

BHS: TABLE TENNIS

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
TOTAL (50):						

SKILL 1: SERVE

- Ball held in palm of hand with fingers stretched, above the table.
- Ball is tossed vertically at least six inches.
- Ball is accurately served to either side of the table.

SKILL 2: FOREHAND

- Can successfully perform a push shot.
- Can successfully perform a drive shot.
- Can successfully perform a loop/smash shot.

SKILL 3: BACKHAND

- Can successfully perform a push shot.
- Can successfully perform a drive shot.
- Can successfully perform a loop/smash shot.

SKILL 4: RETURNS

- Can successfully return a serve.
- Can successfully return a push shot.
- Can successfully return a drive, smash, and/or loop shot.



TOTAL SKILL: /12-24

APPLICATION 1: APPLICATION OF SKILLS

- 4 Students apply effective skills (legal serve, forehand, backhand, drop shot, smash) with few, if any, observable errors.
- 3 Students apply effective skills with error in technique
- 2 Students perform skills showing some elements of correct technique, but application is ineffective and inconsistent.
- 1 Student attempts skill but technique is not sufficient, resulting in consistently ineffective performance.

APPLICATION 2: APPLICATION OF STRATEGIES

- 4 Students consistently apply effective offensive strategy (varying shot selection and placement in order to move opponent) and defensive strategy (returning to appropriate table position) without hesitation.
- 3 Students use variation in shot selection in placement, but seem hesitant or indecisive. Students may be inconsistent
- 2 Students use some skills appropriately, but show little evidence of variation in shot placement and defensive positioning. Students need reminder from teammates to become involved in team strategy.
- 1 Students confine focus to sending and receiving the ball. Movements are inconsistent with basic strategic plan.

APPLICATION 3: APPLICATIONS of RULES & CONVENTIONS

- 4 Students apply rules, conventions of play, and terminology without hesitation or observable errors. Students announce the score correctly before serving.
- 3 Students apply major rules, conventions of play, and terminology correctly, but make minor errors and/or seek confirmation from others. Students announce the score correctly before serving.
- 2 Students demonstrate a general understanding of the game, but need assistance from others to correctly apply rules, conventions, terminology and/or scoring.
- 1 Students consistently demonstrate inconsistent application of rules, conventions, terminology, and/or scoring. Students rely on direction from others to play correctly.

TOTAL APPLICATION: /12

⇒ **BASIC TABLE TENNIS RULES:**

- A good serve must first touch the server's court and then, passing over the net, touch the receiver's court.
- A serve that touches the net and goes over onto the receiver's side is a let.
- A game shall be won by the player who first wins 11 points, unless the score is tied at 10, and then the winner will be the first to win 2 more points than their opponent.
- After 2 points, the receiver shall become the server, and the server the receiver.
- If the game is tied at 10, the service shall change after each point.

DOUBLES:

- Service starts on the right side and must land in the receiver's right half-court or on the centerline.
- The receiver of the first 2 serves becomes the server next, then after their 2 serves the teammates on the left half of the court serve and receive.
- Teammates must alternate hits during the game.

⇒ **SPECIFIC RULES REGARDING:**

THE SERVE:

1. The ball must be held above the table level in order for the opponent and umpire to see it.
2. The ball must be held in the palm of the hand with fingers stretched, and tossed vertically at least six inches.
3. The ball must be struck only on the way down.
4. The ball must be struck behind the end line.

⇒ **BASIC STROKES:**

THE DRIVE (forehand and backhand): The drive is a shot that puts a light topspin on the ball and produces a low trajectory, used as the primary offensive strokes in table tennis.

THE PUSH (forehand and backhand): Pushes are basic backspin shots, used to change the pace of an exchange or to return certain very low and close shots such as backspin serves. A generally defensive shot, it allows placement anywhere on the table that is difficult to attack when executed properly.

THE BLOCK: Blocking allows a player to use the opponent's force against him/her, and is done immediately after the bounce so that maximum control and speed are retained. Adjusting the racket angle depends on the severity of topspin on the ball; the more topspin there is, the more you should close the racket. Being essentially a cut-down drive, there is very little backswing and follow-through.

THE SMASH: The smash, or kill, is the put-away stroke of table tennis. Any ball that is high enough and close enough to the opponent's side can be smashed, although some opportunities are better than others. Smashing combines waist, forearm, and wrist movement to the fullest extent. A good smash is very hard to return, but it can be done. The ball is contacted at the top of the bounce at its highest point.