

Play right

Lesson two

Stroke introduction

The novice players when training should consider the primary aims of the exercise which are to play with:

Control

Accuracy

Consistency

Good Placement

To gain control of the ball the player should start with a *short stroke* against a *slow ball*.

Playing the ball at the peak of the bounce or when the ball bounces higher than the height of the net.

Striking the ball over the table or when it is about to pass the end line of the table and not waiting the ball to pass the end line considerably then strike the ball.

The player should think of *guiding the ball* and not hitting it hard.

All the exercises should be played from right to right of the table for playing forehand drive and left to left side of the table for playing backhand drive.

The factors affecting strokes

1-Form, 2-Stance, 3-Speed, 4-Spin, 5-Timing, 6-Table position, 7-Type of stroke

Forehand slow drive

The player should consider the below points.

- The whole movement consist of Ready position, backswing, swing forward to strike the ball and follow through. It should be done in one movement and not in stages.
- The feet should be placed slightly wider than the length of shoulder, with the left foot slightly nearer to the table.
- The angle of playing arm at elbow should be about 90 degrees with some space between arm and the body.
- The non-playing arm should be about paralleled to the playing arm.
- The speed of the ball should be slow or medium with little spin at the beginning.
- The ball should be strike at its peak of bounce or if it bounced up higher than the height of the net.
- The ball should be played just as it is passing the end line of the table or over the table.
- The player back swing and forward swing should be with the movement of the body from the trunk, using the knees rotation.
- The follow through rotation of the playing arm should not be too much to the left of the body.
- The bat angle should be closed and make sure to press the ball down according to the height of the ball to prevent the ball going out.
- Your eyes should track the ball when leaving the opponent's bat to your bat when striking it, in this way you can see the height of the ball, direction and also the degree of your bat angle.