

Play right

Lesson 3

How to play Backhand drive

The beginners or novice players should play this stroke slowly or with medium speed to gain consistency and be accurate to where they are putting the ball on the partner's side.

The players should not change their grip to suite the stroke, otherwise it will be impossible to keep changing the grip while playing games.

As I mentioned it to all, when you hold the bat in front of you vertically, if you draw a line from the edge of your bat down, it should go up to your forearm in a straight line, if not then you should adjust your grip.

Normally you should practice this shot from the left side of your table cross to the left side of your partner's side, diagonally.

Below other items you should consider and apply them properly:

- You must face at your partner properly with your feet pointing at your partner.
- Increase the distance of your feet, it should be a bit wider than the length of your shoulder to keep your balance.
- Your left foot should be a bit closer to the table than your right foot, it that way whole your body would be facing at your partner.
- You must keep your left arm parallel to your playing arm at the ready position and thereafter. It makes it easier to recognize the direction of the oncoming ball.
- The angle of your bat should be closed and hit the upper part of the ball.
- You must strike the ball when the ball is relatively in front of you and not to your left side of your body.
- This is important to understand that, the line of your shoulder should be at right angle to the oncoming ball.
- Your playing arm at elbow should be about 90 degrees at the ready position or when playing the stroke.
- You play the stroke with moving the forearm a bit back and forward, not the upper arm.
- At the end of stroke make sure you go over the ball and press it down to stop the ball going out.
- When striking the ball, your bat should follow the ball and point at the place where the ball is landing but don't stretch it too much to the front.
- You must wait until the ball is at its peak of the bounce or bounced a bit higher than the height of the net, then strike it.
- Novice players should not allow the ball goes out of the table then try to strike it.

- At this stage the ball has only a little of forward spin.
- Keep your legs bent at all time and get your head closer to the ball when striking the ball in order to see the height of the ball and to adjust the angle of your bat.
- You must track the ball when it leaves your partner's bat until you strike it back, this helps you to recognize the direction, height, spin, speed and the relevant angle of your bat when striking the ball.
- Do not let your bat and arm go upward, it should be low and your bat should be pointing at the direction of the ongoing ball.
- When playing this stroke or other strokes, you must co-operate with your partner to play medium speed and place the ball with good placement that your partner can hit it properly and not keep moving too much.

Consistency and accuracy are the keys to learning the stroke much faster and with good techniques.

Until next time

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The logo for Stealth Sporting Products features a stylized bat head silhouette in the center, with the word "STEALTH" written across it in a bold, italicized, sans-serif font. The entire logo is enclosed within a circular border. Below the bat head, the words "Sporting Products" are written in a large, light-colored, sans-serif font, following the curve of the bottom half of the circle.

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