

Table tennis week 5: backhand push

Lesson aims:

- Understand how we perform a backhand push
- How we can create the movement to perform this technique

Equipment:

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

Warm up: 10 minutes

Game time - have doubles or singles depending on your layout. Let the children play some short games so they can get use to the bat and practise skills they have learnt.

Main activity: 40 minutes

First drill: practising a backhand push (serving to partner)

- Get children into pairs and explain one child will be the server, the other person will be the one to practise a backhand push. Get them in the ready position like they normally would.
- Broken down into 4 stages:
 1. Ready position
 2. Backswing to include arm and body movement
 3. Forward movement needs to include the forward swing and contact
 4. Make sure you follow through.

Second drill: practicing backhand push (rally and serve)

- Again follow the 4 steps you have just taught them.
- But this time they will be serving and then create rally so they can practise and understand the concept of the shot.
- Set a challenge of how many backhand push rallies you can do. Set a challenge of 10 and increase this.

Third drill: matches but with backhand push

- Doubles or singles depending on what tables you got. Reinforce you need to do a backhand push.
- You can only score a point when you do a backhand push shot.

Coaching points:

- Crouched down facing the direction you want the ball to travel too.
- Bat will need to move back towards the stomach with an open angle.
- Bat will slightly move forward and downwards. Contact the ball underneath and early off the bounce.
- Now the bat needs to follow through with the bat moving forwards and downwards.
- Always get back into ready position.

Debrief and questions:

Ask questions - what is a backhand push? How can we perform this shot? What is a rally?