

Card Instruction Pack to be used with Starter Circuit 1, Intermediate Circuit 2, Mix & Max Circuit 3, Max Play Circuit 4 with blank cards for you to make up 'My Development' Circuit 5

INSTRUCTIONS

Fold each card neatly along the centre. For each circuit place the appropriate template over the plastic, cardboard or table tennis nets so the player at each end of the 'table' can read the instructions.

Fold Here →

← Fold Here

FOREHAND PUSH

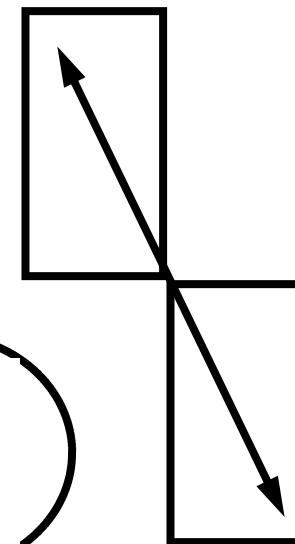
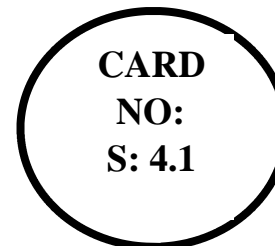
Notes: Touch Play – Good Footwork Essential



Butterfly

'MORE SCHOOLS' PROJECT

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OFFSET SCHOOL TABLES (R)



Notes: Players Sit Astride Bench – Directional Play
Butterfly MORE SCHOOLS' PROJECT
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CARD
 NO:
 B: 1.1

BACKHAND PUSH



P. E. BENCH

BACKHAND PUSH



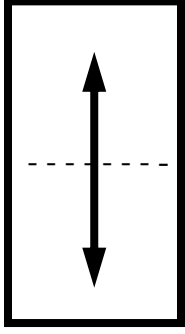
P. E. BENCH



Notes: Players Sit Astride Bench – Directional Play
Butterfly MORE SCHOOLS' PROJECT
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CARD
 NO:
 B: 1.1

ONE SCHOOL TABLE



CARD
NO:
S: 1.1

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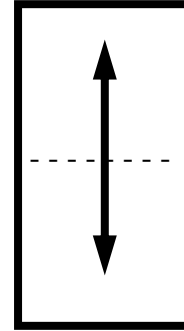
Butterfly MORE SCHOOLS' PROJECT

Notes: Touch Play – Use Bounce Serve



BACKHAND PUSH

BACKHAND PUSH



ONE SCHOOL TABLE



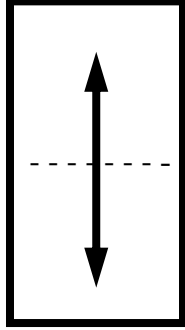
Notes: Touch Play – Use Bounce Serve

Butterfly MORE SCHOOLS' PROJECT

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CARD
NO:
S: 1.1

ONE SCHOOL TABLE



CARD
NO:
S: 1.2

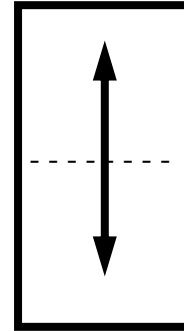
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Notes: Touch Play – Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT



ALTERNATE BACKHAND/FOREHAND PUSH

ALTERNATE BACKHAND/FOREHAND PUSH



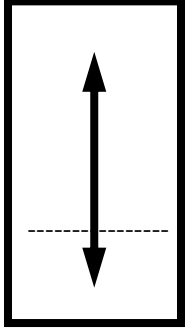
ONE SCHOOL TABLE



Notes: Touch Play – Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
S: 1.2

ONE SCHOOL TABLE



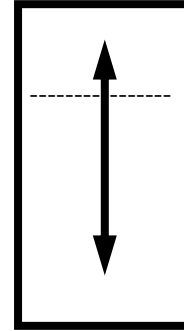
CARD
NO:
S: 1.3

Notes: Controlled Touch Play – Short / Long
Butterfly MORE SCHOOLS' PROJECT
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BACKHAND PUSH

BACKHAND PUSH



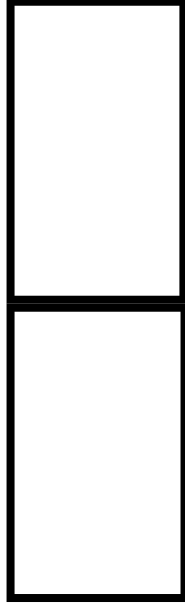
ONE SCHOOL TABLE



Notes: Controlled Touch Play – Short / Long
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
S: 1.3

TWO SCHOOL TABLES



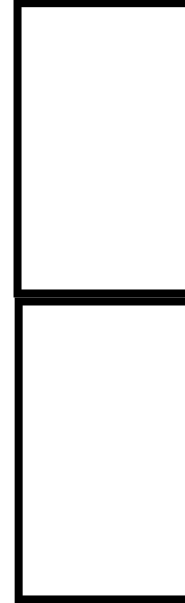
CARD
NO:
S: 2.1

Notes: Each Player has 10 Serves
Butterfly MORE SCHOOLS' PROJECT
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**PRACTICE SERVING
BACKHAND/FOREHAND
Receiver Catches Ball**

**PRACTICE SERVING
BACKHAND/FOREHAND
Receiver Catches Ball**



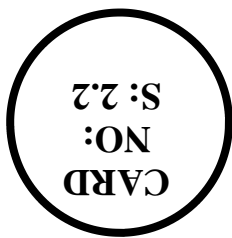
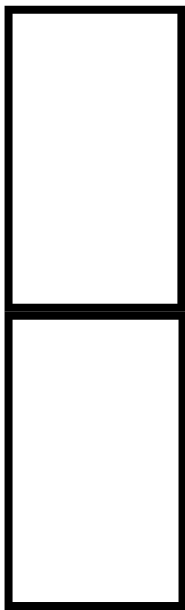
TWO SCHOOL TABLES



Notes: Each Player has 10 Serves
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
S: 2.1

TWO SCHOOL TABLES

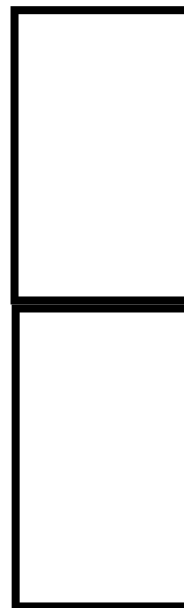


Notes: Change Server every 2 Points
Butterfly MORE SCHOOLS' PROJECT
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GAME TO 11 POINTS

GAME TO 11 POINTS



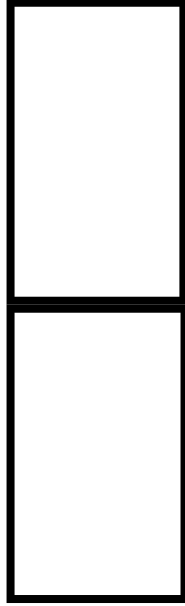
TWO SCHOOL TABLES



Notes: Change Server every 2 Points
Butterfly MORE SCHOOLS' PROJECT
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TWO SCHOOL TABLES

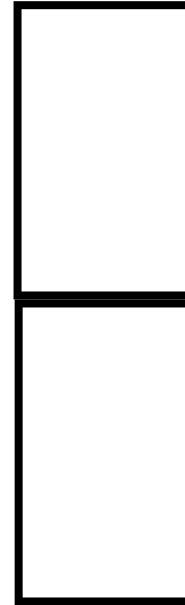


Notes: Controlled Play - Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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ALTERNATE BACKHAND/FOREHAND PUSH

ALTERNATE BACKHAND/FOREHAND PUSH



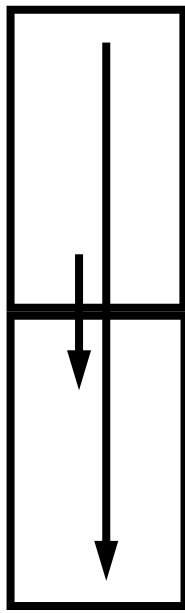
TWO SCHOOL TABLES



Notes: Controlled Play - Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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TWO SCHOOL TABLES



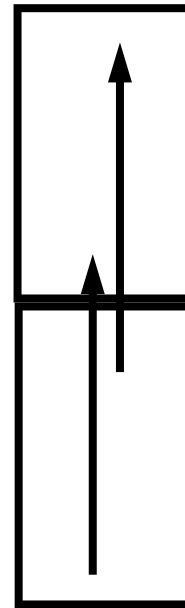
CARD
NO:
S: 2.4

Notes: Sequence – Short/Short, Long/Long
Butterfly MORE SCHOOLS' PROJECT
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BACKHAND PUSH TO 2 TARGETS SHORT/LONG

BACKHAND PUSH TO 2 TARGETS SHORT/LONG

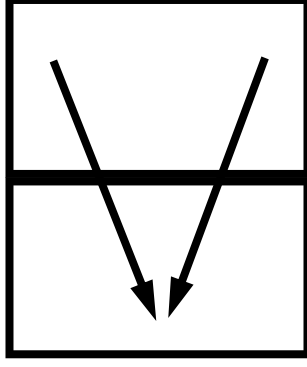


TWO SCHOOL TABLES



Notes: Sequence – Short/Short, Long/Long
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
S: 2.4



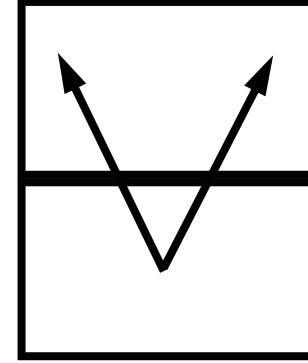
CARD
NO:
S: 3.1

Notes: Quick Footwork - Directional Push
 Butterfly MORE SCHOOLS' PROJECT
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**BACKHAND PUSH
 FROM 2 TARGETS L/R
 TO 1 TARGET**

**BACKHAND PUSH
 TO 2 TARGETS
 LEFT/RIGHT**



CARD
NO:
S: 3.1

Notes: Quick Footwork - Directional Push
 Butterfly MORE SCHOOLS' PROJECT
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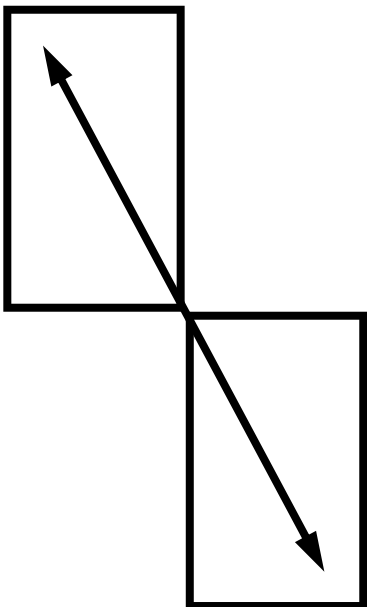




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Notes: Touch Play – Good Footwork Essential
Butterfly MORE SCHOOLS' PROJECT

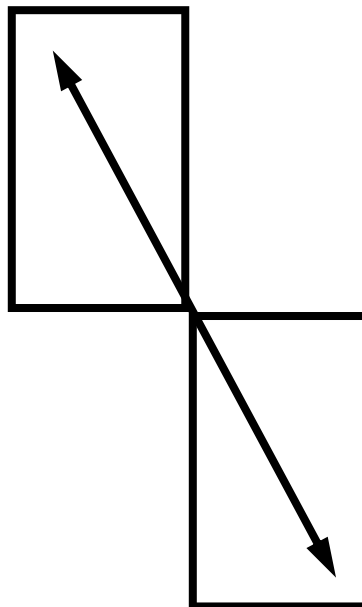
CARD
NO:
S: 4.1



OFFSET SCHOOL TABLES (R)

FOREHAND PUSH

FOREHAND PUSH

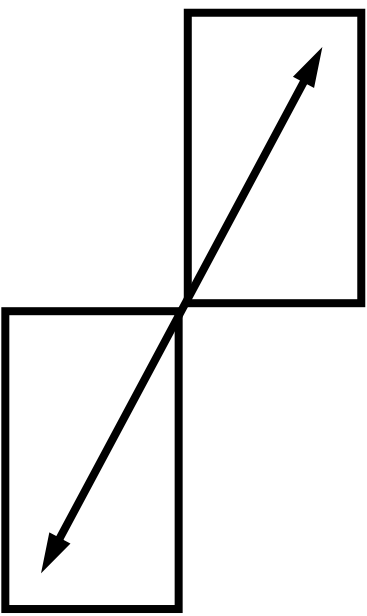


OFFSET SCHOOL TABLES (R)



Notes: Touch Play – Good Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
S: 4.1



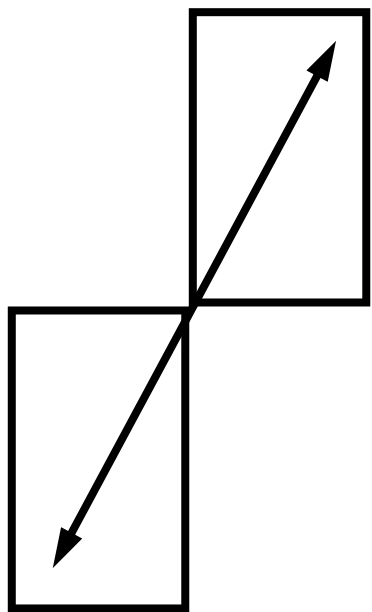
CARD
NO:
S: 5.1

Notes: Touch Play – Good Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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BACKHAND PUSH

BACKHAND PUSH

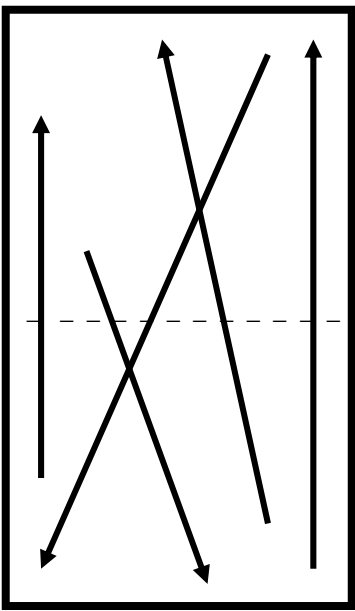


CARD
NO:
S: 5.1

Notes: Touch Play – Good Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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TABLE TENNIS TABLE



CARD
NO:
T: 1.1

Notes: Change Server every 2 points
 Butterfly MORE SCHOOLS' PROJECT
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GAME TO 11 POINTS

GAME TO 11 POINTS

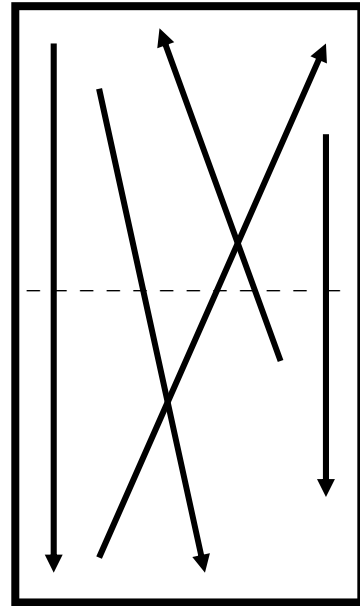


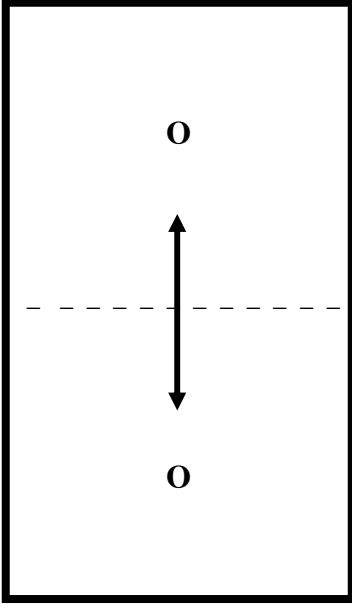
TABLE TENNIS TABLE

CARD
NO:
T: 1.1

Notes: Change Server every 2 Points
 Butterfly MORE SCHOOLS' PROJECT
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TABLE TENNIS TABLE



CARD
NO:
T: 1.2

Notes: Touch Play - Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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**ALTERNATE
 BACKHAND & FOREHAND
 PLAY**

**ALTERNATE
 BACKHAND & FOREHAND
 PLAY**

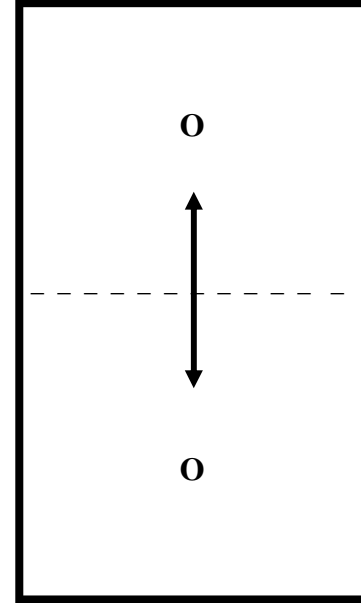


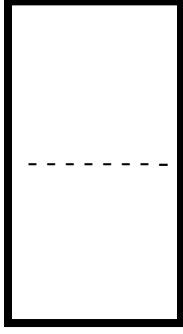
TABLE TENNIS TABLE



Notes: Touch Play - Quick Footwork Essential
Butterfly MORE SCHOOLS' PROJECT
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CARD
NO:
T: 1.2

ONE SCHOOL TABLE



CARD
NO:
S: 1.0

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MORE SCHOOLS' PROJECT **Butterfly**

Notes:

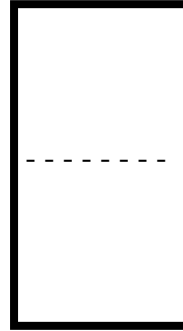


Notes:

Butterfly MORE SCHOOLS' PROJECT

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CARD
NO:
S: 1.0



ONE SCHOOL TABLE

TWO SCHOOL TABLES

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CARD
NO:
S: 2.0

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Butterfly MORE SCHOOLS' PROJECT

Notes:



Notes:

Butterfly MORE SCHOOLS' PROJECT

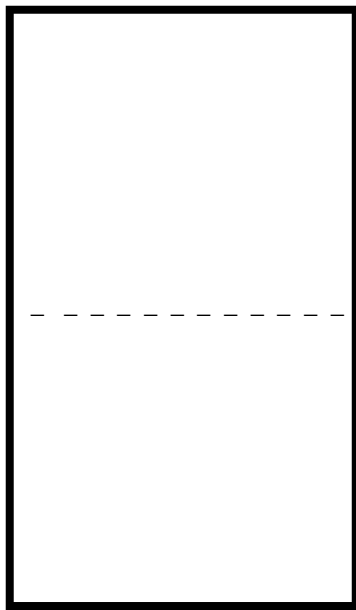
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CARD
NO:
S: 2.0

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TWO SCHOOL TABLES

TABLE TENNIS TABLE



CARD
NO:
T: 1.0

MORE SCHOOLS' PROJECT Butterfly

Notes:



Notes:



MORE SCHOOLS' PROJECT

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CARD
NO:
T: 1.0

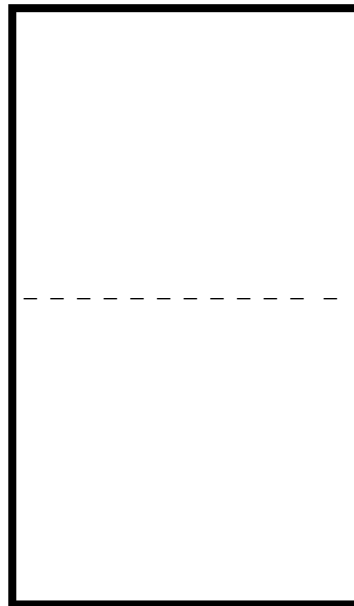


TABLE TENNIS TABLE