



## The Basic Strokes of Table Tennis

Stroke	Ready Position	Backswing	Forward Movement	Follow Through
Forehand Drive	<ul style="list-style-type: none"> <li>a. Feet shoulder width apart</li> <li>b. Knees bent and leaning slightly forward</li> <li>c. Left foot slightly forward</li> <li>d. Racket in front of the body</li> </ul>	<ul style="list-style-type: none"> <li>a. Right foot moves back into side-on position</li> <li>b. Left foot adjusts to side on position</li> <li>c. Rotate backwards from hips and waste</li> <li>d. Arm rotates back at elbow and slightly down</li> </ul>	<ul style="list-style-type: none"> <li>a. Transfer weight onto front foot as:</li> <li>b. Arm moves forward and up</li> <li>c. Contact in front of body</li> <li>d. Waist and hips rotate forward</li> </ul>	<ul style="list-style-type: none"> <li>a. Racket follows through and up</li> <li>b. Recover to ready position</li> </ul>
Backhand Drive	<ul style="list-style-type: none"> <li>a. Feet shoulder width apart and square to the table</li> <li>b. Knees bent and leaning slightly forward</li> <li>c. Racket in front of the</li> </ul>	<ul style="list-style-type: none"> <li>a. Racket moves back towards the waist</li> <li>b. Wrist is angled backwards</li> <li>c. Rotate backwards at waist and hips</li> </ul>	<ul style="list-style-type: none"> <li>a. Racket moves straight forward</li> <li>b. Elbow moves slightly forward</li> <li>c. Contact in front and slightly to the left side</li> </ul>	<ul style="list-style-type: none"> <li>a. Racket moves in direction of the ball and upwards</li> <li>b. Recover to ready position</li> </ul>

	body		d. Wrist closes over the ball at contact	
Basic Serve – Topspin & Backspin	a. Ball in flat palm b. Racket and freehand above the table and behind the end line	a. Toss the ball up at least 15cm, near vertical b. Racket moves back and behind the ball c. Close the racket angle for <i>topspin</i> serve d. Open the racket angle for <i>backspin</i> serve	a. Racket moves forward b. Contact the ball square on c. Contact the ball on top for <i>topspin</i> d. Contact the ball underneath for <i>backspin</i>	a. Follow through forward and <i>up</i> for <i>topspin</i> b. Follow through forward and <i>down</i> for <i>backspin</i>
Forehand Push	a. Feet shoulder width apart b. Knees bent and leaning slightly forward c. Left foot slightly forward d. Racket in front of the body	a. Right foot moves back into side on position b. Left foot adjusts to side on position c. Arm moves back and slightly up, pivoting at elbow d. Wrist is angled back	a. Contact underneath the ball in front of the body, placing backspin on the ball b. Snap the wrist at contact	a. Follow through forward and downward b. Recover to ready position
Backhand Push	a. Feet shoulder width apart b. Knees bent and leaning slightly forward c. Left foot slightly forward d. Racket in front of the	a. Racket moves back towards the waist b. Wrist is angled slightly back	a. Contact underneath the ball directly in front of body	a. Follow through forward and downward b. Recover to ready position

	body			
Forehand Topspin	<ul style="list-style-type: none"> <li>a. Feet shoulder width apart</li> <li>b. Knees bent and leaning slightly forward</li> <li>c. Left foot slightly forward</li> <li>d. Racket in front of the body</li> </ul>	<ul style="list-style-type: none"> <li>a. Right foot moves back into side on position</li> <li>b. Rotate the body back and down at the right waist, hips and shoulders</li> <li>c. Left knee angled towards the floor, right knee well bent</li> <li>d. Racket head and arm approaching the floor</li> <li>e. Weight shifts to back foot</li> <li>f. Wrist is angled back</li> </ul>	<ul style="list-style-type: none"> <li>a. Right hips, waist and hips rotate forward</li> <li>b. Elbow angle closes quickly</li> <li>c. Weight transfer on to the front foot</li> <li>d. Snap the wrist at contact</li> <li>e. Contact the top of the ball in a <i>brushing</i> action</li> </ul>	<ul style="list-style-type: none"> <li>a. Follow through forward and upward</li> <li>b. Recover to ready position</li> </ul>
Backhand Topspin	<ul style="list-style-type: none"> <li>a. Feet shoulder width apart and square to the table</li> <li>b. Knees bent and leaning slightly forward</li> <li>c. Racket in front of the body</li> </ul>	<ul style="list-style-type: none"> <li>a. Hips, knees, shoulders and waist rotate to the left and down</li> <li>b. Racket moves back to the left thigh area</li> </ul>	<ul style="list-style-type: none"> <li>a. Rotate forward and up with the legs</li> <li>b. Hips and waist rotate forward</li> <li>c. Racket moves forward and upward</li> <li>d. Wrists snaps at contact</li> <li>e. Accelerate through contact</li> </ul>	<ul style="list-style-type: none"> <li>a. Follow through forward and upward</li> <li>b. Recover to ready position</li> </ul>

Smash	a. Side on to table b. Back from table	a. Bring the arm straight back and directly behind the line of the ball b. Rotate the body back with weight on back foot	a. Move forward with your bodyweight transferring the weight on to the front leg b. Contact in front of the body	a. Follow through forward with all your body weight b. Recover to ready position