

Category of Activity: Net Games

Name of Activity: Table Tennis

The game is also known as ping-pong. In which two or four players hit a light weight hollow ball back and forth using Table Tennis rackets. The game is played on a table divided by a net, except for the initial serve, players must allow the ball played towards them only after one bounce on their side of the table and must return in such a way that it bounces on the opposite side. Point has scored if the player is not able to send the ball across within the rules. The game is fast and demands quick reactions. Skilled player can apply several varieties of spin to the ball, altering its trajectory and limiting opponents options. You need to be able to hit the ball well and keep it low over the net. You also need to learn to hit the ball accurately and hard at the same time. The game required highest degree of physical fitness and mental concentration. Fred Perry world's mens single's champion in 1928-29, later achieved greater fame at Wimbledon, perhaps it would not be quite true to say that he move to the larger court when his game became too slow for the table but certainly it will be true to say that no sport requires faster reaction and more delicate muscular co-ordination than Table Tennis

Rules of the Game

- Table Tennis Table is 9 ft. long, 5 ft. wide and 2.5 ft high.
- Net is 6 inches high from the table.
- A game of Table Tennis is played upto 11 points.
- A player or the pair who first scores 11 points wins unless both players or pairs score 10 points then the game is won by the player or pairs who gains 2 point lead.
- If a player cause the table to move whilst the ball is in play, player losses a point.
- A player shall score a point if his opponents free hand touches the playing surface or the net assembly.
- Service receiving and end are decided by toss. Game start with legal service.

History of Table Tennis

The game of Table Tennis probably descended from the game of 'Royal Tennis', which was played in the medieval era (12th century A.D.) Table Tennis was probably played with improvised equipment in England during the last quarter of 19th century. Evidences show that DAVID FOSTER in England patented an action game of Tennis on Table in 1890. One year later John Jaques came out with a game called GOSSIMA. None of these game were successful due to ineffective rubber ball and cork, both had wild bounce. In 1900 a celluloid ball was introduced by Jaques and the name was given as 'Ping-Pong'. The game quickly caught on with the public under many names but Ping-Pong and Table Tennis were two most popular names. Ping-Pong was a trademarks of parker brothers of US and they wanted a large amount of money for their trademark. So, all settled with the name, Table Tennis. China the current olympic champion, they won all the gold medals at Beijing olympics. The game was brought to India during 1st half of 20th century. Initially, it was an after dinner amusement for British Officers in India until Table Tennis Federation of India came into existance in 1937.

Facts about Table Tennis

- Table Tennis is controlled by ITTF worldwide.
- ITTF (International Table Tennis Federation) was founded in 1926 with headquarters in Berlin.
- Introduced in olympics in 1988 in Seyol South Korea.
- First world championship was held in London in 1926.
- TTFI was formed in 1937 at Calcutta now known as Kolkata.
- Table Tennis ball was not really hollow, it is slightly pressurised by a Gas.
- Certain top players can put up upto 900 rpm of spin to Table Tennis balls.
- Table Tennis was banned in Soviet Union from 1930-1950. It was believed to be harmful to eyes.
- Table Tennis is the most popular rackets sport in the world.
- Jackie Bellinger and List Lomas created a record of hitting the ball back and forth 173 times in one minute.
- China, Sweden and South Korea are the wrold powers in Table Tennis currently.
- Until 2001 Table Tennis was played upto 21 points.
- After sydney olympics in 2000, the ball size was increase to 40mm for improved TV viewing.

Basic Requirements/Equipment

- Table Tennis Tables
- T.T. Rackets and Balls
- A Hall to acomodate students
- Open space marked with lines
- Wall marked with Straight line at the height of 76 cm.

Use STEP to modify Table Tennis activities so that all students are included. Try these modifications or devise your own.

- Space**
- Increase the playing space to encourage more movement; reduce the size of the space to encourage the development of forehand and backhand strokes.
 - Play on different tables. For example the school tables can be used by keeping the books at the center of the table for service practice.
 - Vary the size of the tables depending on the ability of the students. For example the length and height of the table could be increase or decreased at the competency of the player develops.
 - For practice of strokes and task wall can be used.

- Task**
- Passing & receiving**
- Some players will find it easier for them to join in the game if they are able to hit the ball softly.
 - Some players find it easier to play with a lighter and wider racquet. In some cases it may be necessary for these individuals to practice the skill of sending and receiving separately until competency has improved.
 - Some players may need to spend more time practicing individual skills before they are able to play in a game situations.
 - Allow players to serve the ball from near / further from the table.

- Equipment**
- Provide players with a range of balls. Players can initially practice with the tennis balls, plastic balls and while using their palm as racquets.
 - A brightly-coloured bigger / larger balls with a sound may help the participation of students who have vision impairment.
 - Polly racket could be introduced for initiating the game.
 - Use some adjustable vertical stands with a ring on top to develop precision and control in high and low serving.

- People**
- a) Team numbers can be varied; for example, in order to balance a game, it may be best to play 1 v 2, 1 v 3 or 2 v 3, where larger group who are developing their skills play against more competent players.
 - b) Play the game seated. Reduce the table area, use miniature table and increase or decrease the height of the net. Players must remain seated and cannot lift their seats when hitting the ball.

Physical & Health Education /Games

Links to continuous and comprehensive assessment frame work for classes IX and X

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|---|--|
| • An appreciation and understanding of the physical fitness requirements of games playing | • Skills of agility, balance and coordination |
| • An involvement in sports/physical education programmes | • Motivation and commitment to take part in the game |
| • Team work | • Ability to lead others as a team captain, coach or referee |
| • A knowledge of different games and rules of the games | • An awareness of rules of safety |
| | • An evidence of being self disciplined |

Life Skills

- | | |
|---|---|
| • Listen actively | • Takes criticism positively |
| • Communicate using appropriate words, intonation and body language | • Identifies one's own strengths and weaknesses |
| • Gets along with others. | |





Purpose of the activity

Playing individually or with a partner to beat the opponents and win the game

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit • cooperation • communication • focus on winning
- will to win

Skills

Grip (Shake Hand)

- Racket handle is held in the palm of the hand so that the racket head fits snugly into the V shape formed by thumb and first finger.
- First finger roughly paralld with the straight edge of the rubber at the base of the racket head.
- Three fingers are wrapped around handle to provide stability.
- Grip should be firm but not tight and racket should firm an extension of hand and forearm.



Service

- Hold the ball in the palm of non racket hand behind the table.
- Throw the ball up at least 16 cm. or more.
- Strike the ball with the flat side of the racket behind and above the playing surface.
- Ball must bounce on your side of the table before it passes over the net.



Forehand Pushes

- Bring racket slightly up and back while keeping elbow at the waist.
- Bend the wrist back, swing forward with the downward motion.
- Snap the wrist forward for extra speed when racket reaches the ball.



Backhand Pushes

- Bring racket slightly up and back close into your stomach while cocking wrist back.
- Contact the ball and front of the body.
- Keep the elbow still, from forearm and wrist moves forward and down.
- Graze the bottom of the ball and follow through.



Here are some practices

Pen Hold Grip

- Hold the thumb near parallel with blade while covering the index finger.
- Varying gap between thumb and index finger.
- Having 1,2 or 3 remaining fingers touching the blade.
- Varying the remaining on the back of the blade.



Basic Standing Position

- Ready position to play both forehand and backhand.
- Feet slightly diagonal to the line of play.
- Keep feet wide apart (wider than shoulder). Left foot a little forward than the right.
- Crouching forward a little, weight on toes.
- Elbow roughly shoulder apart.
- Tip of the racket pointing forward.

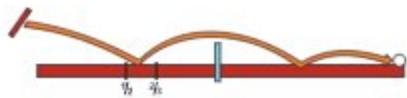




Try these Serving Techniques

Serving Techniques : Service could be performed with top-spin, back-spin or combined with side-spin. A good service requires lot of hard work and practice. One should start close to the net and work back until you could serve from a legal position behind the baseline.

Length : A serve should be placed so that if the ball were to bounce twice on the opponent's side of the table, the second bounce would be on the baseline. This limits the receiver's options because the ball has to be played over the table. To achieve this the ball should bounce on your side of the table half to two-third of the way to the net.



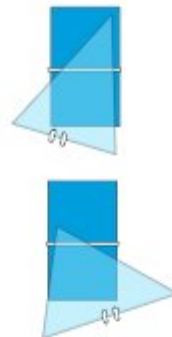
Wrist : Wrist action can be a powerful weapon. Try to relax the grip and keep the wrist loose. Advanced players use wrist action to impart spin. The ball is hit in position 'A' has the opposite spin to a ball hit in position 'B'.



Height of a Ball : Whether playing top-spin or back-spin, one should try to hit the ball always at the right height. Beginners always find that they have to hit the ball quite high. But a good player is expected to hit the ball as low as possible may be around 16-23 centimeters above the table.



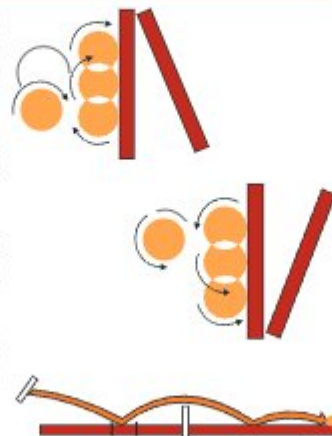
Narrow the Angle : Whenever you place your service, remember that the return usually will form a wedge shape. After the service, position yourself in the middle of the back of the wedge so that you are ready for return.



Returning with Spin: For returning the spinning service, it is essential to read the spin. This means watching for the upward movement of the racket for topspin and downward movement of the racket for the backspin. One has to be very-careful while making an assessment of deceptive wrists spin. Push is most basic form of return. It effectively neutralises the server's little on no spin on your return.

Backspin Push : The rotation of a backspin ball will make it run down the racket, so angle of the racket backwards to compensate.

Push Return: Ball is taken early after the bounce before the spin has much effect. This is specially useful at a time when the ball would bounce a second time on your side of the table. By taking the early pressure is always on your opponent.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will refer your game, time it and keep score?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> History of the game Rules Facts
Skills (6)	<ul style="list-style-type: none"> Grip Service Forehand Pushes Backhand Pushes
Application of skills (10)	<ul style="list-style-type: none"> Use of service to score a point Ability to push the ball with forehand. Ability to push the ball with backhand. Ability to serve with both forehand and backhand.

Links to NCERT syllabus

Theme: Orientation to sports skills: proficiency in sports and motor skills

Links to other subjects

Science : Types of spin and how to bring about different types of spin by the racket meeting the ball at different angles.

Social Science :



Purpose of the activity

Playing individually or with a partner to beat the opponents and win the game

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit • cooperation • communication • focus on winning

Skills

Forehand Drive

- Keep arm close to the torso.
- Forearm make 90° with the upperarm.
- Draw the forearm back to another 45°.
- Let the waist turn naturally along with the arm and shift your weight towards the right foot.
- Swing forward with a slight upward motion while shifting your weight back to left foot.
- Elbow should be used as a pivot point and should only move a little forward in the follow through.



Backhand Drive

- From ready position.
- Waste turn left with Racket towards 9 O'clock position.
- Contact with the ball is made in the front of the body slightly after the top of the bounce.
- Elbow acts again as pivot point.
- Snap the forearm forward in slightly upward direction.
- Power comes with the flick of the wrist.
- Follow through until the racket points after the ball.



Blocking is a backup shot, when there isn't enough time for a full drive or loop. Stroke allows player to use opponent force against him/her.

- Adjust the racket angle according to the severity of topspin. More the spin, the more one should close the racket.
- Involve a little backspin and follow through.
- Execute immediately after the bounce to keep control and speed.
- Hit the ball as it is rising of the surface of the table on your side using 50% of the stroke action before hitting the ball and 50% after hitting the ball.



Drive is a light topspin stroke that produces a low ball trajectory. It is primary offensive stroke and is applied to force opponent to make an error. The complete body is used for consistency and power.



Returning with Spin : Easiest return is that which keeps spin in the same direction.

Topspin to Backspin : Topspin service tumbles forward, if you chop downwards you are playing in the same direction as the spin.

Backspin to Topspin : Backspin service tumbles backward, if you play up and over the ball you are playing in the same direction as the spin.





Smash is the hardest drive you can play. It is a put away stroke and is generally applied to any ball that is high and close enough to the opponent's side. It combines waist, forearm, wrist, movement to the full extent. It is similar to drive and can be applied in both ways forehand and backhand. But the difference is

- Longer back swing, greater way transfer during swing.
- Faster and more intense snapping of forearm while contacting the ball.
- Depending on the weight, the racket is closed more than usual to keep the ball on the table.
- Keep a longer follow through and please remember to keep an open racket against backspin and a closed one against topspin.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will play at a time? What rules will they follow? How will you keep your game safe? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will umpire your game?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Drives • Blocking • Smash
Application of skills (10)	<p>Ability to hit the drive with forehand and backhand.</p> <p>Ability to deliver the return of powerful strokes of opponent with forehand and backhand blocks.</p> <p>Ability to kill the high ball with forehand and backhand smashes.</p> <p>Use of variation in drives like top spin, loop & side spin.</p>

Here are some practices

Rounder's Play is a table tennis lead up game, which is played by using backhand push only. On one table as many as ten players could play this game. Players should stand around the table, one player will serve across and call the opposite player standing diagonally, who will return the ball with backhand to the backhand of the player who standing next to the player who have served earlier. This way all players will keep rotating around the table and pushing the ball with the backhand across the net. The player who misses will earn a point, the game is played for a specific scheduled time i.e. 2 minutes. Player who earns the least number of points becomes ultimate leader.



Wall Practice : Half table is arranged against the wall, and two players are made to practice against the wall, individually and simultaneously. We may use forehand and backhand push against the wall. The target areas in different dimensions can be marked on the wall with circles and squares. For forehand push players will chop the ball at the right side of the body and thereafter will follow will same as done from the backhand.



Links to NCERT syllabus

Theme: Orientation to sports skills: proficiency in sports and motor skills

Links to other subjects

Maths :

English :

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