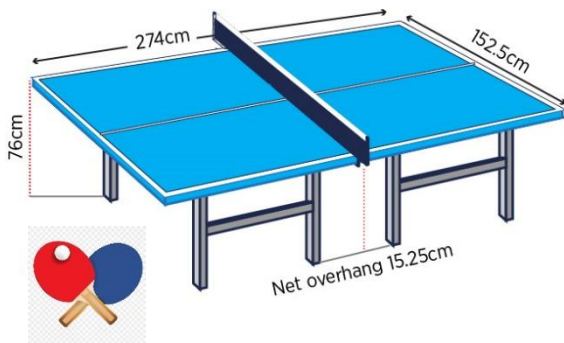


# TABLE TENNIS - YEAR 8

**1. Aim of the game:** hit the ball over the net onto your opponent's side. A point is won by you if your opponent is unable to return the ball to your side of the table (e.g. they miss the ball, they hit the ball but it misses your side of the table or the ball hits the net) or if they hit the ball before it bounces on their side of the table.

## 2. Table layout:



**3. Scoring:** The winner of a game is the first to 11 points. There must be a gap of at least two points between opponents at the end of the game though, so if the score is 10-10, the game goes into extra play until one of the players has gained a lead of 2 points. The point goes to the player who successfully ends a rally, regardless of who has served.

**4. Rules:** A player takes two serves before the ball switches to the opponent to serve, except during periods of extra play where it changes each time. Service can be diagonal or in a straight line in singles. For service, the ball should first bounce in one's court, then in the opponent's court. If the ball touches the net before touching the opponent's court it is a 'let' and service is retaken. A player is not allowed to strike the ball in volley. A player may not touch the table with their non-paddle hand.

## 5. Keywords:

**SERVE** - The first shot, done by the server.

**LET** - Service ball hitting the net or a distraction that causes the point played over.

**FOOTWORK** - How a person moves to make a shot.

**TOP-SPIN** - Spin placed on a ball to allow it to curve down onto the table.

**BACK-SPIN** - Backward spin placed on the ball. Also called Underspin.

**VOLLEY** - To strike the ball before it touches the table.

**CROSS-COURT** - A ball that is hit diagonally from corner to corner.

**DOWN THE LINE** - A ball that is hit along the side of the table, parallel to the sidelines, is hit down the line.

## 6. Skills/ techniques:

**SERVE (forehand/ backhand)** - A stroke which starts every rally.

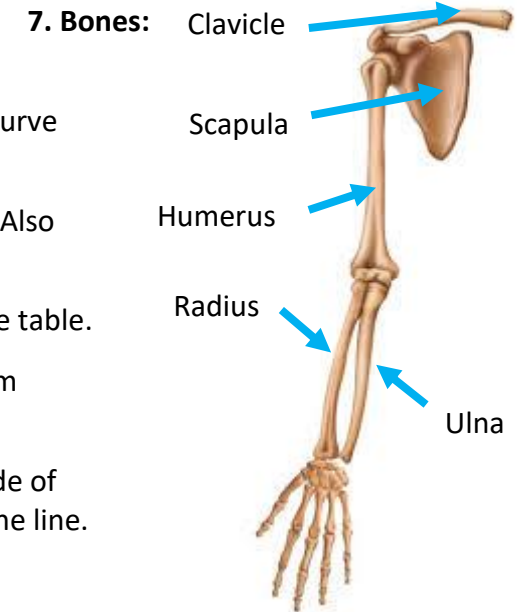
**PUSH (forehand/ backhand)** - To keep the ball safe from the opponent attacking the ball. To increase the opportunity to attack.

**DRIVE (forehand/ backhand)** - To decrease the amount of time available to the opponent.

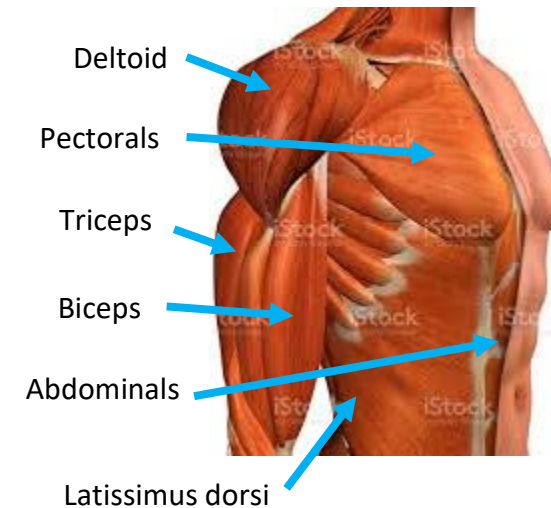
**DROP SHOT** - Short placement - very close to the net.

**LOB** - Usually used in a backcourt/ defensive situation. The player hits the ball high. The deeper the ball lands on the table, the more difficult it will be for the opponent to smash.

**SMASH** - A put-away shot. Ball is hit with enough speed so the opponent cannot make a return.



## 8. Muscles:



## 9. Components of fitness:

**CO-ORDINATION** - The ability to use different (two or more) parts of the body together smoothly and efficiently

**REACTION TIME** - The time taken to initiate a response to a stimulus

**AGILITY** - The ability to move/ change direction quickly (at speed) whilst maintaining control