Table-tennis



Unit/Lesson Plan

Prepared for Radford University’s

Department of Exercise, Sport, and Health Education

Teaching Physical and Health Education Program

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Part 1: History/Background

Table-tennis is a sport played all over world and has its own spot in the Olympic Games. It can be played with two to four players using a lightweight wooden paddles and a hollow ball. The surface in which it’s played on is a hard table which is divided with a net in the center of the table. It is best played inside due to the light-weight, hollow ball which can easily be maneuvered by wind and other natural hazards. Due to the relatively small paddles and ball players must have quick hands and good hand-eye coordination.

Table-tennis can be dated back as early as 1884 in England as it was played by the upper-class as an after-dinner game. It’s rumored that books were stacked in the middle of the table as a net. The players hit a golf ball back and forth with a book as well instead of using paddles. As the sport grow people started trying different materials for equipment such as cigar box lids for paddles and champagne corks.

Later in 1921, Britain founded the Table Tennis Association. Then in 1926 came the International Table Tennis Federation. The first official World Championships was in 1926 at London. United States came up with the States Table Tennis Association in 1933, now called USA Table Tennis.

Table Tennis got introduced into the Olympics in 1988. After the 2000 Olympics in Sydney the I.T.T.F[[1]](#footnote-1) made several rule changes to market the sport as a better televised spectator event. The changes included a bigger ball, lowered the scoring from 21 to 11.

Part 2: Key Rules

The rules listed below are just a few to table-tennis that should provide enough information to get new players familiar with the basics of the game.

**The Table:** Its dimensions are 9 feet long, 5 feet wide, and 30 inches high with Masonite or similar hardboard, layered with a smooth, low-friction coating. The I.T.T.F approved surface must be in a blue or green color.

**The Net:** The table is divided into two equal halves by a 6 inch high net.

**The Serve:** The server takes the ball with his one hand and paddle in opposite, tosses the ball at approximately 6 inches high and strikes as the ball with his/her paddle. It must touch the servers’ side of the table first then the opposing teams side without touch the net or holders.

**Returning the Serve:** The opponent must hit the ball back over the net onto the servers’ side of the table.

 **Double Bounce Rule:** You must not allow the ball to bounce more than once on your side of the table at any point or you lose the point.



Part 3: Terminology

 **Let:** If the ball hits the net and still bounces over and hits your opponents’ side of the table, the serve must be replayed.

 **Fault:** If the ball hits the net and does not bounce on your opponents side or clear the net then the server losses a point.

 **Volleying:** Hits the ball before it has bounced unless it’s obviously not going to bounce on his/her side of the table.

 **Double Hit:** Hits the ball twice in succession.

 **Game:**  When one player has scored 11 points or a 2 point lead if the game has reached 10-10.

 **Match:** The best of any odd numbers of games, usually 3,5,or 7 games played.



Part 4: Potential Benefits

 As mentioned before, table-tennis is a great game for all ages. It teaches quick reactions, hand-eye coordination, and team-work if played in doubles. It also would be a good warm-up for tennis players or an off-season sport of tennis players if they couldn’t get outside to the courts. Since the table-tennis ball is now a hollow plastic ball it is not considered to be a dangerous sport as long as you keep the ball away from your face. The paddles are also safer for younger children rather than a tennis or badminton racquets.

 Table-tennis can also be played by elderly people as a recreational activity to keep them motivated and feeling young about themselves. Another incentive is that it is fun for families of all ages and can be stored away in a garage while not in use. Finally, table-tennis is an exciting, fun, and competitive game that can be enjoyed by friends, family members, or complete strangers.



Part 5: Task Progression

1. **Player Readiness:**

In just about any sport players must always be ready and aware once the event has started and the ball is in play. Players must be held accountable if they are caught off guard constantly but have the ability in other activities.

1. **Paddle Levels:**

For the most part, table-tennis is played in the middle region of a person’s body (between the waist and shoulders). Thus, players may need lots of practice tacking and hitting the ball. Sometimes volleying of the ball back and forth is good practice at the begging to get accustomed with how the ball and paddle will feel.

1. **Footwork:**

Sometimes footwork is forgotten early when learning a new game or method of a sport/activity. Time should be put in to teach the correct footwork and movements early in the unit so players can get a feel for movements needed to move around the table which will be critical once the advance games begin. The teacher can make quick warm-up drills to adapt players to reactions that might be necessary in table-tennis as well as getting the heart rate up.

1. **Teamwork:**

Most schools will not have enough equipment and tables for kids to be able to play singles. Thus, time most be put aside in order to not only teach the rules of doubles and play them. Also to have practice with someone else playing beside you and facing two people on the opposing side instead of just one person.

1. **Game Play:**

Playing the game is when the real fun begins after learning the skills above. Being that table-tennis tends to be learned quicker than more typical units such as badminton and golf, players may be able to start an actual game quicker and enjoy it more. To keep things fun and interesting, teachers may consider playing two versus one on a court, two versus two (doubles) on other court, and one versus one on others. The teacher can then choose to use a rotating station plan to move students between the different games, or on a daily rotation.



Part 6: Key Performance Cues

**The Forehand Stroke:** Most badminton, tennis, racquetball, golf, baseball, and table-tennis players would like to strike the majority of the shots with their dominant forehand side. Being that most people can throw a ball and the similarity, many students will easily adapt to a table-tennis forehand.

* **Preparation:** Student should be in a ready position with paddle up above the table.
* **Action:** Student should step forward towards the ball with non-paddle foot. Stroking the ball from high to low.
* **Follow-through:** Follow-through should be with non-paddle shoulder pointing towards the intended target.

**The Backhand Stroke:** The backhand is usually the hardest of shots for beginners. Usually, because it seems a little awkward at first. A good thing to cure this is to tell them to “throw the paddle like a Frisbee toward the ball” without letting the paddle go.

* **Preparation:** Student should be in a ready position with paddle up above the table.
* **Action:** Student should step toward target with paddle foot and stroke the ball low to high or flat toward the intended target
* **Follow-through:** Follow-through should be with paddle shoulder point towards the intended target.

**The Lob Stroke:** The lob stroke (shot) is a pretty easy shot to learn for most beginners because it is a shot that they might use in badminton, tennis, or pickle-ball. Some say it is used in desperation and a last line of defense.

* **Preparation:** Student should be in a ready position with paddle up above the table.
* **Action:** Student should step toward target with paddle foot and lean toward net and lightly tap the ball over the net.
* **Follow-through:** Follow-through should be short and return to return and defend against a few different types of shots.



Part 7: Lesson Plans

Elementary Sample Lesson Plan

Virginia SOLs: 5.1 Skilled Movement and 5.2 Movement Concepts

|  |  |
| --- | --- |
| **Lesson Content:** 5th Grade Table-tennis | **Lesson #** |
| **Equipment:** paddles, ping pong balls, tape for floor, CD player, and up-beat CD |  |
| **Student Objectives:** At the end of this lesson, students will have learned to (1) perform simple front hand and backhand strokes from a teammate toss and (2) identify common errors. | **Teacher Goal/Objective:**Use congruent feedback |
| **Initial Activities (1 minute):** Cheeto Tag“When the music stops, Please be at one of the six fitness stations” | * Call roll
 |
| **Fitness Stations (6 minutes):** 1. Run in place, 2. Jump Rope, 3. Sit-ups, 4. Push-ups, 5. Lunges, 6. Jumping jacks“When completed, Listen for two whistles, Then Please move to the pitcher’s mound. | * At 4 corners and 2 in center court
* 2 rotations through of 30 second per station
 |
| **Lesson Activities (20 minutes):** Start your Team Color* Forehand grip=shake hands with paddle
 | * Review front hand/backhand grip
* Review Footwork
 |
| * **Teammate Toss:** In groups of two (or three), stroke a teammates’ toss back so that the tosser can make a successful catch.
* Start with forehand
* Then backhand
* Finally, alternate between the two.
 | **Variations:** Tosser provides target; change distance, speed, spin, etc. |
| * **Wall Ball:** Starting 8-10 feet from the wall,
* Practice forehands
* Then backhands
* Finally, alternate against wall. Start with 2 in a row, etc.
 | **Variations:** Try to hit a specific target on wall, move back, move up, side-to-side, etc. |
| * **Air Ball:** In groups of 2 (or 3), volley back and forth with a teammate trying to keep the ball in the air (the least bounces as possible).
* Start with forehand,
* Then move on to backhand,
* Finally, try alternating between the two.
 | **Variations:** Move apart, move together, hit high, hit low, etc. |
| * **2 Square/4 Square:** Using the 10’x10’ “courts” on the floor, play 2 or 4 square using table tennis scoring (each person serves 5 times). Ball must arch, not allowed to hit it downward.
 | **Variations:** Put a “net” at center line, alternate hits with doubles teammate, etc. |
| **Lead-Up Game:** Around-the-WorldStart with running around own team, and then move to running around the court. | * “Always run to your right”
 |
| **Cool Down and Review/Preview (3 minutes):** Series of stretches at the same time. |  |

**Part 7: Lesson Plans**

**Middle School Sample Lesson Plan**

**Virginia SOLs:** 8.1 Skilled Movement and 8.2 Movement Concepts

Student Objective(s): At the end of this lesson, students will have learned (1) striking of forehand and backhand strokes, and (2) basic history and rules for table-tennis.

Material and Equipment Needed: 16 Paddles, 16 Ping Pong Balls, 16 Tables, 4 Cones, 4 Station Signs, 5 “X” Spots, 5 Yarn Balls, 8 Station Spots, Pencils and History/Rules Worksheets.

|  |  |  |
| --- | --- | --- |
| Lesson Tasks/Activities: | Cues/Questions | Space |
| 1. **Initial Activity (1 min.)**
* Warm-Up= Name games
 |  | HomebaseGeneral Space |
| 1. **Fitness Activity (4 min.)**
* Rock, Paper, Scissor running
* Start at baseline and move to mid-court and far baseline each time you “win”
* Score 1 point for reaching fall wall and then return to starting baseline.
 |  | General Space |
| 1. **Lesson Activity (30 min.)**
* Demo grip, stance and striking patterns
* Stations 1=forehand/backhand strokes
* Toss to partner for 10 strikes on both sides
* Toss to partner for 20 alternating strikes
* Station 2=History/Rules Worksheets
* Station 3=Lob Shots
* Toss to partner for 10 strikes on both sides
* Toss to partner for 20 alternating strikes
* Station 4=X Marks the Spot
* Fitness and Footwork Station
 | Please work in groups of 4Move clockwise at signal | Station space at four baskets |
| 1. **Game Play (15min.)**
* Around the Team(coop, then comp)
* Around the Table (coop, then comp)
 | Always move to the right around team/table | Two “teams” at center of floor |
| 1. **Closure (1 min.)**
* Review = key element of table-tennis
* Size of Court? “Double-Hit”, Olympic Sport?
* Preview = next time we will play a tournament style like “round-robin” and/or “king of the court".
 |  | Homebase |

**Part 7: Lesson Plans**

**High School Sample Lesson Plan**

Lesson Content: 10th Grade

Virginia SOLs: 10.1 Skilled Movement and 10.2 Movement Concepts

Student Objective(s): At the end of this lesson, students will have learned (1) game-play strategies and (2) several scoring options for table-tennis.

Materials and Equipment Needed: 16 paddles, 16 Ping Pong Balls, Tables

|  |  |  |
| --- | --- | --- |
| Lesson Tasks/Activities: | Cues/Questions | Space |
| 1. **Initial Activity (2 min.)**
* Warm-Up = Tag Variations
 |  | HomebaseGeneral Space |
| 1. **Fitness Activity (2 min.)**
* Active Stretches for Game-Play
 |  | General Space |
| 1. **Lesson Activity (12-15 min.)**
* *WISG…*With doubles partner-match up with another team so you 2v2 (one pair of 1v1).
* Practice forehand/backhand strikes working on proper footwork and flat even swing.
* *WISG…*”Sunny” side move to lobs. SWITCH
* *WISG…*one ball per table with “sunny” side hitting crosscourt and south side hitting down-the-line. SWITCH
* *WISG…*Round-robin games with table-tennis scoring for 90 sec., then SWITCH to any new team.
 | Please work in groups of 4 per table, but each pair practice across from each other | 5 Courts |
| 1. **Game Play (20-25 min.)**
* King of the Court- Play same table-tennis scoring with 3 minute games and reporting of winner for rotating to “King” Court
* Rotate to Right
* Scores kept at board
 | “Winning” Teams Move Up | Singles Court is for practice |
| 1. **Closure (5 min.)**
* Preview next week for ultimate Frisbee
* Test ☹
 |  | Homebase |

Assessment of Table-tennis Unit

Assessment Tools: 1. Skills Sheet, 2. Written Test (History and Basic Rules Handout), 3. Daily Participation, and 4. Playing Profile

Skills Sheet= 150 points

Written Test= 120 points

Participation= 60 points (5 per day)

Playing Profile= 60 points (5 per day)

Extra Credit= 10 points (helping teacher with equipment

 Total= 400 points

Table-tennis Skills Sheet

Name­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class Period\_\_\_\_\_\_\_\_\_\_

Partner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Date | Skill Description | Classmate |
|  | 1. Read and study “information for written test” handout.
 |  |
|  | 1. Twenty-Five consecutive “air” bounces with forehand
 |  |
|  | 1. Twenty-Five consecutive “air” bounces with backhand
 |  |
|  | 1. Fifty consecutive “air” bounces with alternating grips.
 | \*\* |
|  | 1. Complete at least 15 of 20 forehand serves to correct side of court.

/20 /20 /20 /20 /20 /20 /20 |  |
|  | 1. Return at least 12 of 20 serves from partner.

/20 /20 /20 /20 /20 /20 /20 | \*\* |
|  | 1. Successfully “rally” for 7+ consecutive bounce hits with a partner.
 |  |
|  | 1. Successfully “lob” for 5+ consecutive bounce hits from a partner
 |  |
|  | 1. Successfully “rally” for 10+ consecutive “lobs” with a partner
 | \*\* |
|  | 1. Play a “mini-game” (1/2 table) of singles up to 21 using table-tennis scoring.
 |  |
|  | 1. Successfully “rally” for 11+ consecutive bounce or lob hits while playing doubles.
 |  |
|  | 1. Successfully “rally” for 9+ consecutive “lobs” while playing doubles and alternating hits.
 | \*\* |
|  | 1. Complete at least 6 of 12 “points” with rallies lasting longer than 3 hits (serve, return, return of return, etc.). Each player serves 3 times

/12 /12 /12 /12 /12 /12 /12 |  |
|  | 1. Play a “full-court” game of doubles with alternating hits by each partner. Play to 21 with table-tennis scoring.
 |  |
|  | 1. Complete at least 15 of 20 “points” with rallies lasting longer than 4 hits. Each player serves 5 times.

/20 /20 /20 /20 /20 /20 /20 |  |

* \*\*These skills require a teacher “check-off” before moving on to the next skill.
* Record your progress with /20 by writing in how many you successfully complete each practice trial. For example , 19/20; 19/20, etc. would mean you got better 19 out of 20 the second time you practiced the skill.
* Use the back of this sheet for more practice trials as needed.

Information for Written Test

History

Table-tennis is a sport played all over world and has its own spot in the Olympic Games. It can be played with two to four players using a lightweight wooden paddles and a hollow ball. The surface in which it’s played on is a hard table which is divided with a net in the center of the table. It is best played inside due to the light-weight, hollow ball which can easily be maneuvered by wind and other natural hazards. Due to the relatively small paddles and ball players must have quick hands and good hand-eye coordination.

Table-tennis can be dated back as early as 1884 in England as it was played by the upper-class as an after-dinner game. It’s rumored that books were stacked in the middle of the table as a net. The players hit a golf ball back and forth with a book as well instead of using paddles. As the sport grow people started trying different materials for equipment such as cigar box lids for paddles and champagne corks.

Later in 1921, Britain founded the Table Tennis Association. Then in 1926 came the International Table Tennis Federation. The first official World Championships was in 1926 at London. United States came up with the States Table Tennis Association in 1933, now called USA Table Tennis.

Table Tennis got introduced into the Olympics in 1988. After the 2000 Olympics in Sydney the I.T.T.F[[2]](#footnote-2) made several rule changes to market the sport as a better televised spectator event. The changes included a bigger ball, lowered the scoring from 21 to 11.

Basic Rules and Terminology

**Let:** If the ball hits the net and still bounces over and hits your opponents’ side of the table, the serve must be replayed.

**Fault:** If the ball hits the net and does not bounce on your opponents side or clear the net then the server losses a point.

**Volleying:** Hits the ball before it has bounced unless it’s obviously not going to bounce on his/her side of the table.

**Double Hit:** Hits the ball twice in succession.

**Game:**  When one player has scored 11 points or a 2 point lead if the game has reached 10-10.

**Match:** The best of any odd numbers of games, usually 3, 5, or 7 games played.

**The Table:** Its dimensions are 9 feet long, 5 feet wide, and 30 inches high with Masonite or similar hardboard, layered with a smooth, low-friction coating. The I.T.T.F approved surface must be in a blue or green color.

**The Net:** The table is divided into two equal halves by a 6 inch high net.

**The Serve:** The server takes the ball with his one hand and paddle in opposite, tosses the ball at approximately 6 inches high and strikes as the ball with his/her paddle. It must touch the servers’ side of the table first then the opposing teams side without touch the net or holders.

**Returning the Serve:** The opponent must hit the ball back over the net onto the servers’ side of the table.

**Double Bounce Rule:** You must not allow the ball to bounce more than once on your side of the table at any point or you lose the point.

Playing Profile (Sports-personship)

Just like in most sports, table-tennis has several etiquette issues related to racquet and paddle sports. The paddle should never hit the table or thrown out of frustration or anger.

If multiple games are being played in one room and another ball bounces onto your table in mid-play you are supposed to continue play. In-less of course the ball hurts your play or hits your ball in-play. If this happens it is considered a “let” (or “do over”). After a point is scored it is polite to retrieve the ball and return it to the court were it originally came from.

0 = Unable to play appropriately. Must spend the majority of class time sitting out.

1 = Participates minimally, but complains, blames others, and/or is a poor teammate.

2 = Participates without complaining unless not paired with friend. Abuses equipment.

3 = Enjoys playing, appears to give best effort, but gets upset when losing.

4 = Usually shakes hand. Keeps things friendly, and fun to play with or against.

5 = Helps teacher with equipment after class. Always shakes hands. Likes to play with anyone.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Score | Description of Playing Profile Actions | Classmate |
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Part 9: Practice Activities and Lead-Up Games

**Teammate Toss:** In groups of 2(or 3), stroke a teammate toss back so that tosser can make successful catch. Start with forehand, then backhand, and then alternate.

**Wall Ball:** Starting 8-10 ft. from wall, practice forehands, then backhands, then alternate against wall. Start with 2 in a row, and then try 3, etc.

**Air Ball:** In groups of 2 (or 3), volley back and forth with a teammate trying to keep the ball in the air (as few bounces as possible). Start with forehand, then backhand, and then alternate.

**2 Square/4 Square:** Using the 10’x10’ “courts” on the floor, play 2 or 4 square using table tennis scoring (each person serves 5 times). Ball must arch, not allowed to hit it down.

**Bench Ball:** Starting 10-15 ft. apart from teammate, practice FHs, then BHs, then alternate over a bench or chair. Allow the ball to bounce each time.

**Air Ball:** In a pair (or triad), volley back and forth with a teammate trying to keep the ball in the air (as few bounces as possible). Start with FH, then BH, and then alternate.

**Balance the Ball Relay**: In a team of 4-6, take turns balancing the ball on the paddle as a obstacle course is negotiated by each player.



Part 10: Playing Strategy

**Singles:** When playing table-tennis in singles it can be fun, competitive, and actually challenging. I will tell you five keys to focus on when playing a singles match in table-tennis.

1. Hit groundstroke’s high to hit deep.
2. Hit second serves high to hit dep.
3. Pull your opponent forward, then hit past him/her.
4. Recover your table position as quickly as you can.
5. Use full swings.

**Doubles:** When playing a doubles match in table-tennis there must be more thought about each shot, similar to a chess match. There are a few tips below on how to succeed in double play.

1. Try to find a teammate who you’ve played with before.
2. Know your partners strengths and weaknesses.
3. Never criticize or get angry with your teammate.
4. Communication is often the key between winning and losing.
5. Play fair but be a good competitor.



Part 11: Etiquette

Just like in most sports, table-tennis has several etiquette issues related to racquet and paddle sports. The paddle should never hit the table or thrown out of frustration or anger.

If multiple games are being played in one room and another ball bounces onto your table in mid-play you are supposed to continue play. In-less of course the ball hurts your play or hits your ball in-play. If this happens it is considered a “let” (or “do over”). After a point is scored it is polite to retrieve the ball and return it to the court were it originally came from.



Part 12: Expense/Opportunities

**Paddles:** Table-tennis paddles can be found as low as $7.95 through American table tennis, Inc.

**Balls:** Table-tennis balls can be purchased as low as 2.95 for half-dozen through American table tennis, Inc.

**Nets:** Table-tennis net sets can be purchased online for $46.95 through the American table tennis, Inc.

**Tables:** A table for table-tennis is the most expensive thing to buy but can be found a local thrift stores, pawn shops, or online for $599.00 through the American table tennis, Inc.

If you are a beginner and are interested in table-tennis and don’t have a lot of money you could try your local recreation building, check with friends, schools, or community buildings.



Part 13: Accommodations for Special Needs Children

Just like most sports these days, table tennis has a few modifications that you might want to keep in mind if you have a student or friend wanting to play but has special needs. Suggested modifications include but not limited to be:

* Kids in wheelchairs or on crutches: Lower the table so they can feel comfortable with the height since they will be sitting down. You may want to have an instructional assistant or friend to catch a student in case he/she losses his/her balance.
* Athletes who are not able to grip a racket due to their disability use specially crafted instruments that attach the racket to the hand. Some athletes choose to simply use a bandage to help attach their racket to their hand. These modifications do not give them an advantage over another player, but rather they even the playing field so that players can compete regardless of their disability.

Again these are just a few suggestions. There are more out there but this can give you a brief idea in-case something comes up.



Part 14: Sources/Bibliography

Web/Internet Sources

ATT = American Table Tennis, Inc. ([www.americantabletennis.com](http://www.americantabletennis.com))

ITTF= International Table Tennis Federation, ([www.ittf.com](http://www.ittf.com))

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1. International Table Tennis Federation [↑](#footnote-ref-1)
2. International Table Tennis Federation [↑](#footnote-ref-2)