

Play right

Lesson four

Backhand push

This stroke used to be thought to the beginners or novice players first, but these days the players are told not to use it often and instead play backhand topspin when the ball lands on your left side of the table.

Backhand put used to be a defensive shot when the player was unable to attack the oncoming ball and waiting to receive a high or easy ball to attack.

This stroke has its disadvantage if you can't execute it properly, so I advise you to use this stroke not more than once in any pint being played.

If you have to play this stroke, it should be with plenty of backspin, at low trajectory, either with short or half long over the table or fast push to the left corner deep at the end table with very low trajectory in order to stop the partner to use powerful attack.

Below points has to be considered are:

- The bat angle should be open and appropriate.
- The angle of playing arm should be about 90 degrees from the elbow.
- The forward movement of the playing forearm should be short and doesn't extend fully.
- The ball should be played over the table.
- The ball should be bounced short or half long.
- The ball should be played at its rising to the peak or peak of the bounce but not too high.
- The ball should have plenty of backspin for the short or half long returns or with fast speed when playing very deep long to the corners.
- The player stance should be wide and the free arm should be parallel with the playing arm.
- The player should adjust distance with the right foot, forward or back.

This stroke can be practiced with short or half long backspin services. Advanced players normally prefer to go around the left and play forehand push or just return the ball using backhand topspin.