

Moving around to play forehand

Effective practice requires careful planning of systematic purposeful drills.

Here are some major points you should keep in mind.

I. Correct basic posture

"Weight too low "and "stance too narrow" prevents quick movements. Even if you manage to move, you would easily lose balance. You are advised, therefore, to hold your weight high and your stance just wide enough to maintain balance after moving.

2.Practice without ball (shadow play), it involves both small and big movements.

Move around to make a forehand stroke

(1). After a block shot

(2). After a push shot

(3). After returning a forehand-side near-the-net service to the opponent's backhand side with a push shot

(4). After having the ball hit into your backhand side on the third or fourth ball in a forehand crosscourt or tramline rally.

these sequences should be performed alternately with and without a ball.

When you move around, your body from waist down must be well coordinated and you must move the second foot quickly. Also the free hand plays an important part.

3.Swing fast

Take running for instance. You cannot run fast if you do not move your arms quickly. It is the same with table tennis. The faster the swing, the faster the footwork.

The speed of the backswing, swing proper and back-to-neutral swing must be incorporation in one totality. It is ideal that your backswing be made at an accelerated tempo.

4.Striking point

Generally speaking, the main timing points consist of the three following; 1. Early- just after the bounce with the ball still rising, 2. peak- top height after the bounce and 3. Late- late in the ball's descent. For practice you should aim to make an early contact in the ball's ascent.

5.Improve your ability to see moving objects quickly

Furthermore, it is important to cultivate the ability to see quickly so that you can follow the speed of the ball and the opponent's movements.

You can try reading advertisements looking out from a moving train or bus. The more quickly you can see, the more strongly your sensorium gets stimulated, and this will result in increased speed of your body movements.

6.How to have the ball in your backhand court when you want it there

You cannot move quickly when you do not know where the opponent's on-coming ball is directed. In other words, nothing can be better than the assurance that the ball is coming to your backhand court.

What you can do, to gain this assurance, is to force your opponent into such a situation where there is nothing he can do but make a return to your backhand side.

For example, if you are serving, direct your service into the opponent's backhand-court side-line or use a disguising motion. This is because almost everyone makes a return into the backhand court of his opposing player in the face of a difficult ball or a service that comes cutting sharply into his backhand-court side-line.

If you cannot jump to the ball, you cannot move around quickly and determinedly as you have to worry about the forehand side. Conversely, the ability to jump to the ball (move wide and quick) at any time in any situation enables you to move around with confidence.

8.Practice on footwork

To hit from the correct position in relation to the ball is one of the essentials of play. Therefore, you need to keep working on footwork; left-right, forward-backward and all-round.

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