

Play right

Lesson 5

Forehand push

This stroke has to be thought after the player master the backhand push and forehand drive.

It is a very difficult stroke to execute and if you don't know the proper techniques to use it, it will become an easy shot to be attacked, so I don't recommend to use it in games unless you know how to use it well.

Now these days players use this stroke if the ball is over the table, half long or short close to the net.

If the oncoming ball is short or a short serve, you must strike the ball before reaching its peak of the bounce.

The ball should be returned to the forehand side of the partner, short or half long in a way that the partner would not be able to attack it.

The height of the return ball should be very low.

The ball should have slight backspin.

The right foot should be closer to the table and the ball when playing the shot, with the weight on the right leg.

The action of the bat is from upward to downward motion with the bat angle slightly open if the oncoming ball carries backspin.

The upper body should be lean forward, over the table to play the stroke.

After playing the stroke you should quickly get back to the ready position for the next shot.

If you can't play short return then you must play the stroke with fast bat action forward to be able to send the ball fast and low to the end corners of the partner side.

This stroke must be practiced in conjunction with short serves and counter attacks after the partner returned it back to you unless the return is also short, in this case you keep playing short return cross the table until you get a high ball to attack it.

The forehand push should be avoided to be returned to the backhand side of the partner's table since these days the players are quite efficient at using backhand top spin over the table, unless the stroke is fast, low and to the end of the backhand corner of the partner.