

Handbook Contents

PRACTICE

- Why Table Tennis?
- Using PE benches and plastic topped tables
- No tables, some tables, more tables
- Starter, Intermediate, Mix & Max and Max Play Circuits (Used in conjunction with the Toolkit Instruction Cards)
- Making the best use of tables
- What comes next?

Enjoy and move on

PARTICIPATION

- Basic Rules
- Fun matches
- Individual Knockout
- Two-way Knockout & Seeding
- Group systems
- Team matches
- Group result sheets

Participate and move on

PERFORMANCE

- History of English Schools' Table Tennis Association Competitions
- The ball is in your court!
- Stages in the ESTTA Team Championships
- Stages in the ESTTA Individual Championships
- School Based Table Tennis Calendar

Perform and move on

- Toolkit Contents – to be downloaded from the ESTTA website www.estta.org.uk (development section)