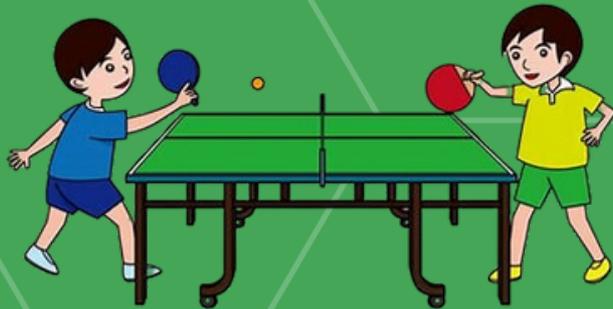




TT @ Home Training Programme



Aims and Objectives

Support local communities throughout collaboration between TTI and LSPs/Councils

**Keep active minds and healthy bodies through sport
Learn new skills and broaden knowledge of sport**

Learning Outcomes

**Increase sport participation numbers in local communities
Improve self-wellbeing through physical activity
Obtain basic technical and tactical knowledge of the game
Understand basic Table Tennis Rules and Regulations**



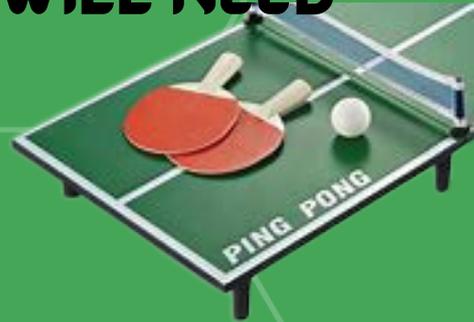


TT @ Home

Training Programme

EACH SESSION YOU WILL NEED

**Bat, Ball
Net, Table**



Get Creative with your equipment!

Handbook
copy as a bat



Cards folded
as a net



Small round
ball (i.e
Squishy soft
ball, Tennis
Ball)



Any long
table you
have at home
as a playing
area



Show us your creative equipment by using #TT@home on social media



Training Programme

TABLE TENNIS RULES:

1. The aim while playing the game is to hit the ball over the net onto the opposite side of the table.
2. The game starts when one player serves the ball.
3. The ball must bounce on the server's side of the table followed by a second bounce on the opponent's side.
 - a) The ball must pass cleanly over the net – if it 'clips' the net and goes over, it is a 'let', and the service is retaken.
4. If the opponent is unable to return the ball back or the ball does not land on your side of the table, it is your point.
5. Table Tennis game is played till one player (or a pair in case of doubles) scores 11 points and the other player scores less than 10 points. If the score reaches 10-10 then it is named as deuce. In such a scenario, the game extends until one of the players (or pair) scores 2 consecutive points.



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Training Programme

SCAN THE QR CODE TO FIND PROGRAM VIDEOS



TT @ Home Training Programme

WEEK 1 SESSION PLAN

Areas covered: Developing a Grip, Hand eye co-ordination, TT Bat/Ball Skills.

Warm-Up

Activity 1 - Get a Grip!

What is the importance's of a good grip?

Makes play easier and increases rate of improvement

Types of grip

Shakehands Grip (Western Grip)



- Hold the bat pretty much similar to a handshake
- Relax thumb over the rubber of the bat

Penhold Grip



- Hold the bat similar to how you would hold a pen while writing with the index finger and the thumb at the front of the handle and the rest folded behind the bat.
- Your wrist will become more flexible in this grip to push the ball

Choose a grip that is more natural to you!

TT @ Home Training Programme

WEEK 1 SESSION PLAN

Activity 2 - Hand Eye Co-ordination

Why do we need hand eye co-ordination?

Very important in order to be able to serve, react to a shot in correct time.

Practice without the bat

- Throw ball up and catch it with 2 hands x 10
- Throw ball up and catch it with 1 hand x 10
- Bounce ball on floor and catch with 2 hands
- Bounce ball on floor and catch with 1 hand

Drill 1 - Keep ups

- Throw the ball up, and hit the ball up continuously without letting it drop to the floor, If it drops, throw the ball up and start again.
- Try get 10 in a row

Drill 2 - “Throw Catch”

- Working in a pair, one person has a bat and one has no bat (catcher).
- The partner with no bat throws the ball to the partner with the bat
- The person with the bat hits the ball to the catcher, who then tries to catch the ball.
- Repeat for 10, then swap over.



table tennis
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TT @ Home Training Programme

WEEK 1 SESSION PLAN

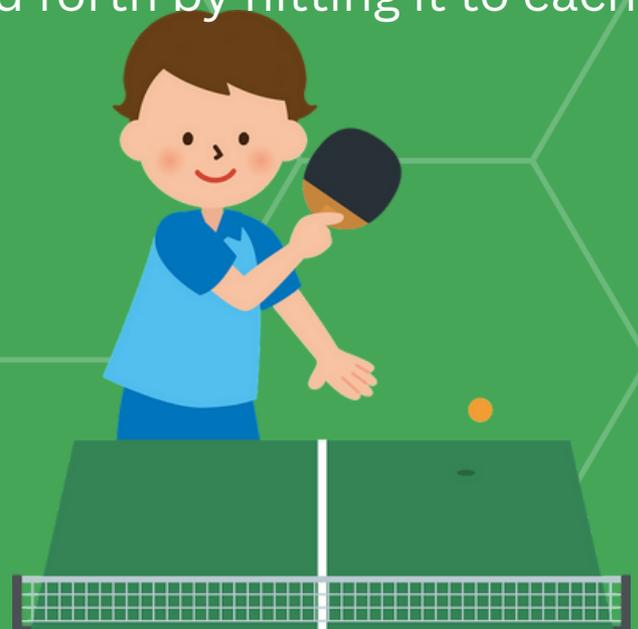
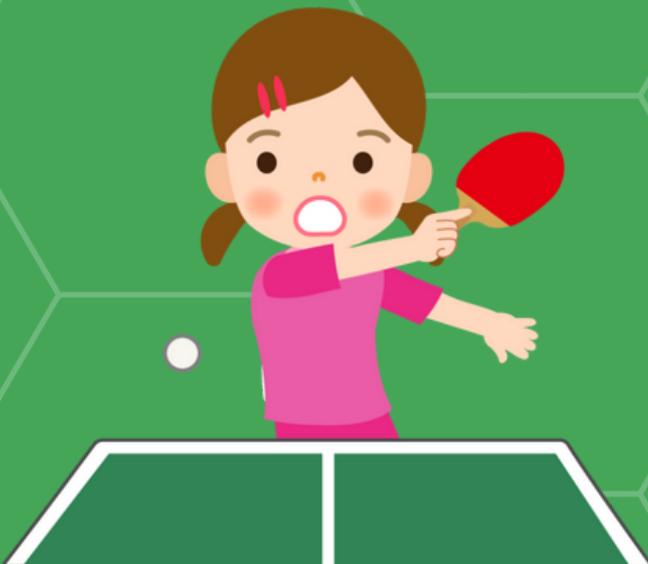
Drill 3 - "Reaction"

In your pair, both players need a bat.

- One person starts by hitting the ball to partner, and the other partner tries to hit the ball back to the partner.
- Both partners are trying to keep the ball up for as long as possible, passing the ball back and forth by hitting it to each other.

Drill 4 - "Bat & Ball Reaction"

- One person starts by hitting the ball up on own bat then across to the partner on other side of the table.
- The other partner tries to hit the ball back to the partner the same way.
- Both partners are trying to keep the ball up for as long as possible, passing the ball back and forth by hitting it to each other



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WEEK 1 SESSION PLAN

Activity 3 - Bat/Ball Skills

Ball Balance skills

Try the following::

- Balance the ball on the bat while walking.
- Balance ball on the bat and lift leg, touch head, ear.
- Sit on the floor, try to stand up with the ball on the bat.
-

Could you do it without dropping the ball?

Ball Control skills

- See how many times you can keep the ball up on the bat. Every bounce, flip the bat and use alternate side of bat.
- See how many times you can bounce the ball on the floor in a row.
- Hit the ball up on the bat (do both sides of the bat), then bounce the ball on the floor.

TT @ Home Training Programme

WEEK 2 SESSION PLAN

Area Covered: Introduction to Backhand Drive

Warm-Up

Activity 1 - Find a stance

Stand like a goal keeper

Feet apart,

Knees bent,

Body leaning forward/ weight on front of feet

Activity 2 - Backhand Drive Technical Points

1. **Get into a "Ready position"** - Bat arm above and behind the table, bat slightly angled.
2. **Forward movement** - Strike the ball at top of the bounce
3. **Follow through** - Bat turns to be in front of eyes, top of the bat pointing up/ forward (bat arm bent at elbow, wrist and bat in a straight line)
4. Return to the ready position



Hit



Follow Through



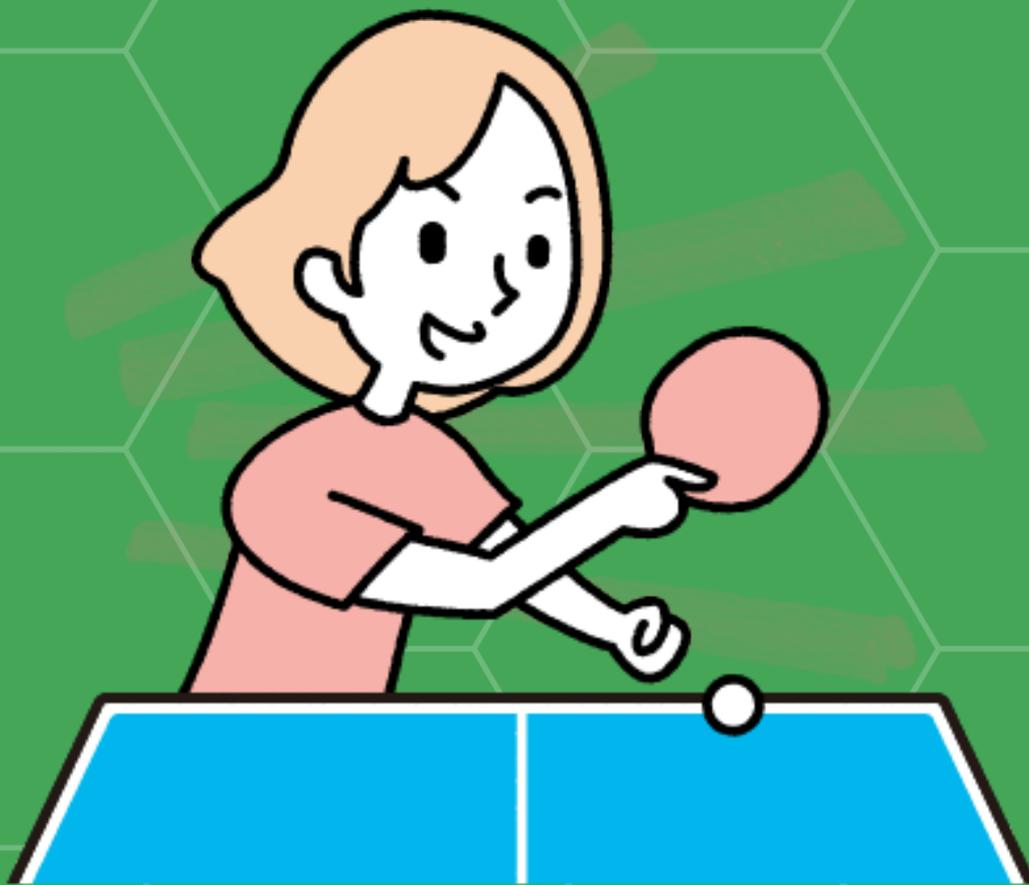
Ready Position

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WEEK 2 SESSION PLAN

Activity 3 - Practice

1. Bounce the ball on the table, then play Backhand shot
2. Throw the ball up, then strike the ball with Backhand drive to the other side of the table
3. Set a target (a piece of paper, an object) on the other side of the table and try to play Backhand shot onto the target



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WEEK 3 SESSION PLAN

Area Covered: Introduction to Backhand Service

Warm-Up

Activity 1 - Recap

Stand like a goal keeper

- Feet apart,
- Knees bent,
- Body leaning forward/ weight on front of feet

Ready Position

- Bat arm above and behind the table, bat slightly angled.

Activity 2 - Backhand Service Technical Points

Preparing to serve

- Rest ball on palm on the hand not holding the bat.
- Put the free hand above and behind the table.
- Throw the ball up about 16cm (not too high).

The Serve

- Throw the ball up - not too high.
- Hit the ball onto your own side of the table, then the ball is to bounce over the net to the other side and the serve has been complete.
- Use enough power to allow the ball to bounce over the net onto the other side

Tip: Bat slightly angled forward, and hold it above the ball



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WEEK 3 SESSION PLAN

Activity 3 - Practice

1. Set a target (a piece of paper, an object) on your side of the table and try to get the ball to bounce on the other side of the table.
2. Set a target (a piece of paper, an object) on the other side of the table and try to get the ball to land on the target

TT @ Home Training Programme

WEEK 4 SESSION PLAN

Area Covered: Introduction to Forehand Drive

Warm-Up

Activity 1 - Technique

Ready position

- Feet apart

- Knees bent

- Arm above and behind the table (“L” shape)

Forward movement

- Strike the ball at the top of bounce

Follow through

- Hip to Lip

- Bring the bat in front of your forehead

- While playing the shot, feet/body turns forward

- Weight transfers from right leg to left leg



Hit



Follow Through



Ready Position

TT @ Home Training Programme

WEEK 4 SESSION PLAN

Activity 2 - Practice

1. Bounce the ball on the table, then play forehand drive shot
2. Throw the ball up, then strike the ball with forehand drive to the other side of the table
3. Set a target (a piece of paper, an object) on the other side of the table and try to play forehand shot onto the target

TT @ Home Training Programme

WEEK 5 SESSION PLAN

Area Covered: Introduction to Forehand Serve

Warm-Up

Activity 1 - Technique

Ready position on F/H side of the table

- Feet apart
- Knees bent
- Arm above and behind the table (“L” shape)

Prepare to serve

- Ball to rest on palm of the free hand (hand not holding the bat)
- Put the free hand above and behind the edge of the table

Serve

- Throw the ball up (not too high).
- Using the bat, strike the ball onto your own side of the table, then the ball is to bounce over the net to the other side and the serve has been complete.

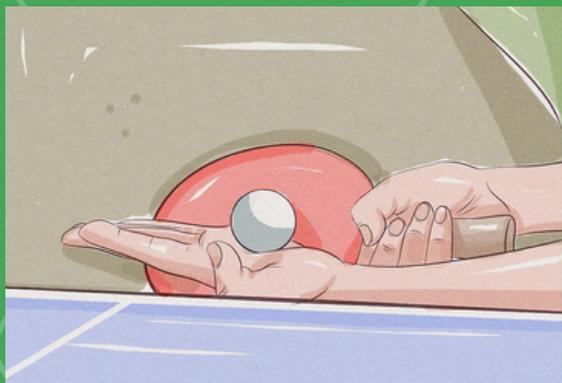
Top Tip: Angle the ball slightly forward, and hold it slightly above the ball before striking



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WEEK 5 SESSION PLAN



Rest ball on palm on the hand not holding the bat.



Put the free hand above and behind the edge of the table.



Throw the ball up about 16cm (not too high).



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WEEK 5 SESSION PLAN

Activity 2 - Practice

- Set a target (a piece of paper, an object) on your side of the table and try to get the ball to bounce on the other side of the table.
- Set a target (a piece of paper, an object) on the other side of the table and try to get the ball to land on the target

TT @ Home Training Programme

WEEK 6 SESSION PLAN

Area Covered: Drills and Games

Warm-Up Game 1 - Around the Table

- Players stand on either side of the table (even amount)
- Someone starts by hitting the ball to the other side
- As soon as you hit the ball, run around the table
- Try keep the ball on the table for as long as possible





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WEEK 6 SESSION PLAN

Game 2 - Co-ordination - Movement & Catch

- One person is throwing the ball to a partner on opposite side of the table
- Catcher is in the ready position
- Thrower throws the ball to one side (left or right)
- Catcher reacts by side stepping to catch, places ball down and gets ready to catch the ball
- To make it harder, allow only one handed catch

Game 3 - Target Practice and Footwork

- Player will hit a backhand shot, followed by a forehand shot.
- The player must sidestep to prepare for the other shot
- Targets are laid out on the table for player to hit
- Another person (parent, sibling, friend) throws the ball to the backhand, once that ball is hit, the person throws another ball to the forehand.



THANK YOU FOR TAKING PART IN TT@HOME PROGRAMME!

**Please scan the QR code below to fill out our survey on
how we can improve this program in the future**



**We hope you enjoyed the TT @ Home
Programme. If you are interested in joining a
club please see our website
<https://tabletennisireland.ie/clubs/>**