

TABLE TENNIS

S.1–S.3

- A. The grip
 - 1. Shakehand grip
 - 2. Penholder grip
 - 3. Stance
- B. Service
 - 1. Forehand plain hit service
 - 2. Backhand plain hit service
- C. Forehand return
 - 1. Short chop
 - 2. Drive
 - 3. Smash
- D. Backhand return
 - 1. Block
 - 2. Push shot
 - 3. Short chop
- E. Footwork relating to return strokes
 - 1. Single step
 - 2. Double step
- F. Combinations of strokes and footwork

S.4–S.5

PRACTICAL WORK

- A. Revision of skills learned in S.1–S.3
- B. Service
 - 1. Forehand backspin service
 - 2. Backhand backspin service

- 3. Forehand sidespin service
- 4. Backhand sidespin service

- C. Return of service
 - 1. Use of short chop to return backspin service
 - 2. Use of push shot to return sidespin service
 - 3. Use of forehand drive to return sidespin service
- D. Forehand return—Loop drive
- E. Backhand return
 - 1. Return of loop drive
 - 2. Chop
- F. Combinations of strokes and footwork
- G. Tactics
 - 1. Tactics on services
 - 2. Tactics on return of service
- H. Doubles
 - 1. Service, return of service
 - 2. Switch

THEORETICAL ASPECT

- A. History and development of table tennis
- B. Rules and regulations of the game
- C. Facilities and equipment
- D. Terminology of the game
- E. Application of simple tactics