

Table tennis week 6: backhand drive

Lesson aims:

- To be able to know how to perform a backhand drive.
- Know the difference between a backhand drive and a forehand drive.
- Understand the technique of how we can create the backhand drive.

Equipment:

- Tables
- Bats
- Ping pong balls
- Table tennis nets

Warm up: 10 minutes

Game time – get the children to practise doing some game time. They can have a little game just so they can get used to playing again.

Main activity: 40 minutes

First drill: performing a backhand drive

- Assign the children to their tables either singles or doubles. Tell them we are just going to practise the drive without hitting the ball. So, they are basically practising the motion of how we do the drive.
- Children need to be in a ready position again they should know how to do this already.
- Backswing needs to have the arm and body movement; bat moves back towards the stomach. There needs to be a slight rotation at the wrist.
- Forward movement will then happen. This will be produced from the elbow and the bat moves forward and then slightly upwards. The ball needs to be connected at the top of the bounce in front of eyeline. (when we are practising with the ball).
- Follow through with the bat making sure the bat goes into the direction you want it to.

Second drill: using the balls to perform our backhand drive

- Get the children to now use this technique and apply it to using the balls.
- Use the same coaching technique and get the children to serve the ball to their partner. You are looking out for when they connect the ball it needs to be a backhand drive.
- Children to practise 10 times then swap over so everyone gets to practise.

Third drill: apply skill in match time

- Now put this skill into a match and state we are only getting points for backhand drive. If it goes out but was not a backhand drive, then no points are given.

Coaching points:

- This is a similar action to throwing a frisbee.
- When you have finished the shot imagine you are looking in a mirror. This will be on the back of your bat.

Cool down: 5 minutes

Rallies – see how many rallies you can perform. Set a challenge of how many you can get done. Pair with the most rallies will be the winners.

Debrief and certificate:

Ask questions – how do I perform a backhand drive? What are the motions of performing the backhand drive?

