

## MIX & MATCH CIRCUIT 3

### Equipment

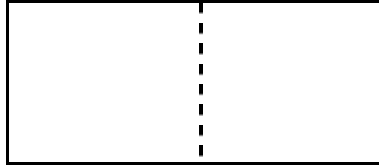
### Exercise

1 PE Bench (B1.1)



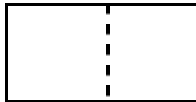
Backhand Push

1 Table Tennis Table (T1.1)



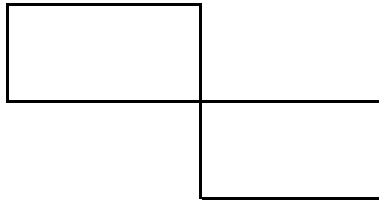
Game

1 School Table (S1.2)



Alternate Backhand /  
Forehand Push

2 Offset School Tables (S5.1)



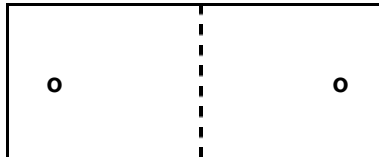
Backhand Push

1 PE Bench (B1.1)



Backhand Push

1 Table Tennis Table (T1.2)



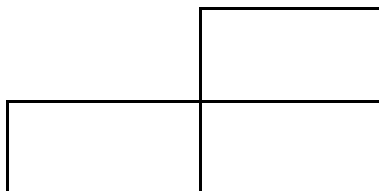
Alternate Backhand /  
Forehand

2 School Tables (S2.1)



Practice Serving x 10 Each

2 Offset School Tables (S4.1)



Forehand Push

**16 players play on 2 PE benches, 7 school tables and 2 table tennis tables**

**A combination of forehand and backhand, alternate forehand and backhand to improve footwork, touch play and directional play ....  
with serving practice leading to a game.**