

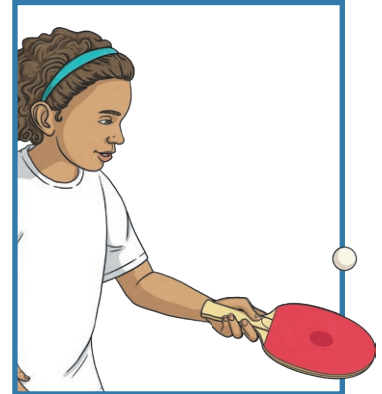
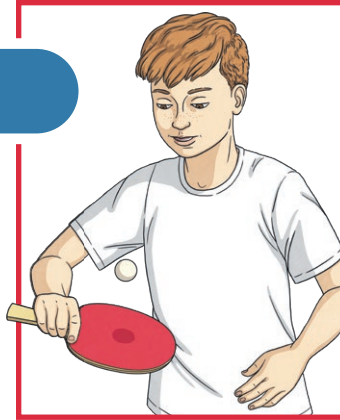
# Table Tennis Taster Activities

## 1 Forehand and Backhand Bouncing

Try bouncing the ball on the bat using a forehand grip and then a backhand grip.

Do this stationary at first and then try moving around while bouncing the ball up and down.

How many times can you bounce the ball on the bat?



## 2 Paper

A game in which players try to hit their own piece of paper on the opposite side of a table.

Lay out a piece of paper at each end of a table - one for each player.

Players take turns attempting to land their ball on the paper at the other end of the table using either a backhand, a forehand or a serve.

Each time a player hits their piece of paper, the paper is folded in half and the game continues.

A player has ten attempts to get their paper as small as possible.

## 3 Throw, Hit & Catch

This is an activity for pairs.

Players stand 1m apart using cones or markers.

Player 1 stands with their bat in the ready position.

Player 2 throws the ball underarm to player 1.

Player 1 hits the ball back for player 2 to catch.

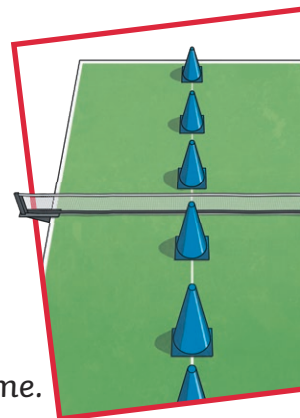
To add more of a challenge, use a backhand only or alternate between backhand and forehand strikes.

## 4 Half-Court Singles

This is an activity to help players who overhit shots on a table tennis table.

Place a line of cones along the dividing line of the table - this creates two courts for smaller games on half the table.

Players play a normal game of table tennis within the divided sections of the table. Games can be played competitively or for a predetermined amount of time.



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