

**TOPS TABLE TENNIS** - has a range of *modified and full size equipment* that can be used in conjunction with the resource, including rackets, tables and balls.

**TOPS TABLE TENNIS** - is a comprehensive program that offers all teachers and coaches an opportunity to learn and teach the fun and dynamic sport of Table Tennis.

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## WHO IS THIS RESOURCE FOR?

This is a resource for Coaches, Physical Education Teachers, Teachers of Sport, Parents and anyone interested in organising a Table Tennis Program.

Prior knowledge of table tennis is advantageous, though not a prerequisite as the lessons progress in a step-by-step manner with full explanations.

The resource is designed using the following format:

### Section 1: Introduction

### Section 2: Lesson Plans

May be followed directly, with full reference to all equipment required and descriptions of all skills and activities.

The Basic Stroke Cards, Activity Cards, Competition Formats, Assessment and Rules Sections are used in conjunction with the lessons and are referred to in the lessons.

All lessons are based on 50 minutes.

### Section 3: Basic Stroke Cards

May be placed around the gym or hall as a reference for the major strokes.

### Section 4: Activity Cards

Provide a variety of fun, table tennis specific warm-ups and activities. They have one side for student use with a picture and simple explanation, with the reverse side providing teacher/coach information on equipment, safety points and ways of altering the activity to make it easier or harder.

### Section 5: Skills Circuits

These have not been added into the lessons, but may serve as an additional lesson, or as a substitute for one of the proposed lessons.

Skill Circuits are excellent for large numbers with minimal equipment.

## Why Modify?

Modified sport enables children to more quickly develop the skills required to play adult sport. Fun and enjoyment are emphasised with activities designed to meet the competitive capabilities of the maturing child.

For table tennis, the table is often too high and large to develop correct stroke technique or to reach the ball. Also, the level of hand/eye co-ordination required to play table tennis is beyond most 5-8 year olds, thus the need for modifications and pre-table tennis development work.

The Tops Table Tennis Program has been developed based on the National Junior Sports Policy of the Australian Sports Commission and the National Curriculum and Standards Framework. Their model has been adapted to table tennis where we have targeted three levels as follows.

TABLE TENNIS IN SCHOOLS - DEVELOPMENTAL PATHWAY				
DEVELOPMENT STAGE	AGE	DEVELOPMENT EXPERIENCES	SCHOOL PROGRAMS	COMPETITION OPPORTUNITIES
ONE	5-8 years	<ul style="list-style-type: none"> <li>• Co-ordination skills</li> <li>• Spontaneous play &amp; movement</li> <li>• Informal games</li> <li>• Minor Games</li> </ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"> <li>• 5x1 hour lessons</li> <li>• Skills cards</li> <li>• Skills circuits (Modified)</li> </ul>	<ul style="list-style-type: none"> <li>• After School Junior League Division 1</li> </ul>
TWO	9-16 years	<ul style="list-style-type: none"> <li>• Co-ordination skills</li> <li>• General skill development</li> <li>• Modified sport</li> </ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"> <li>• 10x1 hour lessons</li> <li>• Skill awards / certificates</li> <li>• Skills cards</li> <li>• Skills circuits</li> <li>• SEPEP (Modified progressing to full size)</li> </ul>	<ul style="list-style-type: none"> <li>• After School Junior League Division 2</li> <li>-Inter/intra school/club</li> <li>-Tournaments</li> <li>-State School Championships</li> <li>-Australian School Championships</li> </ul>
THREE	9-16 years	<ul style="list-style-type: none"> <li>• Sports specific skill development</li> <li>• Talent squads</li> <li>• Table tennis camps</li> </ul>	TOPS TABLE TENNIS <ul style="list-style-type: none"> <li>• 5x1 hour lessons</li> <li>• Skill awards /certificates</li> <li>• Skills cards</li> <li>• Lift your game video</li> <li>• SEPEP (Full Size)</li> </ul>	<ul style="list-style-type: none"> <li>• After School Junior League Division 3</li> <li>-Inter/intra school/club</li> <li>-Tournaments</li> <li>-Australian Schools Championships</li> <li>-Australian Junior Championships</li> </ul>

## Skill Development

# Grip

(2 minutes)

## Shakehand Grip

1. The racket is held in the palm of the hand.
2. The thumb and forefinger lie roughly parallel to the straight edge of the rubber.
3. The remaining three fingers are wrapped loosely around the handle to provide stability.



*Shakehand Grip  
Forehand*



*Shakehand Grip  
Backhand*

## Penhold Grip

1. The thumb and forefinger circle the handle.
2. The remaining fingers curl or spread on the back surface.



*Penhold Grip  
Front View*



*Penhold Grip  
Back View  
Chinese Style*



*Penhold Grip  
Back View  
Korean/Japanese Style*

## LEVEL 3: Tops Table Tennis

# Lesson 12: Topspin Against Backspin

### Equipment

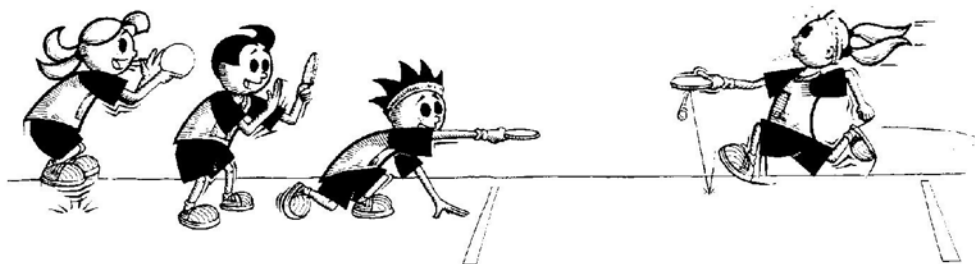
- 1 racket per player
  - 1 ball per 2 students
  - 1 table tennis table per 2-4 students
- OR
- 1 school table per student

### Intro Activity

(5 minutes)

Table Tennis Relays

*Refer Activity Card 1 - Page 81*



### Skill Development

## Push

(10 minutes)

#### **Forehand Push**

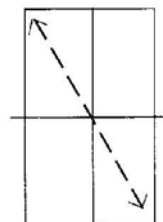
(5 mins)

- Count how many consecutive forehand pushes a pair can hit into the forehand areas.

#### **Backhand Push**

(5 mins)

- Count how many consecutive backhand pushes a pair can hit into the backhand court areas.



*Forehand Push*



*Backhand Push*

*NB: Diagrams are for right handers*



## Topspin Against Backspin

(5 minutes)

**Technique:** Refer Stroke Card 6 - Page 78

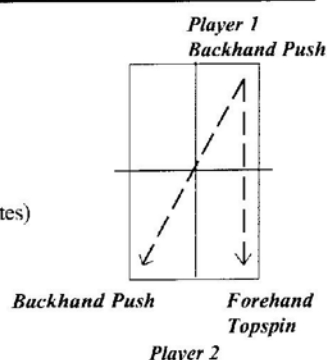
- Feet are side on (45° to the table).
- The racket starts low and vertical.
- The racket then moves almost vertically upwards, brushing the ball and finishing above head height.
- The racket must come more vertically upwards than the forehand topspin against a drive.



## Topspin Against Backspin Game

(5 minutes)

- Player 1 backhand pushes one to backhand and then one to the forehand.
- After 2 pushes, player 1 plays a backhand push to the backhand side then a forehand topspin.
- The players play on until someone wins the point. (5 minutes)
- Change roles and repeat the process. (5 minutes)



## Topspin/Backspin Game

(5 minutes)

- Play a game where one player is only allowed to push until the other player topspins. (5 minutes)
- In the second game roles can be reversed. (5 minutes)

### Game

## Ladder Tournament

(20 minutes)

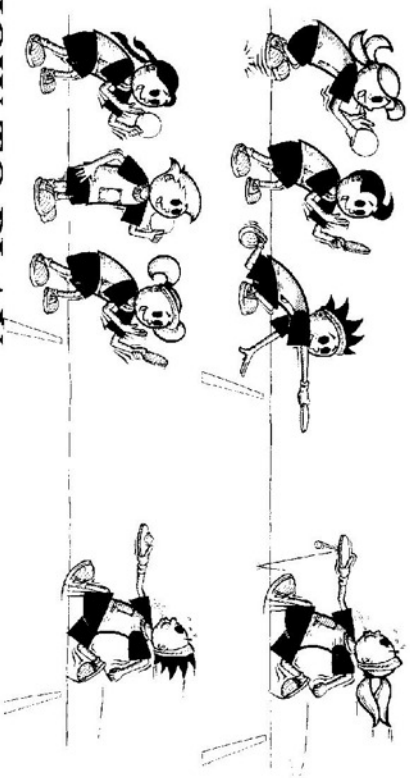
Refer Competition Format 8 - Page 151



## SECTION 4: ACTIVITY CARDS

### ACTIVITY CARD: 1

## TABLE TENNIS RELAYS – LEVEL 1-2-3

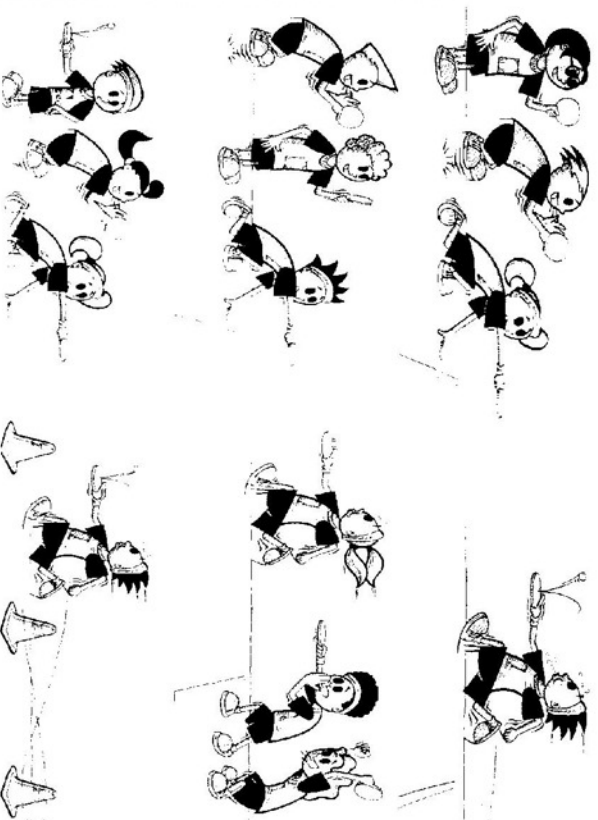


### HOW TO PLAY

- Divide the players into teams of 3–4.
  - On the start signal ('go' or 'whistle'), the first player of each team performs the task and passes the ball to the second player, and so on.
  - At the end of relay, teams sit down in their lines.
  - Relays may be done:
    - "Ball balancing on racket"
    - "Ball bouncing on floor"
    - "Ball bouncing in air"
- all using the racket with correct grip.

*Relays may be done in 3 ways*

- a) to a fixed point and back.
- b) teams split in 2 and facing each other a fixed distance apart.
- c) using cones or players to zig-zag.



# TABLE TENNIS RELAYS

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## SAFETY POINTS

- Ensure there are not sharp corners to run into or items on the floor.
- Encourage participants to look ahead when running to avoid collisions.

## EQUIPMENT

- 1 racket per player (or team)
- 1 table tennis ball per team

## CHANGES TO THE GAME

- Easier: • Ball balance relay.
- Harder: • When bouncing the ball on the floor and in the air, alternate forehand and backhand hits.

## SIMILAR GAMES TO PLAY

- Transfer Ball – Activity Card 12, Page 103



## SECTION 5: SKILLS CIRCUITS

Challenging children through Skill Circuits is an excellent way to encourage and promote involvement in a wide range of skills and activities. Skill Circuits are characterised by a variety of separate stations, each requiring different skills from the children, set up around a court. The stations are designed to encourage maximum participation and individual improvement.

As many stations as desired can be set up, with 10 as the suggested maximum number. Children should work in groups of 2–4 so that each child receives a high degree of involvement in a particular skill. Certain activities require partners, so in groups with 3, ensure that each child has a turn with a partner. The suggested time spent at each station is 1–2 minutes, followed by a 1 minute change over during which the children move to the next station (in a clockwise direction, for example) and report scores to the coach. One convenient and effective way to regulate this is to make a music tape with 1–2 minutes of music... 1 minute no music... 1–2 minutes music... 1 minute no music... and so on. This way the children know when to move and prepare for the next station.

You need to allow sufficient time at the beginning of the lesson to explain each station carefully. The master sheets provided for each station's activity should be photocopied and laminated or attached to heavy cardboard, then placed around the circuit area to direct the children.

One member of each team will be responsible for counting the number of points scored, and reporting to the coach.



## SECTION 6: COMPETITION FORMATS

### DESCRIPTION

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There are a wide variety of competition formats which include;

**A. KNOCKOUT DRAW**

This system can be used where you have a lot of students. With this system, once you lose you are eliminated. It involves fewer matches than the other systems.

Players are placed into the first round. Winners move on, the losers are eliminated until you are left with one winner.

*Refer Competition format 3–4, Page 146–147*

**B. CONTINUOUS KNOCKOUT DRAW**

This system incorporates the principles of the Knockout and Round Robin draws. It works with players commencing in a Knockout Draw format however the losers are not eliminated they just feed into another Knockout Draw. This continues until all players receive a final placing.

The draw is set out in matches from 1 to 80. Players all start in round 1. This can be drawn randomly or players can be placed to separate the better players in the first round.

At the end of each round:

- winners of each match (M) go to the position in the next round signified by WIN M.
- losers of each match go to the position in the next round signified by LOS M.

eg. The winner of match M1 moves to the position in Round 2 WIN M1  
AND the loser of match M1 moves to the position in Round 2 LOS M1.

*This follows through the draw until Round 5 where all players will be given a final placing.*

*Refer Competition format 5, Page 148*

**C. ROUND ROBIN**

This system can be used to ensure each player or pair plays several matches, with everyone in a group playing each other. After the groups are completed you may play off the winners against each other, second place getters against each other and so on. From this you can work out a placing for each player/pair at the end of the competition.

Play all the matches in order until they are all completed. At the end of all the matches total the number of matches and games won and lost by each player. The winner is the person with the highest number of wins.

*Refer Competition format 6–7, Page 149–150*

## SECTION 7:

# ASSESSMENT – ONGOING

On going assessment of players progress may be recorded during week 1 and 5 of a 5 week program, and during week 1, 5 and 10 of a 10 week program. Use a tick or a cross.

At the end of a 5 or 10 week program, players may then be tested using the Table Tennis Australia Skills Award Scheme (Gold, Silver and Bronze)

NAME \_\_\_\_\_ YEAR \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

	TEST 1	TEST 2	TEST 3
<b>GRIP</b>			
> Can demonstrate the correct grip			
> Maintains the correct grip during training drills			
> Maintains the correct grip during games			
<b>SERVICE TECHNIQUE</b>			
> Serves from behind the table			
> Throws the ball up			
> Can hit the ball to land on both sides of the table			
<b>FOREHAND TECHNIQUE</b>			
> Feet placed approx. 45 degrees to table			
> Starts stroke beside body			
> Finishes with bat at shoulder height or above			
> Has control over the stroke			
> Can place the ball			
> Number of consecutive forehands achieved			
<b>BACKHAND TECHNIQUE</b>			
> Feet and body facing target			
> Start with bat low and in front of the body			
> Finishes with bat at shoulder/head height			
> Has control over the stroke			
> Can place the ball			
> Number of consecutive backhands achieved			

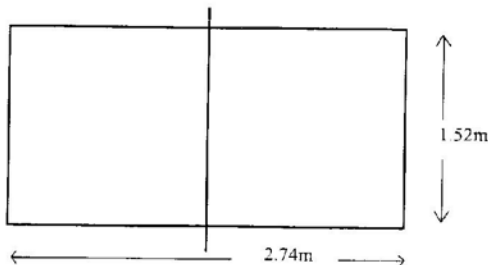
## SECTION 8:

# THE RULES OF TABLE TENNIS – SCHOOLS EDITION

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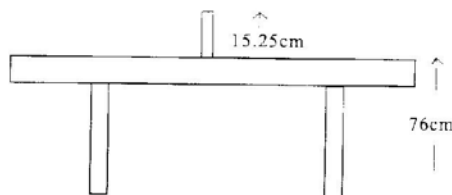
### THE TABLE:

- The surface of the table, known as the playing surface, is rectangular, 2.74m (9ft) long and 1.52m (5ft) wide, and lies in a horizontal plane 76cm (2ft 6in) from the floor.
- The playing surface does not include the sides of the table top.
- Tops Table Tennis tables are 1.8m long and 0.9 wide.



### THE NET ASSEMBLY:

- The net is 15.25cm high (6 inches).
- Tops Table Tennis nets are 0.1m high.



### THE BALL:

- The ball is made of celluloid or similar plastic material and can be white or orange being 40mm in diameter.

### THE RACKET:

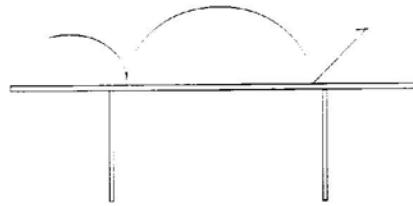
- The racket can be any size, shape or weight
- The surface material covering the wood must be bright red on one side and black on the other and can be pimples or smooth rubber.

## HITTING:

- A player hits the ball if he touches it in play with his racket held in the hand, or with his racket-hand below the wrist.

## A GOOD SERVICE:

- At the start of service the ball must be stationary, resting freely on the flat, open palm of the server's free hand, behind the end line and above the level of the playing surface.
- The server must then throw the ball almost vertically up without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being hit.
- As the ball is falling the server hits it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court.



- The ball and the racket must be above the level of the playing surface throughout the serve. The ball must be hit behind the server's end line.

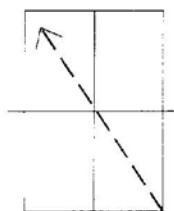
## A GOOD RETURN:

- The ball, after being served or returned, must be hit so that it passes over or around the net assembly and touches the opponent's court, either directly or after touching the net assembly.

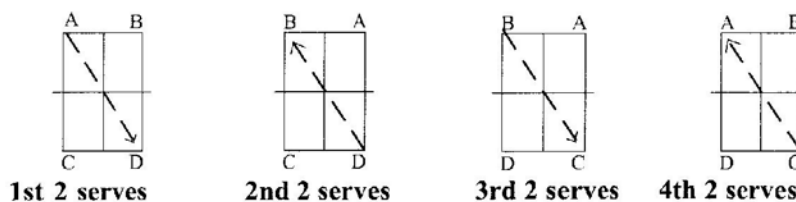


## DOUBLES:

- In doubles, the server must first make a good service, the receiver must then make a good return. **All players must take it in turns to hit the ball.**
- When serving in doubles, **the ball must touch successively the right half court of server and receiver.**



- In each game of a doubles match, the pair having the right to serve first will choose which of them will do so and in the first game of a match the receiving pair will decide which of them will receive first. In subsequent games of the match, the first server having been chosen, the first receiver is the player who served to him in the preceding game. At the change of games the opposite team starts to serve.
- In doubles, at each change of service **the previous receiver becomes the server** and the partner of the previous server becomes the receiver.



## A POINT:

Unless the rally is a let, a player scores a point

- if his opponent fails to make a good service;
- if his opponent fails to make a good return;
- if the ball, after he has served or returned it, touches anything other than the net assembly before being struck by his opponent;
- if the ball passes beyond his end line without touching his court, after being struck by his opponent;
- if his opponent obstructs the ball i.e. if anything he wears or carries, touches it in play when it is above or travelling towards the playing surface and has not passed beyond his end line, not having touched his court since last being struck by his opponent;
- if his opponent, or anything his opponent wears or carries, moves the playing surface;
- if his opponent, or anything his opponent wears or carries, touches the net assembly;
- if his opponent's free hand touches the playing surface;

### **A GAME:**

- A game is won by the player or pair who **scores 11 points** unless both players or pairs score 10 points, then the game is won by the **player or pair that leads by two points** i.e. 12–10, 13–11 etc.
- For Tops Table Tennis, games are to 11. If the score is 10–10, one point only is played to decide the winner (i.e. 11–10).

### **A MATCH:**

- A match must consist of the **best of any odd number of games**. For schools use 1, 3, 5 or 7 depending on time constraints.
- **Play must be continuous** throughout a match except that any player shall be entitled to claim an interval of not more than 1 minute between successive games.

### **THE CHOICE OF SERVING, RECEIVING AND ENDS:**

- The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.
- When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.
- After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs have scored 10 points when the sequences of serving and receiving shall be the same but each player shall serve for the only 1 point in turn.