

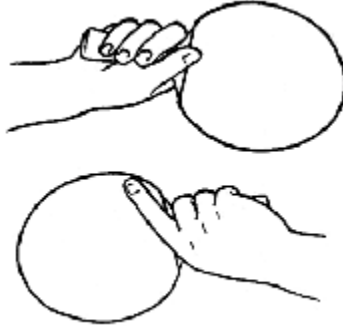
A Short Guide to Table Tennis

Part 2: Fundamentals

Harvard Table Tennis Club
Silas Xu

Correct Grip:

Shakehand:



The racket is held in the palm of the hand.

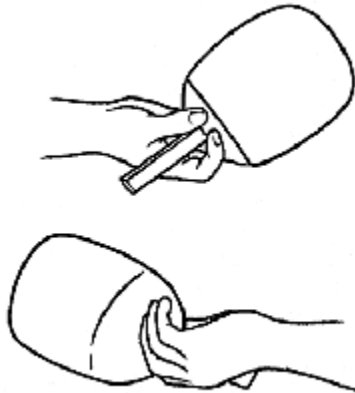
The thumb and forefinger lie roughly parallel to the straight edge of the rubber.

The remaining three fingers are wrapped loosely around the handle to provide stability.

Pro: Strong backhand. Easy to learn.

Con: Heavier bat. Weaker towards the middle position.

Penhold:



The thumb and forefinger circle the handle.

The remaining fingers curl or spread on the back surface. Usually only the front side is used with this grip.

Pro: 'fast' and strong middle position

Con: Need good footwork. Don't learn this grip unless you hold the bat this way already.

Basic Strokes

Backhand Drive:



Preparation ...

Contact ...

Follow through ...

The Backhand Drive is a fast stroke which gives the ball speed and a small amount of topspin.

Key points:

Left foot slightly forward (right hand players)

Bat angle is closed slightly to impart topspin

Bat starts at table level or higher

Shot is generated from the elbow with the forearm accelerating on ball impact to produce speed and power

Ball contact is made at the top of the bounce

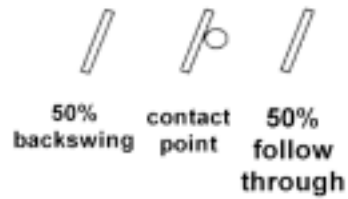
Ball is hit, as opposed to a brushing action, therefore imparting negligible topspin

Stroke is of medium length and slightly curved

Recover to ready position

Keep in mind:

- Stroke is of medium length and slightly curved
- Bat angle slightly closed for topspin
- Ball hit at top of the bounce



Backhand Push:



The Backhand Push is a short basic stroke used to contain and control play, often during the early part of a rally. It imparts some backspin.

Key Points:

The movement of the forearm is fluid and continuous with less speed and acceleration than on the backhand drive

Emphasis is on control

Left foot slightly forward (right hand players)

Shot is short and concise, with the elbow as pivot and slight wrist movement

Bat angle is open slightly to impart backspin

Ball contact is made at the top of the bounce

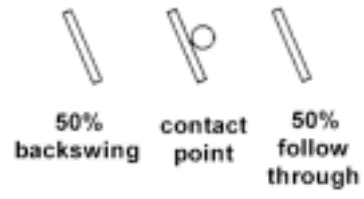
Stroke is short and slightly curved

Flight of the ball is controlled by varying the bat angle and the point of contact with the ball

Recover to ready position

Keep in Mind:

- Stroke is short and slightly curved
- Bat angle slightly open for backspin
- Ball hit at top of the bounce



Forehand Drive:



The Forehand Drive is an offensive stroke and the basis for the smash or kill shot.

Key Points:

Left foot slightly forward (right hand players)

Bat angle is closed slightly to impart topspin

Bat starts at table level or higher

Shot is generated from the elbow with the forearm accelerating on ball impact to produce speed and power

Ball contact is made at the top of the bounce

Ball is hit, as opposed to a brushing action, therefore imparting negligible topspin

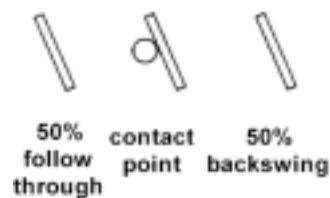
Stroke is of medium length and slightly curved

Upper body rotates at the waist to provide direction and power, and at the moment of contact, the weight is transferred from the right to left leg (right hand players)

Recover to ready position

Keep in Mind:

- Stroke is of medium length and slightly curved
- Bat angle slightly closed for topspin
- Ball hit at top of the bounce



Forehand Push:



Preparation ...

Contact ...

Follow Through ...

The Forehand Push is a defensive technique or safety stroke, and is used mainly for placement and control. It is kept low and sometimes short to prevent the opponent attacking.

The movement of the forearm is fluid and continuous with less speed and acceleration than on the forehand drive

Emphasis is on control

Left foot slightly forward (right hand players)

Shot is short and concise, with the elbow as pivot and slight wrist movement

Bat angle is open slightly to impart backspin

Ball contact is made at the top of the bounce

Stroke is short and slightly curved

Flight of the ball is controlled by varying the bat angle and the point of contact with the ball

Recover to ready position

Keep in Mind:

- Stroke is short and slightly curved
- Bat angle slightly open for backspin
- Ball hit at top of the bounce

