

TABLE TENNIS ACTIVITY CARD 1

BALL BOUNCE



EQUIPMENT NEEDED:

- Stop watch x1
- Whistle x1
- Table tennis bat x1
- Table tennis ball x1

COACH/LEADER:

Start the stopwatch and time 60 seconds.
Use the whistle to start and stop the activity.
Record all scores on the spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. Find a space. The first player holds the ball and the bat.
When the coach/leader blows the whistle the time will start.

Bounce the ball on the bat, using forehand only, while your partner counts how many times you do this. If the ball drops, pick it up and carry on counting from the last number until the whistle blows. Partner tells the coach/leader the score. Change over.

KEY TO SUCCESS:

- watch the ball
- don't hit it too high
- stay balanced

TABLE TENNIS ACTIVITY CARD 1 – BALL BOUNCE

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Bounce ball on bat using alternate backhand and forehand.

Bounce ball on edge of bat.

Stand on one leg.

Increase time to 90 seconds.

DECREASE DIFFICULTY:

Sit on floor.

Reduce the time to 30 seconds.

OTHER VARIATIONS:

Let ball bounce on floor.

Let ball bounce on floor and use forehand.

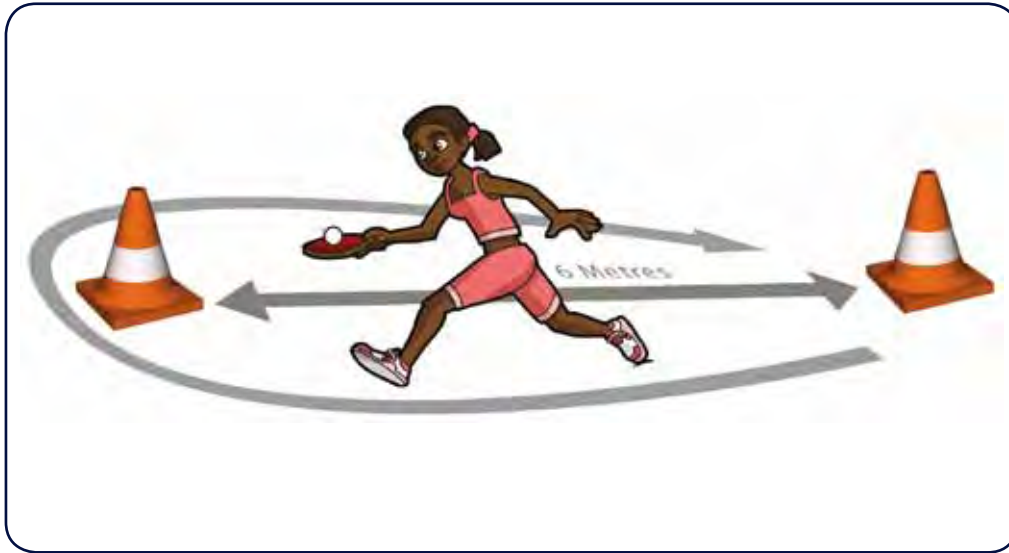
Let ball bounce on floor and use backhand.

Let ball bounce on floor and use alternate forehand and backhand.



TABLE TENNIS ACTIVITY CARD 2

SHUTTLE RUN



EQUIPMENT NEEDED:

- Stopwatch x1
- Tape measure x1
- Table tennis bat x1
- Whistle x1
- Cone x2
- Table tennis ball x1

COACH/LEADER:

Measure out 6m between the cones. One point is scored when player runs to cone and back to start. Start the stopwatch and time 60 seconds. Use the whistle to start and stop the activity. Record all scores on the spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. First player stands at one cone, with the ball in one hand and the bat in the other. On the whistle, run with the ball balanced on the bat to the second cone round the cone and back again. If you drop the ball pick it up and go back to the start cone then continue. One complete circuit = 1 point. Player 2 counts number of circuits completed until second whistle blows. Partner tells coach/leader the score, change over.

KEY TO SUCCESS:

- don't run too fast
- keep ball balanced on the bat
- watch the ball

TABLE TENNIS ACTIVITY CARD 2 – SHUTTLE RUN

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Bounce ball on bat while running using forehand.
Bounce ball on bat while running using backhand.
Bounce ball on bat while running using alternate backhand and forehand.
Bounce ball on floor while running using forehand.
Bounce ball on floor while running using backhand.
Bounce ball on floor while running using alternate backhand and forehand.
Increase time to 90 seconds.

DECREASE DIFFICULTY:

Walk while balancing ball on bat.
Reduce time to 30 seconds.

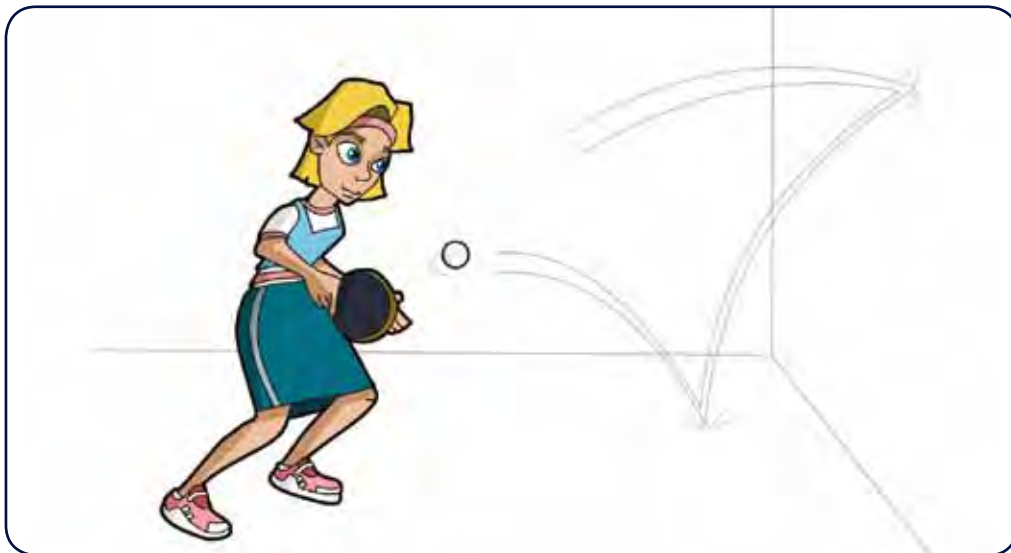
OTHER VARIATIONS:

Zig zag around cones while balancing ball on the bat
Move around a specific area balancing ball on bat
Move in and out of teammates balancing ball on bat
Move around area bouncing ball on bat.



TABLE TENNIS ACTIVITY CARD 3

WALL TABLE TENNIS



EQUIPMENT NEEDED:

- Table tennis bat x1
- Marker x1
- Tape measure x1
- Table tennis ball x1
- Stopwatch x1
- A smooth wall area

COACH/LEADER:

Measure from the wall 2m, and mark with the cone. A point is scored when the ball hits the wall without bouncing and returns to the player after one bounce. Start the stop watch and time 60 seconds. Use the whistle to start and stop the activity. Record all scores on the spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. Stand behind the marker holding the bat and ball. On the first whistle throw ball up and as it comes down, strike it towards the wall, allow the ball to bounce once before hitting it again using forehand or backhand. Continue the rally until the whistle blows again. Your partner will count the number of shots you make. If the ball drops pick it up and continue counting from the last number until the end. Partner tells coach / leader the score, change over.

KEY TO SUCCESS:

- don't hit ball too hard or too high
- watch the ball and move into position ready for the next shot

TABLE TENNIS ACTIVITY CARD 3 – WALL TABLE TENNIS

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Stand further away from the wall.

Hit ball before it bounces (volley).

Increase time to 90 seconds.

Play alternate forehand and backhand shots.

Play only forehand shots.

Play only backhand shots.

DECREASE DIFFICULTY:

Stand closer to the wall.

Decrease time to 30 seconds.

OTHER VARIATIONS:

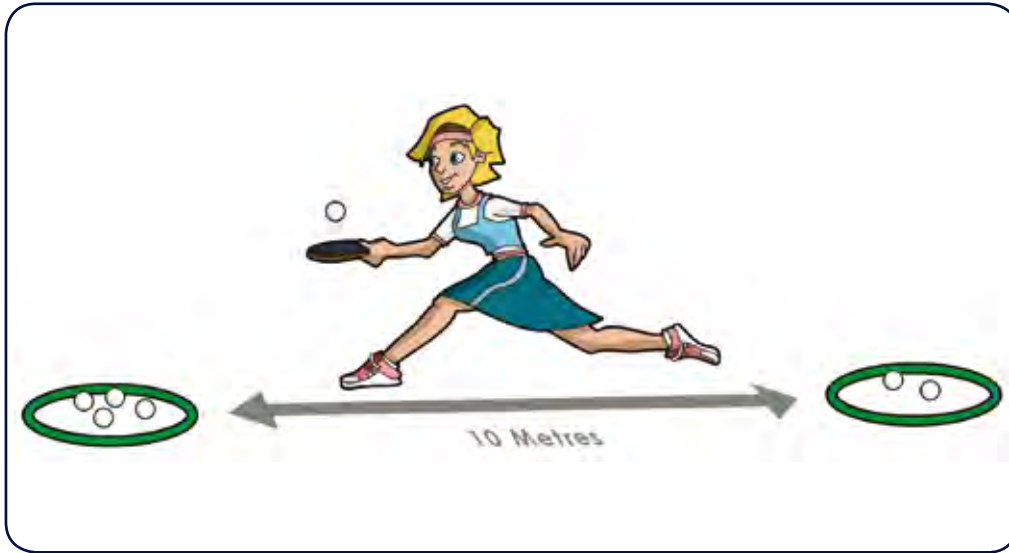
Play on a table against a wall.

Play with a partner hitting alternate shots.



TABLE TENNIS ACTIVITY CARD 4

EGGS IN THE BASKET



EQUIPMENT NEEDED:

- Hoop x2
- Table tennis bat x2
- Whistle x1
- At least 20 table tennis balls
- Tape measure x1
- Stop watch x1

COACH/LEADER:

Measure a 10m area between 2 hoops. Place all the balls in one hoop. One point is scored for every ball placed inside the hoop. Start the stop watch and time 60 seconds. Use the whistle to start and stop the activity. Record all scores on the spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. One of you start at the empty hoop, with a bat and ball. On the whistle, run to the other hoop, collect **one** ball. Run back to the empty hoop bouncing the ball on your bat, using forehand only, and place the ball in the hoop. Repeat until the whistle goes to stop. If you drop the ball pick it up and go back to the hoop you collected it from. You are not allowed to touch the ball with your hand while running. Only the balls that are inside the hoop will be counted. Your partner will count the number of balls in the hoop and tell the coach/leader. Change over.

KEY TO SUCCESS:

- keep watching the ball
 - stay balanced
- make sure you put the balls into the hoop
 - don't run too fast!

TABLE TENNIS ACTIVITY CARD 4 – EGGS IN THE BASKET

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Bounce ball using only backhand.

Bounce ball using alternate forehand and backhand.

Increase time to 90 seconds.

OTHER VARIATIONS:

Start at the end with the balls work backwards.

Bounce ball on return.

Complete as a team event.

DECREASE DIFFICULTY:

Walk with ball bouncing on bat.

Decrease time to 30 seconds.



TABLE TENNIS ACTIVITY CARD 5

SERVING GAME



EQUIPMENT NEEDED:

- Table tennis bat x1
- Stopwatch x1
- Empty drinks cans – 330 ml size x8
- Plenty of balls
- Whistle x1

COACH/LEADER:

Place 4 cans along top of table as per the diagram. Partner holds other 4 cans to replace those knocked off table. Place all balls in a container next to player. Start stop watch and time 60 seconds. A point is scored every time a can is hit with a ball. Use whistle to start and stop activity. Record scores on a spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. Stand behind the table with bat and one ball. On the whistle, throw the ball up and strike ball. It must bounce once before it goes over the net, and at least once on the other side of the net before it hits a can. Collect another ball and repeat, until second whistle goes. You score a point every time you hit a can. Your partner will count the number of hits and tell the coach / leader. Change over.

KEY TO SUCCESS:

- take your time
- don't hit the ball too hard
- aim to be accurate
- use correct service technique
- focus on making contact with the ball

TABLE TENNIS ACTIVITY CARD 5 – SERVING GAME

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Serve ball so it bounces only once on both sides of net.
Try to knock the can off the table.

See how many cans you can hit with only 10 balls.
Try to knock all cans off table without replacing them in the quickest time.

Reduce number of cans on table, and spread them out further.

DECREASE DIFFICULTY:

Ball can bounce more than once on both sides of the net.
Increase number of cans on the table.
Decrease time to 30 seconds.

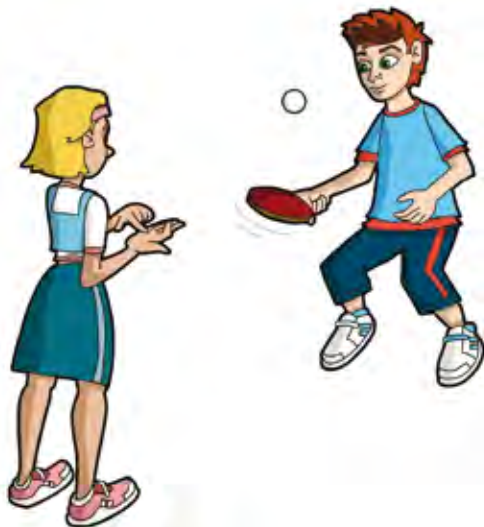
OTHER VARIATIONS:

Put one can in each corner of the receivers side of the table, serve 10 times to each can A point is scored for every hit.



TABLE TENNIS ACTIVITY CARD 6

KEEP UP



EQUIPMENT NEEDED:

- A supply of balls
- Stop watch x1
- Table tennis bat x1
- Whistle x1

COACH/LEADER:

Player has to keep ball in the air using any body part legal in football (no arms or hands). The activity starts by throwing the ball in the air and striking with the bat, and the bat must be used again every 3rd strike. Start the stop watch and time 60 seconds. Use the whistle to start and stop the activity. Record all scores on the spreadsheet.

WHAT YOU NEED TO DO:

Work with a partner. On the whistle throw the ball in the air and strike with the bat once. Keep the ball in the air using any body part except your hands or your arms. The ball can bounce on the ground in between strikes. Your partner will count the number of times the ball is struck with your body or the bat. Bounces on the floor do **not** count. The bat must be used again every 3rd strike.

KEY TO SUCCESS:

- stand feet apart
- knees slightly bent
- don't hit the ball too high
- watch the ball
- aim for accuracy and ball control

TABLE TENNIS ACTIVITY CARD 6 – KEEP UP

Below are a few variations of the activity.

These can help players improve their skills, but cannot be included in the scoring.

INCREASE DIFFICULTY:

Keep ball in air without a bounce.

Use bat and body alternately.

Use the same body part each time.

Increase time to 90 seconds.

OTHER VARIATIONS:

Use a different body part each strike. Pass ball to partner, striking ball alternately.

DECREASE DIFFICULTY:

Decrease time to 30 seconds.

Use any body part including hands and arms.

Allow ball to bounce after every strike with body or bat.



PL4S TABLE TENNIS VIRTUAL COMPETITION

HOW TO ORGANISE

INTRODUCTION

Challenging young people of all abilities through skill circuits is an excellent way to encourage involvement in a wide range of transferable bat/ball skills and promote hand eye co-ordination. The Premier League 4Sport Table Tennis Virtual competition is characterised by a variety of separate activities, each requiring different skills. Young people will be able to compete against other young people involved in the programme without having to travel!

SET UP

The activities are designed for maximum participation and show individual improvement through the recording of player scores. You can choose to deliver all 6 skills every session or focus on a specific skill each week. The suggested time for each activity is 60 seconds, followed by sufficient time to record the scores.

Allow time for players to change over. Young people can undertake the skills any number of times. Please record only their highest score on the spreadsheet provided to you.

KEEPING SCORE

1. Individual scoring: in pairs, partner counts and records the score of the other player on their individual score card.

ORGANISER CHECK LIST

Time

- delivered as part of your satellite / hub club session.

Minimum recommended space

- 18m x 9m (approx size of a school gym).

Equipment

- 6 activity cards, score sheets
- 1 racket, table tennis balls, cones, hoops, empty drink cans, stopwatch and whistle, clip boards and pencils.

PERSONNEL

1. Organiser: takes overall control of the skills.

2. Timer: controls the timing for each skill.

3. Young leaders: assists players with verifying/recording scores and ensuring the skill is correctly carried out.

Safety Points

- Ensure there are no sharp corners and remove objects that players may run into
- Encourage participants to look ahead when running to avoid collisions.

Teaching Point

To assist player development and future enjoyment in Table Tennis, players should be encouraged to use the correct racket grip at all times.

PL4S TABLE TENNIS VIRTUAL COMPETITION – HOW TO ORGANISE

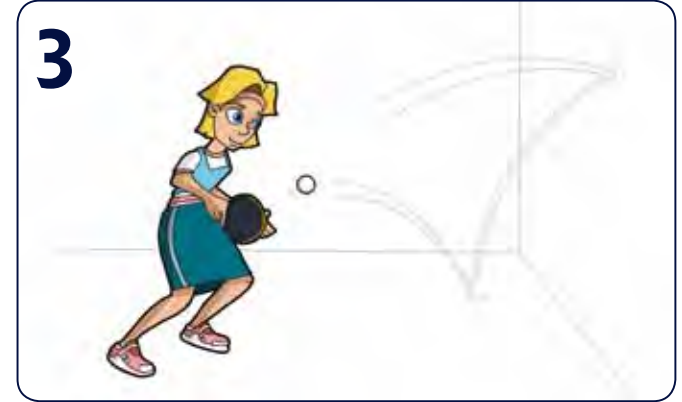
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