

TABLE TENNIS

DAY 1 --

- GENERAL INTRODUCTION OF SELF AND STUDENTS.
- EXPLAIN THE PURPOSE AND IMPORTANCE OF THE CAMP.
- GENERAL WARMUP. (APPROX. 15-20 MIN.FOR ALL 15 DAYS)
- BRIEF HISTORY AND THE KNOWLEDGE OF THE GAME .
- GENERAL INFORMATION REGARDING GAME PLAYED AND.
- EQUIPMENTS USED.

DAY 2 –

- INFORMATION REGARDING EQUIPMENTS USED
- RACQUET – FLOATING , MEDIUM, OFFENSIVE
- BALL – FLOATING, SPIN
- TABLE AND NET – LENGTH AND NET – LENGTH AND WIDTH, AND HEIGHT
- SCORING SYSTEM TO BE EXPLAINED
- GRIP OFF THE RACQUET

DAY 3 –

- BASIC POSITION OF THE ARM
- HALF ARM , THREE QUARTER ARM , FULL ARM
- POWER OF THE FORE ARM
- BALANCE WHILE PLAYING
- BALANCE AFTER PLAYING

DAY 4 –

- BASIC OF THE SERVICE /STROKE
- STANCE
- EXECUTION / MOVEMENT
- FIT / CONTACT WITH THE BALL
- FOLLOW THROUGH

DAY 5 –

- READY STANCE – FEET ARE SLIGHTLY WIDER THAN THE SHOULDER
- KNEES RELATIVELY CLOSER AND WEIGHT ON INSIDE OF THE FEET
- LOW STANCE WITH WAIST AND KNEES BENT

- ELBOWS FORM 90 DEGREE ARE NOT CLOSED TO THE BODY

DAY 6 –

- SET SERVICE
- SHORT SERVICE
- LONG SERVICE
- HIGH THROW SERVICE
- SIDE SPIN SERVICE
- FOR ANY SERVICE OR STROKE – ANTICIPATION, DESIGNATION TIME, REACTION TIME AND MOVEMENT TIME ARE IMPORTANT
- PRACTICE SESSION FOR PLAYER

DAY 7 –

- SPIN PLAY AND ITS COUNTER
- CONTROL SPIN IS PLAYED WHEN YOU WANT TO AVOID ATTACK OR THE BALL CAN NOT BE ATTACKED
- DECEPTION PARTICULARLY WITH SERVICE AND STROKE
- POWER SPIN – TOP SPIN, BACK SPIN
- FLOAT OF THE BALL
- PRACTICE FOR SPIN IS DONE

DAY 8

- PRACTICE – DOES NOT ALWAYS MAKE PERFECT
- IT SHOULD BE CORRECT PRACTICE
- IT NEED TO BE BASED ON INTELLIGENCE AND ORGANISED PLANNING
- LENGTH OF PRACTICE SESSION IS BASED ON PLAYER
- MENTAL AND PHYSICAL APPLICATION OF -SKILL
- REST SHOULD BE GIVEN TO PLAYER
- WORK LOAD WILL DEPEND UPON PLAYERS EFFICIENCY

DAY 9

- STROKE PLAY – FORE HAND STROKE AND BACK HAND STROKE
- IN THIS STROKE PLAY THE PLAYERS POSITION WILL DEPEND UPON THE RETURN OF THE BALL
- THE GRIP OF RACQUET WILL DIFFER
- THE STROKE ARE –OFFENSIVE AND DEFENSIVE
- THE GAME HAS MULTIPLE SKILLS LIKE MIDDLE GAME, BLOCK,
- PRACTICE MATCH FOR PLAYER

DAY 10

- SPEED AND SPIN PLIN PLAY THE GAME TABLE TENNIS IS COMBNATION OF SLOW , MEDIUM AND FAST BALL
- PRACTICE SLOW RETURN THEN FAST
- THAN SLOW AND THAM MEDIUM RETURN
- REPITITIONAND STABILITY PRACTICE IS AWAY OF GROOVING STROKE AND DEVELOPING STABILITY AND EFFINCIENCY
- PRACTICE GAME IS PLAYED

DAY 11

- SKILLS ARE TAUGHT TO THE PLAYERS
- BLOCK LOOPSAND PUSH ARE INDIVIDALLY TAUGHT TO THE PLAYERS
- SPEED OF BALL AND SPIN OF BALL WILL DECIDE THE RETURN
- THE DRIVE AND SPIN WILL BE ACCORDING TO THE STR OKE PLAY
- STEP MOVEMENT AFTER THE STROKE IS OF GREAT CONCRN
- ALL SKILL NEED GREAT PRACTICE

DAY 12

- SKILLS (BACK HAND)
- BACK HAND STROKE/ SPIN
- BACK HAND DRIVE
- SMASH
- CHOP
- SPIN- TOP SPIN AND BACK SPIN
- ALL THE SKILLS ARE EXPLAINED TO THE PLAYERS AND ARE ASKED TO PRACTICE

DAY 13

- PRACTICE OF STROKE AS PER STUDENTS EFFICIENCY
- ALL THE SKILLS ARE EXPLAINED
- PLAYERS ARE CORRECTED
- COUNTERS OF ALL THE STROKES ARE EXPLAINED
- TIMING OF STROKE WILL DEPEND UPON THE RETURN
- WHEN TO HIT A BALL – TIMING PEAK OF SPIN OR LATER
- FRIEDLY MATCH AMONGST THE PLAYER

DAY 14

- SHADOW PLAY IS AN EFFECTIV WAY TO IMPROVE YOUR STROKE PLAY AND TO IMPROVE THE SPEED OF MOVEMENT
- IN THIS TABLE AND IS BALL IS NOT REQUIRED
- IT CAN BE DONE IN PRIVACY AND IF POSSIBLE IN FRONT OF MIRROR
- IN THIS REFLX ACTION IS IMPROVED
- STANCE IS CORRECTED
- FOOTWORK CAN BE IN CORPORATED

DAY 15

- GAME IS BATTLE
- POINTS ARE PRECIOUS SO DON'T WASTE THEM
- ALWAYS LEARN FROM LOST POINT
- ALWAYS TRY AND KNOW YOUR ENEMY
- PLAY TO OPPONENTS WEAKNESS
- KNOW YOUR SELF
- VIEWS AND EXPERIENC'S ARE SHARED
- DRAWBACKS OR FLAWS, IF ANY, ARE NOTICED