Class 1:

Class session: 1	Date:

Class Purpose:
➢ Introduce the class and understand students
➢ Fill out the Low Risk Form

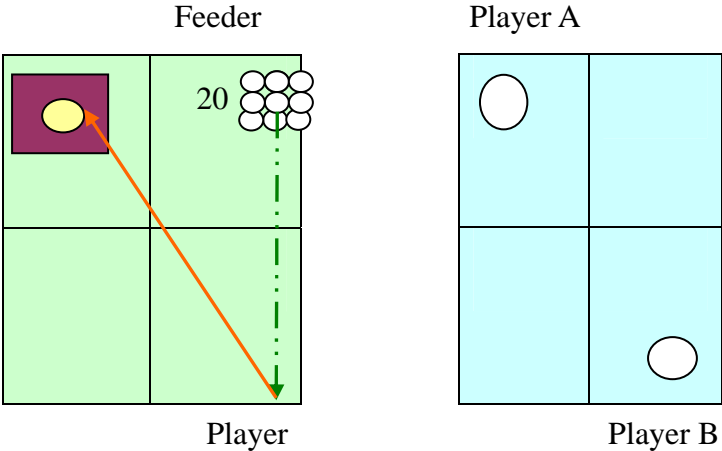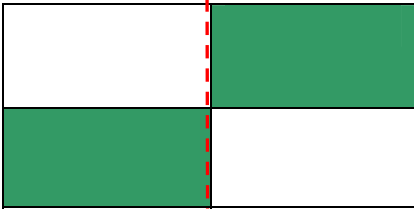| Section	Tasks
Warming up	Greet students and confirm the course's number and place. Fill out the Low Risk Form
Practice	Introduce teacher and this course and sport ➢ Teacher's background ➢ Course's purposes: basic techniques, strategies and rules of table tennis Students introduce themselves (ice break games) Keep the attendance
Game Play	Go over the syllabus: Emphases the requirement of the course: attendance, equipment, attire and test.
Preparation	Handouts: ➢ Syllabi; Table Tennis' terms; Table Tennis and health. ➢ Check the syllabus ➢ Bring the forms of the tournament

Class 2:

Class session: 2	Date:

Class Purpose:
- ➢ Shake-hand grip
- ➢ Handling the ball (Racket control)
- ➢ Backhand drive

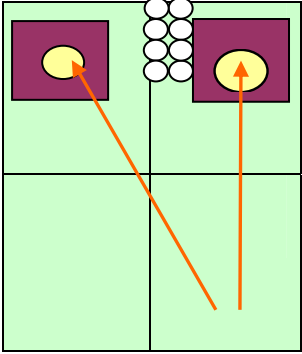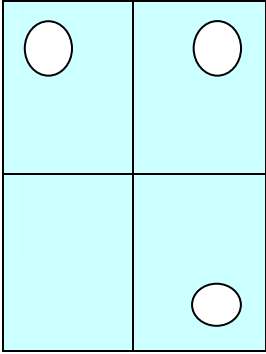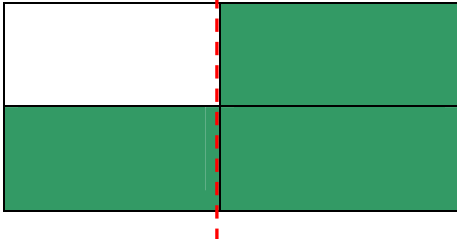| Section	Tasks
Shake hand grip	1. Check the attendance 2. Announce the task of today's class: 3. Teaching shake-hands grip You perform the grip by grasping the racket as if shaking hands with the handle. Grasp the racket where the handle meets the blade. Put your index finger across the bottom of one side of the blade. The bottom three fingers grip the handle and your thumb rests along the lower part of the other side of the blade. ➢ Benefits: having a free wrist & balanced forehand and backhand stroke. The most versatile. It is the preferred grip of most players in the world.
Warm-up and handling the ball	1. Running4 laps in the gym with keeping a table tennis ball on the top of the paddle. 2. Dribbling the ball: ➢ 100 times Forehand ➢ 100 times Backhand 50 times forehand / backhand alternately (flip over)
Footwork	1. Two-step footwork: ① Demonstrate the two step footwork a couple of times ② Interpret the technique separately: move to the left *Preparation phase: knees slightly bent, weight evenly distributed between both legs* *Execution phase: left foot takes a short step, left leg pulls, both feet shuffle to the left* *Follow through phase: left leg moves to the left, start back swing stroke immediately after footwork* 2. Practice: ①Imitate the movement following teacher for 10 times
Backhand drive	1. Teach backhand drive: ➢ Demonstration of following critical elements *Ready position—arm relaxed* *Bring racket straight toward the waist—cock wrist backward* **Racket and elbow move straight forward—** **Contact made in front and slightly to left side**

	Turn top of wrist down at contact so it faces the table-- Closing the racket
	Racket goes in general direction ball is hit—return to ready position
	➢ Practice:
	2. Backhand drive (crosscourt) drill:
	stepping on stairs: 30 trials, 50 trials, 100 trials, 150 trials, & 200 trials
Skill Pretest & Game Play	**11 points x 4 sets game**
	Promptly to use backhand to return
	Serve can be modified.
Preparation	Evaluation sheet of student skill levels
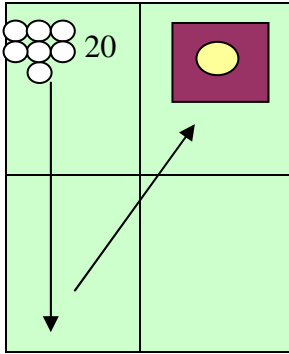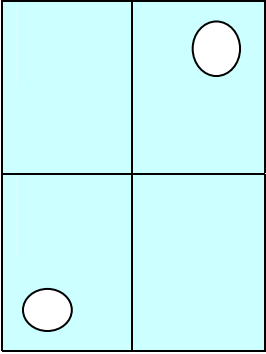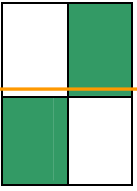
Class 3:

Class session: 3	Date:

Class Purpose:
➢ **Review Backhand Drive**
➢ **Forehand Drive**
➢ **Serve**

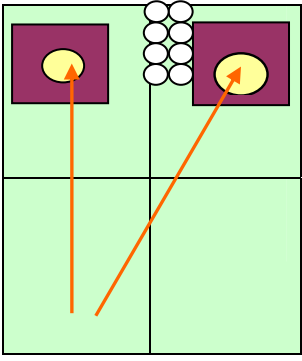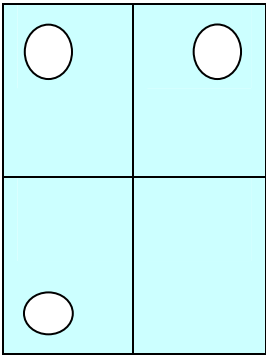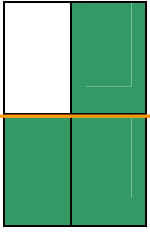| Section	Tasks

Warming up	1. Keep the attendance and finish the low risk form
	2. Announce the task of this session:
	3. Warm up and peddle control:
	   ➢ Dribble the ball 100 times 5 on forehand / 5 on backhand alternately
	   ➢ Dribble the ball and squat
	   ➢ Dribble and pass the ball to the peers with one ball and two balls
	4. Warm up in tables
	   ➢ Backhand drive for 100 trials x 3 times

Forehand Drive	1. Demonstrating following critical elements (for right handed): ➢ _Stand out facing the table, your right foot slightly back._ ➢ _Rotate your body to the right at the waist, with the hand swinging out ward._ ➢ _Keep your elbow near your waist._ ➢ _During the back swing, keep the racket perpendicular to the floor._ ➢ _Start the forward swing by rotating your weight forward onto your left foot._ ➢ _At the same time, rotate your waist and arm forward; keep your elbow almost stationary. Back swing and forward swing should be one continuous motion._ ➢ _Make contact at about the top of the bounce, in front and slightly to the right of your body._ ➢ _The racket should rotate around the top and back of the ball_ ➢ Follow through with the racket going roughly to your forehead or a little to the left, similar to a salute. Your weight should transfer to the left leg. ➢

	➢ Crouched with knees bent, begin with the front of your body nearly parallel to the end of the table. With the blade of your bat slightly opened and just left of center of your body, take a short backswing from directly behind the ball. **Forehand drive activity (crosscourt)** 30 trials, 50 trials, 100 trials 200 trials
Serve	1. Teacher's demonstration of critical elements of serve: ➢ Ball in palm ➢ Palm flat and stationary ➢ Toss ball six inches or more ➢ Draw racket back roughly 1 foot ➢ Contact ball as it drops ➢ Follow through naturally **2. Serve 10 trials (5 down the line & 5 crosscourt) X 2 groups** Students need to be paired up and the partner practice serve returning **3. Serving Zone activity** Forehand serve 6 trails X 3 times and see if all trails in different zones. The partner needs to check the critical elements of the performance.
Equipment	Balls and peddles

Class session:4	Date:

Class Purpose:
Ball placement (forehand crosscourt)
Forehand drive accuracy

Section	Tasks
Warming up	1. Keep the attendance and finish the low risk form 2. Announce the task of this session: 1. Warm up activity for handling: Dribble the ball again wall (forehand).
Practice *Forehand drive (cross court)*	1. Multiple ball exercise: <u>20 trials x 4 times</u> **Procedure: one student (the feeder) feed 20 balls to forehand side of the player. The player must return the ball to a target by using his/her forehand drive. The feeder records the player's performance (X/20 on target). And two player rotate.** 2. Target game <u>1 minute x 5 times</u> *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score within one minute. The instructor counts the time and identifies the three pairs who have the highest score on the activity.* Feeder Player A 20 Player Player B
Game Play 20 minutes	Half vs. Half Play: 11 points x 5 sets Player A Player B Modification: ➢ Both players only can use forehand drive to serve and return. ➢ Both players can use half of the table to play (if the ball bounces on the backhand side of the table, it is out).
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills one stopwatch

Class session:5	Date:

Class Purpose:	
Ball placement (forehand crosscourt + down the line)	
Forehand drive accuracy	

Section	**Tasks**
Warming up	1. Keep the attendance and finish the low risk form
	2. Announce the task of this session:
	3. Warm up activity for handling: Play by yourself
Practice *Forehand drive (cross court)*	1. Multiple ball exercise: <u>20 trials x 4 times</u>
	Procedure: one student (the feeder) feed 20 balls to forehand side of the player. The player must return the ball alternately to two targets by using his/her forehand drive. The feeder records the player's performance (X/20 on target). And two players rotate to exercise.
	2. Target game <u>1 minute x 5 times</u>
	Procedure: two players hit the ball back and forth and score a point if the ball hits any target and accumulate the total score within one minute. The instructor counts the time and identifies the three pairs who have the highest score on the activity. <u>Two players need to rotate per trial.</u>
	Feeder — Player A — Player — Player B
Game Play 20 minutes	Half vs. Half Play: 11 points x 5 sets
	Player A — Player B
	Modification:
	➢ Player A only can use forehand drive to serve and return.
	➢ Player B can only return to half of the table but can use both hands.
Closure	The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills
	One stopwatch

Class session:6	Date:

Class Purpose:
Ball placement (backhand crosscourt)
Backhand drive accuracy

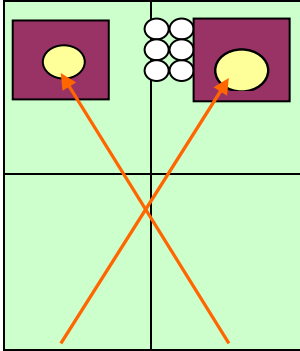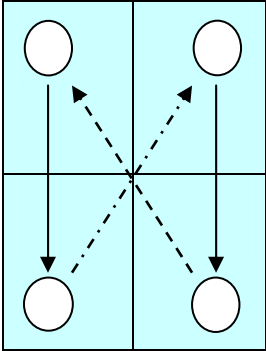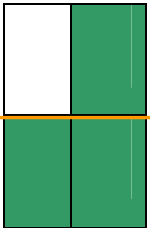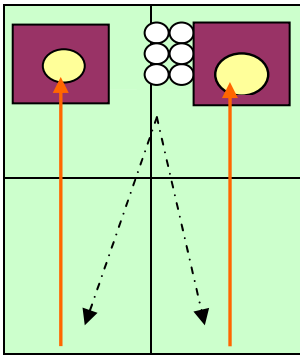| Section	Tasks
Warming up	1. Keep the attendance and finish the low risk form 2. Announce the task of this session: 3. Warm up activity for handling: dribble the ball again wall (backhand)
Practice *Forehand drive* *(cross court)*	2. Multiple ball exercise: <u>20 trials x 4 times</u> **Procedure: one student (the feeder) feed 20 balls to back side of the player. The player must return the ball to a target by using his/her forehand drive. The feeder records the player's performance (X/20 on target). And two player rotate.** 2. Target game <u>1 minute x 5 times</u> *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score within one minute. The instructor counts the time and identifies the three pairs who have the highest score on the activity.* Feeder Player A 20 Player Player B
Game Play 20 minutes	Half vs. Half Play: 11 points x 5 sets <u>Player A</u> A modified game in table tennis where one player's side of the table is imagined to be cut in half. It is one of the halves on one player's side of the table, so it forces the returnee of the shot to return the ball to one half or the other. The line down the middle of the table becomes the new out line for <u>Player B</u> the serve returnee. Modifications include: both players only can use backhand drive to serve and return; both players can use half of the table to play.
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills one stopwatch
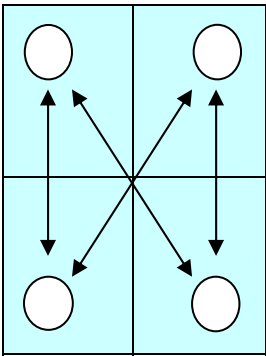
Class session:7	Date:
Class Purpose:	
Ball placement (backhand crosscourt + down the line)	
Backhand drive accuracy	

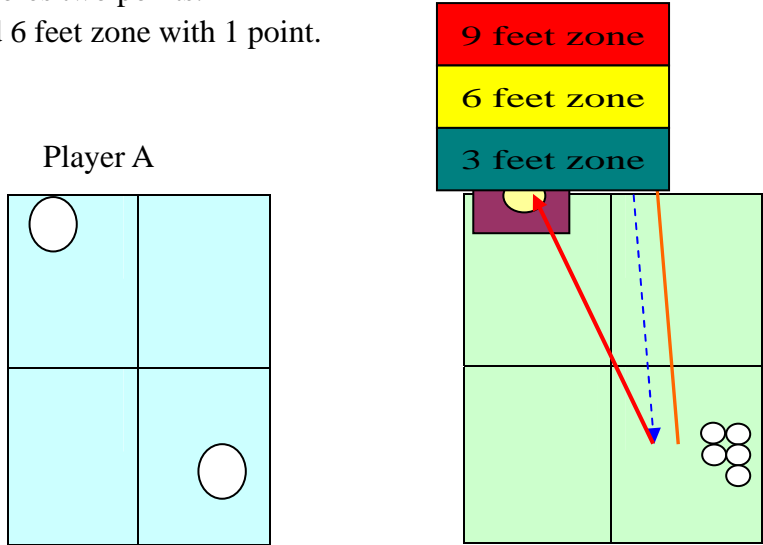| Section	Tasks
Warming up	1. Announce the task of this session:
	2. Warm up activity for handling: Play by yourself
Practice *Forehand drive (cross court)*	2. Multiple ball exercise: <u>20 trials x 4 times</u> **Procedure: one student (the feeder) feed 20 balls to backhand side of the player. The player must return the ball alternately to two targets by using his/her backhand drive. The feeder records the player's performance (X/20 on target). And two players rotate to exercise.** 2. Target game <u>1 minute x 5 times</u> *Procedure: two players hit the ball back and forth and score a point if the ball hits any target and accumulate the total score within one minute. The instructor counts the time and identifies the three pairs who have the highest score on the activity.* <u>*Two players need to rotate per trial.*</u> Feeder Player A Player Player B
Game Play 20 minutes	Half vs. Half Play: *11 points x 5 sets* Player A Modifications: ➢ Player A only can use backhand drive to serve and return. ➢ Player B can only return to half of the table but can use both hands. Player B
Closure	The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills One stopwatch

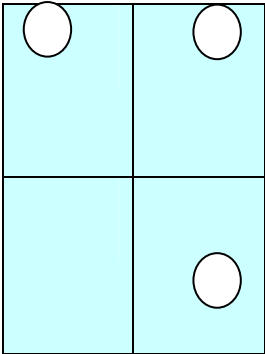| Class session:8	Date:

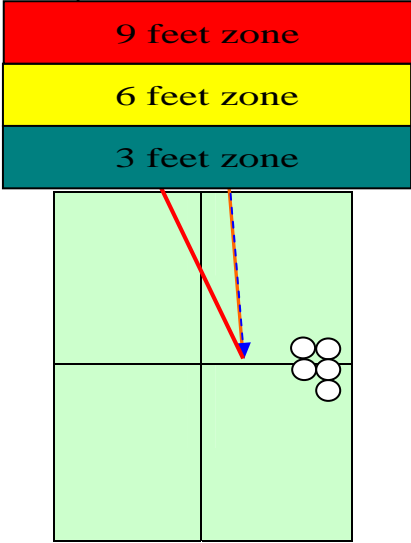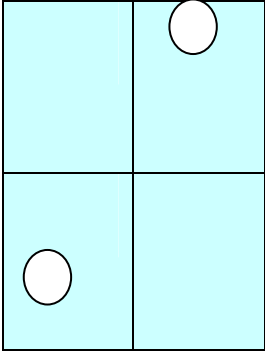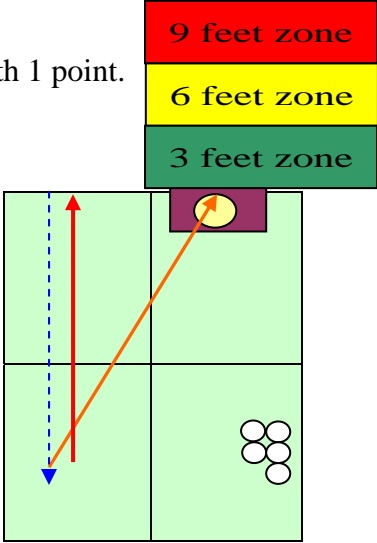| Class Purpose: |
|---|
| Ball placement in backhand and forehand drive |
| Backhand and forehand crosscourt |

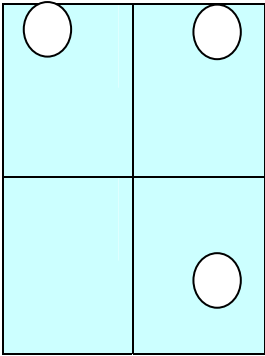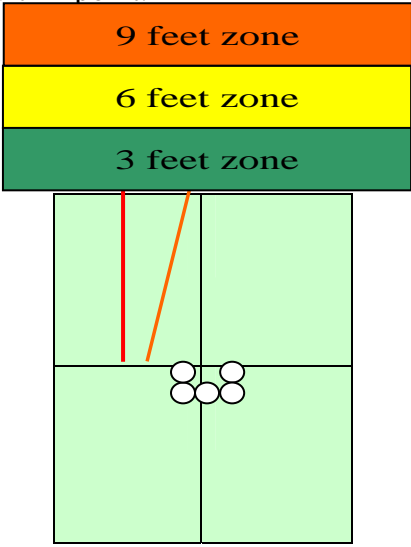| Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity for racket control: jogging and touching dead balls on the table *Procedure: set up 8 – 10 tables evenly in the gym and put 1 dead ball on each table. Each student slowing jogging around tables with dribbling the ball in dominate hand. Whenever approaching to a table, the student needs to touch the ball with free hand while dribbling. The purpose is: do not lose your ping-pong ball!*
Practice	1. Multiple ball exercise: <u>20 trials x 4 times</u> *Procedure: one student (the feeder) randomly feed 20 balls to backhand or forehand side of the player. The player must return the ball crosscourt by using his/her backhand/forehand drive and try to drive the ball to one of the targets. The feeder records the player's performance (X/20 on target). And two players rotate to exercise.* 2. Target game: <u>1 minute x 5 times</u> *Procedure: two players hit the ball back and forth and score a point if the ball hits any target and accumulate the total score within one minute. Player A only returns the ball crosscourt and Player B returns the ball down the line. Players rotate the roles after every trial.* Feeder Player A Player Player B
Game Play	Half vs. Half Play: *11 points x 5 sets* Player A Modifications: ➢ Player A only can use backhand drive to serve and return. ➢ Player B can only return to half of the table but can use both hands. Player B
Preparation	Paper target & a dynamic Championship Cup.

Class session:9	Date:

Class Purpose:
Ball placement in backhand and forehand drive
Backhand and forehand crosscourt and down the line

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity Snowman Game **Snowman Game involves maintaining a completely stationary position. Both players must choose a stance and keep their feet "frozen" in place throughout the duration of each point played. The game is played according to the regular rules. The only exception to this is that if a player moves his or her feet, that player automatically loses the point currently being played. Because it is difficult for players to see each others feet during game play, each player is bound by the honor system to admit foot movement if the "frozen stance" is abandoned.** 3. Review foot work Footwork review
Practice	1. Multiple ball exercise: <u>20 trials x 4 times</u> *Procedure: one student (the feeder) randomly feed 20 balls to backhand or forehand side of the player. The player must return the ball down the line by using his/her backhand/forehand drive and try to drive the ball to one of the targets. The feeder records the player's performance (X/20 on target). And two players rotate to exercise.* 2. Target game: <u>1 minute x 5 times</u> *Procedure: two players hit the ball back and forth and score a point if the ball hits any target and accumulate the total score within one minute. Player A only returns the ball crosscourt and Player B returns the ball down the line. Players rotate the roles after every trial.* Feeder Player A Player Player B
Game Play	Backhand Game: 11 points x 2 sets Modification: Players only can use backhand drive to serve and return. Forehand Game: 11 points x 2 sets Modification: Players only can use forehand drive to serve and return.

Class session:10	Date:
Class Purpose:	
Attack performance: Forehand	
Forehand Drive Accuracy	

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity: Play by your self
Practice	1. Target game *winning by 21 points* *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score. The person who scores 21 first wins the game.* 2. Multiple ball exercise: three step exercise 20 trials x 4 The player sends a ball to the feeder who needs to return it to the forehand side of player. Then the player performs a loop and hit the ball alternately back to the targets. If the ball bounces in 9 feet zone, it scores two points. And 6 feet zone with 1 point. Player A Player B Player
Game Play	5 shots game: 11 points x 4 sets Two players play a formal table tennis game. The modification is that if the total number of shots of a rally is more than 5, the rally ends up and the server loses a point. In other words, the server has to finish the rally within 5 shots (in total) to avoid losing score. Every player will serve the whole set Formal game 11 points x 2 sets
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills & one stopwatch

Class session:11	Date:
Class Purpose: Attack performance: Forehand crosscourt and down the line Forehand Drive Accuracy	

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity: hit the ball against the wall
Practice	1. Target game 2 sets (*winning by 11 points*) *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score. The person who scores 21 first wins the game. Player A and B rotate the placement.* 2. Multiple ball exercise: three step exercise 20 trials x 4 Multiple ball exercise: three step exercise 20 trials x 4 The player sends a ball to the feeder who needs to return it to the backhand side of player. Then the player performs a loop and hit the ball alternately back to the targets. If the ball bounces in 9 feet zone, It scores two points. And 6 feet zone with 1 point. Player A Player B Player
Game Play	4 shots game: 11 points x 3 sets Two players play a formal table tennis game. The modification is that if the total number of shots of a rally is more than 4, the rally ends up and the server loses a point. In other words, the server has to finish the rally within 4 shots (in total) to avoid losing score. Every player will serve the whole set Formal game 11 points x 3 sets
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills one stopwatch

Class session:12	Date:
Class Purpose: Attack performance: Backhand Backhand Drive Accuracy	

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity:
Practice	1. Target game *winning by 21 points* *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score. The person who scores 21 first wins the game.* 2. Multiple ball exercise: three step exercise 20 trials x 4 The player sends a ball to the feeder who needs to return it to the backhand side of player. Then the player performs a loop and hit the ball alternately back to the targets. If the ball bounces in 9 feet zone, It scores two points. And 6 feet zone with 1 point. Player A 9 feet zone / 6 feet zone / 3 feet zone Player B Player
Game Play	5 shots game: 11 points x 4 sets Two players play a formal table tennis game. The modification is that if the total number of shots of a rally is more than 5, the rally ends up and the server loses a point. In other words, the server has to finish the rally within 5 shots (in total) to avoid losing score. Every player will serve the whole set Formal game 11 points x 2 sets
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills one stopwatch

Class session:13	Date:
Class Purpose: Attack performance: Backhand crosscourt and down the line Backhand Drive Accuracy	

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity: Play by yourself
Practice	1. Target game 2 sets (*winning by 11 points*) *Procedure: two players hit the ball back and forth and score a point if the ball his either target and accumulate the score. The person who scores 21 first wins the game. Player A and B rotate the placement.* 2. Multiple ball exercise: three step exercise 20 trials x 4 Multiple ball exercise: three step exercise 20 trials x 4 The player sends a ball to the feeder who needs to return it to the backhand side of player. Then the player performs a loop and hit the ball alternately back to the targets. If the ball bounces in 9 feet zone, It scores two points. And 6 feet zone with 1 point.
Game Play	4 shots game: 11 points x 3 sets Two players play a formal table tennis game. The modification is that if the total number of shots of a rally is more than 4, the rally ends up and the server loses a point. In other words, the server has to finish the rally within 4 shots (in total) to avoid losing score. Every player will serve the whole set Formal game 11 points x 3 sets
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	20 targets for practice drills one stopwatch

Class session:14	Date:
Class Purpose: Attack performance Forehand and backhand drive accuracy	

Section	Tasks
Warming up	1. Announce the task of this session: 2. Warm up activity: Jogging while dribbling the ball
Practice	5 Minutes free play
Game Play	Three shots game tournament: *two minutes moving up and down* A C E G I 1 2 3 4 5 B D F H J Rules: ①Winner goes to the former table and loser goes to the next table. ②The winner in the #1 table and the loser in the # 5 table will stay. ③ Could serve in different ways ④ Use three shot game modification
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.

Class session:15	Date:
Class Purpose: Comprehensive skills	
Section	**Tasks**
Warming up	1. Announce the task of this session: 2. Warm up activity: dribble the ball against the wall.
Practice	5 Minutes free play
Game Play	Three shots game tournament: *two minutes moving up and down* A C E G I [1] [2] [3] [4] [5] B D F H J Rules: ➢ Winner goes to the former table and loser goes to the next table. ➢ The winner in the #1 table and the loser in the # 5 table will stay. ➢ Could serve in different ways ➢ Play formal games
Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.

Class session: 16	Date:
Class Purpose: Closure Formal game play	
Section	**Tasks**
Warming up	5 minutes free play and exercise
Game Play	1. Procedure and rules: ➢ *4 players per group* ➢ *3 matches per player* ➢ *"Best 3" games per match* ➢ *Winning 11 points per game* ➢ *Two serves in a row* 2. Start the game

Opponent: Player: ↓	A	B	C	D	Result: *Win/ lose*
A	X	:	:	:	

B	:	**X**	:	:	
C	:	:	**X**	:	————
D	:	:	:	**X**	

Closure	Take over tables and collect balls. The instructor reviews the practice and play in this session.
Preparation	Tournament Forms SEIs