



COURSE CODE: KHE 107

COURSE TITLE: Skills Development and Techniques in Sports and Games 1 Track and Field Events (middle and Distance races) Table Tennis.

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Module 1: MIDDLE AND LONG DISTANCE RACES

Unit 1 Definition and Skills Middle and long distance races

1.0 Introduction

Unit 1 is an attempt to define the meaning of middle and long distance races. These are types of track events. There is also an explanation of basic skills needed in middle and long distance races.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- Define middle distance races
- Define long distance races
- Explain skills in Middle and long distance races

3.0 Main Content

3.1 Various Definitions of middle distance race

Middle-distance running performances covers 800meters and 1,500 meters) relies on both aerobic and anaerobic metabolisms. The relative contribution of each metabolic pathway during a middle-distance run has already been reported in elite athletes, but the performance was for males only performing on a treadmill.

Middle distance races are not the subject of a hard and fast definition. Until approximately 30 years ago, the middle distances were thought to be all track races of between 400 meters and the mile. Today, most observers regard a middle distance runner as one who competes in the races that range between 800 meters and 5,000 meters

The middle distance races are races that are longer than sprint races but shorter than long distance races. Runners may not maintain any lane (except in 800meters which is run on lanes up to the breaking line). The race is started by standing start. Examples of middle distance races are: 800meters and 1500meters

3.2 Long Distance Races

Long-distance running, or endurance running, is a form of continuous [running](#) over distances of at least 3 kilometres (1.8 miles). Physiologically, it is largely [aerobic](#) in nature and requires [stamina](#) as well as mental strength.

long-distance running races typically include the 5,000 meters, 10,000 meters, and marathon events, with the IAAF also holding separate cross country and half-marathon world championships. Success in these events depends predominantly on physiological determinants such as maximal oxygen uptake (VO₂ max), running speed at VO₂max (vVO₂max), running economy (RE), and lactate threshold (LA) (33), as well as anaerobic capacity and sprinting ability (16)

Long-distance running, in [athletics](#) (track and field), foot-races ranges from 3,000 metres through 10,000metres, 20,000 metres, and 30,000 metres and up to the [marathon](#), which is 42,195 metres (26 miles 385 yards). It includes [cross-country](#) races over similar distances. Olympic events are the 5,000metres and 10,000-metre races, held on a track, and the marathon, contested on roads. Like the middle-distance races (800 and 1,500 metres in the Olympics), long-distance races are run at a strategic pace, but less seldom is a final spurt, or kick, needed by the winning racer.

A long distance race is any [running](#) event on the [track](#) that is longer than 3000metres. This includes such events as the 3000 metres run, the 3000metres steeplechase, the 3200metres run, the two mile run, the three mile run, 3, 000metres, 5000m run, five mile run, six mile run, and 10000metre run, and so on.



Basic Skills Involved in Middle and Long Distance Race

Endurance

Running 1Kilometraces, you will need to establish a base level of endurance to compete effectively. The level of endurance required of you will vary depending on the distance of the event you run. Longer events such as the mile, two miles, and longer runs require endurance to simply finish the race. This endurance is built by practicing runs at equal or longer lengths, concentrating on distance before speed.

Pacing

When running longer distances, ration your energy, so you don't spend it all in one portion of the race. This plays into endurance. A pace is usually a small section of your overall distance, run at an ideal interval time, combined with subsequent intervals, to produce an overall ideal race time. This can be as simple as running a quarter mile in 90 seconds, four times in a row, for a total of a six-minute mile.

Sprinting

Sprinting is important to moving up the ranks in competitive races and finishing strong. You should practice sprinting both from a standstill to build strength, and during a run to build a feel for the momentary strain of sprinting while already under duress. The latter is interchangeably referred to as interval training or the Fartlek method. You can practice this by integrating intervals of short bursts of speed for 60 to 180 seconds into your distance workout if you are a distance runner. Sprinters running events in distances of 400 m or less will want to focus more on increasing overall speed and high-capacity endurance.

Recovery skills

One of the most essential skills of an event runner is recovery. This includes cooling down, stretching, proper care and rest. Cool down with a five to 10 minute jog after any running event. Once your heart rate has decreased, begin stretching. Thoroughly stretch your legs, including your hamstrings, calves and quads. If you have any soreness, ice the affected muscles and minimize strain until the pain subsides. Finally, every serious training or competition regimen should include at least one day off for rest.

3.3 Distance Running Competition

Eight runners participate in the 800-meter final, 12 in the 1500 metres final, and 15 in the 5000metres. In 2004, 24 men and 31 women participated in their respective 10,000-meters events. In the marathon, 101 runners started in the men's race, 82 in the women's event. Depending on the number of entrants, [Olympic distance running](#) events of less than 10,000 meters may include preliminary heats. In 2004 there were two rounds of heats prior to the 800 and 1500 metres finals and one round of heats prior to the 5000 metres final. All distance races are run on tracks except

the marathon, which generally begins and ends in the Olympic stadium, with the remainder of the event run on nearby roads.

The Start

All Olympic middle and long distance races begin with a standing start. The start command is, “On your marks.” Runners may not touch the ground with their hands during the start. As in all races – except those in the decathlon and [heptathlon](#) – runners are permitted one false start and are disqualified on their second false start.

The Race

In the 800, runners must remain in their lanes until they pass through the first turn. As in all races, the event ends when a runner’s torso (not the head, arm or leg) crosses the finish line. In races of 1500 meters or longer run on a track, competitors are generally divided into two groups at the start, with approximately 65 percent of the runners on the regular, arced starting line and the remainder on a separate, arced starting line marked across the outer half of the track. The latter group must remain on the outer half of the track until they pass through the first turn.

4.0 Conclusion

You need to understand and be able to explain various definitions of middle and long distance races and skills needed to execute middle and long distance races.

5.0 Summary

This unit gives you various definitions of middle and long distance race and basic skills in middle and long distance race

6.0 References/Further Readings

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Lieberman, D. E.; Bramble, D. M. (2007). "[The evolution of marathon running: Capabilities in humans](#)". *Sports Medicine*. **37** (4–5): 288–290.

Tutor Mark Assignment

1. Explain middle distance races
2. Explain long distance races
3. List and explain skills in Explain middle and long distance races

Unit 2: Equipment and Officials of Middle and long distance running

1.0 Introduction

Unit 2 explains the equipment need in middle and long distance race. Also, the roles of official during the events. Since equipment/supplies are basic requirements for every sport, those that are necessary for track events are also discussed

3.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- List and explain equipment of middle and long distance race
- List and explain officials of middle and long distance race

3.0 Main Content

3.1 Equipment middle distance race

Running shoes

These are the most important items for runners. You must not run in shoes designed for other sports, as they will not provide you with the right support you need for running. Go to sports' shops and ask an assistant for help in finding the right shoes for you. Don't just pick a pair because they seem to fit well or you like the look of them. Try all sorts of different brands and jog around the shop in them before you make your choice.



A Watch/Tracker

This will come in handy when you start a training programme, as tracking your route and recording your speed and distance will help you improve in your running. It even enables you to upload a training plan and log your results to your computer. Most importantly, it can show you certain patterns in your session which you may want to improve on, such as if you are starting off too quickly and tiring easily.



A Sports Bra

Running without one can cause stretching of the ligaments around the breasts which cannot be reversed. Good sports bras can reduce breast movement by 60%, so be sure to buy one designed for high-impact sports. A - B cup sizes need crop top compression styles, and bigger sizes need



Tape

When you run, you may end up having aches, pains and possibly injuries. It is recommended you use athletic kinesiology tape. In particular, Strength Tape is the best brand as it helps with stability and support, and does not restrict your movements unlike a brace.



Music/headphones

Music can help spur you on as you run, and you also need appropriate headphones. Spotify Premium lets you download as many songs as you like or listen to your favourite radio station. However, you need access to the internet for most of its features, so making your own playlists is ideal.

Try M6 Memory Wire in-ear headphones for high quality sound, and which don't fall out. They fit over your ears and mould to their shape. They even come with ear tips in various shapes and sizes for you to choose the ones that suit you best.



A technical t-shirt

This moves sweat from your skin to the outside of the garment, where it then evaporates. In comparison to cotton, they are cool and light next to the skin. They are usually made of nylon by brands such as Dri-Fit.



A lightweight jacket

This is essential for when you are training in cold or wet weather. You need one that is both waterproof and breathable, when means letting sweat escape, instead of one that is just waterproof and steams up inside. Choose one that is unlined with a slim cut, which lets you move more freely, and lots of vents.



Heat protection

On a warm day, always remember to put on sun cream. You need to protect your eyes too, so try sports sunglasses. They are lightweight and stylish, so you even can wear them when you're not running.



A sports drink

This can help to increase your energy levels, as they are full of complex carbohydrates. You can drink it before and after a training session, during a long, hard session or whilst doing speed reps. Some can even replace the fluid you lose during training.



Socks

Running socks are free from scratchy seams and are contoured to your feet. Unlike cotton socks, they are designed to dry quickly and easily.



3.2 Officials of Middle and Long Distance Running

Meet Director: General organization of the officials including coordinating with Region the host High School, and all other officials.

Head Referee is responsible for the enforcement of the rules and interpretations in the case of conflicts or judgment calls.

Clerk of the Course is responsible for checking in all athletes before their event starts, and giving instructions about the rules, and answering questions. The Clerk coordinates with the **Timers** about who is actually participating in each event. This checking can take from one to three individuals depending on the Meet.

Starters include both the Head Starter as well as a second False Start Judge. They organize the athletes at the starting line for all running event, answers any last minute questions and then start the races.

Finish Line: is responsible for recording the finish of the individuals that have completed in the events. This recording can take from two to five individuals depending on the Meet.

Timing officials: These individuals set up the Timing Shed at the finish line and all of the electronic equipment that records the start and finish of all events. We have a primary fish line system known as FinishLinks, as well as two electronic video backup finish systems utilizing older VCR technology. This can take from three to five individuals depending on the Meet.

Recording: This is very important position and requires one or two individuals to download all of the finish information from the Timers, organize it, keep a running score, and publish the results. All of the records are uploaded to a web site for coaches and others to access.

4.0 Conclusion

This unit, described the equipment needed in middle and long distance races and explained the role of each official in middle and long distance race during officiating.

5.0 Summary

This unit described personal equipment/supplies for middle and long distance races, which are shoes, vests, and socks and warm up suits: It also explained the functions of officials in middle and long distance race.

6.0 References/Further Readings

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Liu Y. Track and field performance data and prediction models: Promises and fallacies. In: Butenko S., Gil-Lafuente J., Pardalos P., editors. *Economics, management, and optimization in sports*. (300 p.). Berlin Heidelberg (Germany): Springer-Verlag; 2004. [[Google Scholar](#)]

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Tutor Mark Assignment

1. List and explain five (5) functions of any officials in middle and long distance race.
2. List and describe any five (5) equipment in middle and long distance race.
3. Explain the running postured of middle and long distance runners

Unit 3 Rules and Regulations Guiding Middle and LongDistance Races

1.0 Introduction

In this unit 3, we shall consider the rules and regulations in track and field athletics.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- Explain the rules and regulations in track and field athletics.

3.0 Main Content

3.1 General Rules and Modifications for Track Events

- 1) In running events: 100metres, 200metres, 400metres, 4x100metres Relay, the athletes have the option of using or not using blocks. In these events the commands of the starter shall be “on your marks”, “set”, and when all competitors are steady, the gun shall be fired.
- 2) In all other running events, all walking events and all wheelchair races the commands shall be “on your marks” and when all the competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s).
- 3) The starter may give the commands in English or his/her own language.
- 4) Starting races longer than 400 meters involves:
 - a) 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the breakline where athletes may leave their respective lanes.
 - b) 1500 meters and greater distances: A waterfall start shall be used.
- 6) The starter shall give each competitor a chance to do his/her best by: a) Giving the competitors ample time to settle down after taking their marks; b) Starting the sequence over if any runner is off-balance; and c) Not holding the runners too long after the set command.
- 7) False Starts – Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

Lane Violations

- 1) In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish.
- 2) If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
- 3) If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.

Race Walking

- 1) Athlete must have one foot in touch with the ground at all times

2) In all race walking events, an athlete does not have to have a straight advancing leg while competing.

3) In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, a technical violation has been committed that results in an advantage being gained.

4.0 Conclusion

In this unit, it explains the rules and regulations guides needed in middle and long distance race.

5.0 Summary

In this unit, the rules and regulations guiding the behaviour and performance of the athletics have been discussed.

6.0 References/Further Readings

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS, IAAF. (2018-2019).COMPETITION RULES

<https://sout.org/general-rules-track-events/>

Tutor Mark Assignment

- Explain five rules and regulation related to middle and long distance race.

Module 2: INTRODUCTION TO TABLE TENNIS

Unit 1 History of Table Tennis

1.0 Introduction

Unit 1 focuses on t the historical development of table tennis in the world.

4.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to explain:

- History of table tennis in the world
- History of table tennis in Nigeria

3.0 Main Content

3.1 History of table tennis in the world

The game of table tennis was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name. The name *table tennis* was adopted in 1921–22 when the old Ping-Pong Association formed in 1902 was revived. The original association had broken up about 1905, though apparently the game continued to be played in parts of England outside London and by the 1920s was being played in many countries. Led by representatives of [Germany](#), Hungary, and England, the Fédération Internationale de Tennis de Table (International Table Tennis Federation) was founded in 1926, the founding members being England, [Sweden](#), Hungary, India, Denmark, Germany, Czechoslovakia, [Austria](#), and Wales. By the mid-1990s more than 165 national associations were members.

Ping-Pong is a trademark name for table tennis and associated equipment. The name “Ping-Pong” was invented by the English firm J. Jaques and Son at the end of the 1800s and later trademarked in the United States by Parker Brothers, the board game company.

The game quickly caught on, and as early as 1901, tournaments were being conducted with over 300 participants. The Ping-Pong Association was formed but was renamed The Table Tennis Association in 1922.

In 1902 a visiting Japanese university professor took the game back to Japan, where he introduced it to university students. Shortly after, a British salesman, Edward Shires, introduced it to the people of Vienna and Budapest, and the seeds were sown for a sport that now enjoys popularity all over the world. In Britain, table tennis had also begun to spread outside the distinctly middle-class confines of London, and leagues sprang up in provincial towns as far apart as Sunderland and Plymouth. In 1922, an All England Club was formed, which boasted such luminaries as Jack Hobbs the cricketer and other famous names of the time from the world of sport. The Daily Mirror organized and sponsored a nationwide tournament in which there were 40,000 competitors.

Table tennis was firmly on the map, and on April 24, 1927, the English Table Tennis Association was born, under the chairmanship and direction of Ivor Montague, son of Lord Ewathling. He was not only to become the architect of modern-day table tennis, but he also achieved critical acclaim as both a director and film producer. At the time, the ETTA had a membership of 19 leagues but now has over 300, with around 75,000 registered players.

The first world championship was held in 1927 and was won by a Hungarian, Dr. Jacobi. Apart from the famous Fred Perry redressing the balance for England in 1929, this was to be the start of an unprecedented run of success for the Hungarians, who completely dominated the game throughout the thirties. The Hungarian's r team was led by the legendary Victor Barna, whose inspiration and skill did so much to elevate the game to sports status.

The 1950s saw the game turned upside down by the invention of the sponge or sandwich rubber, this new material for bats, which, up until now, had been a relatively simple affair with a universal thin covering of pimped rubber.

Until this time, spin had played only a minor part in a game that had been dominated by the defensive style of play. But these new bats or paddles, introduced by the Japanese, had the capacity to move the ball around in an almost magical way. The ITTF, the game's governing body, was

quick to legislate in a bid to control this new development, seen in some quarters as equipping players with an unfair advantage. The thickness of the sponge and rubber sandwich was controlled and remains so to this day. But the nature of the game had been changed, establishing the fast attacking speed and spin style of the modern game.

3.2 HISTORY OF TABLE TENNIS IN NIGERIA

The beginning of table tennis in Nigeria is not very clear but it was believed that the game was introduced by the missionaries through the secondary schools in the early 19th century in which most of the games were introduced into the country. In 1961 the Nigeria table Tennis Association (NTTA) was formed and from then Nigeria has continued to participate in international competitions. By the first quarter of 1989, a Nigerian became the president of the African table Tennis Association, a sport Nigeria had dominated for over a decade on the continent. Nigeria has produced great players in Africa such as Atanda Musa, Abbas Ekun, Titus Omotara, Teriola, Yemi Bankola, Ethal Jacks, Iyako Akammu such players represented Africa in world Championships.

4.0 Conclusion

This unit, briefly explained history of table tennis in the world and Nigeria in particular.

5.0 Summary

When the game first started it was called by a number of different names. “Whifwhaf,” “gossamer,” ping pong and “flim flam” were commonly used to describe it. The sport got its start in England towards the end of the 19th century when, after dinner, some upper-middle class Victorians decided to turn their dining room tables into miniature versions of the traditional tennis playing field. The beginning of table tennis in Nigeria is not very clear but it was believed that the game was introduced by the missionaries through the secondary schools in the early 19th century in which most of the games were introduced into the country. In 1961 the Nigeria table Tennis Association (NTTA) was formed and from then Nigeria has continued to participate in international competitions.

6.0 References/Further Readings

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Tutor Mark Assignment

Briefly describe the historical development of table tennis.

Unit 2 Facility and Equipment

1.0 Introduction

Unit 1 focuses on the historical development of table tennis in the world.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to explain the functions: facility and equipment of table tennis:

- The table;
- Net;
- Ball; and
- Racket (bath)

3.0 Main Content

3.1 The Table

Table tennis is played on a piece of furniture having a smooth flat top that is usually supported by one or more vertical legs. The specific surface of the table can be made of metal, water resistance coated wood, and synthetic laminate. The table is 1.525 m (5.0 feet) wide and 2.74 m (9.0 feet) long. It is designed in such a way that it gives a uniform bounce of 23 centimeters (9.1 inch) when a standard ball is tapped on the table from a height of 30 centimeters (11.8 inches). The entire table is made of only one uniform material. The net used to divide the table is of 15.25 cm (6.0 in) in height.



3.2 Net

The **net** shall be suspended by a cord attached at each end to an upright post 15.25cm high, the outside limits of the post being 15.25cm outside the side line. The top of the **net**, along its whole length, shall be 15.25cm above the playing surface.



3.3Ball

The accuracy of the ball is determined by bouncing it on a flat uniform surface from a height of 12 inches. If the ball bounces for about 9.4-10.2 inches, then that particular ball is perfect for play. ITTF has set certain rules for the ball's dimension and weight. A ball of 40 millimeters in diameter and as light as 2.7 grams should only be used to play table tennis.



3.4 Racket (bat)

A basic table tennis paddle (also known as a "Racket" or "bat") is used by table tennis players. The table tennis paddle is usually made from laminated wood covered with rubber on one or two sides depending on the player's grip. The official rules of table tennis state that a racket can be of any size, shape or weight, but the blade must be flat and rigid and made of at least 85% natural wood. However you'll find that most rackets are all very similar in size - about 15cm (6 inches) across and 25cm (10 inches) long including the handle.



4.0 Conclusion

This unit, described table tennis equipment, that is involved in playing table tennis. The equipment are table tennis table, ball, bat and net.

5.0 Summary

The upper surface of the table, known as the playing surface, shall be rectangular, 2.74m long and 1.525m wide, and shall lie in a horizontal plane 76cm above the floor. The net assembly shall consist of the net, its suspension and the supporting posts, including the clamps attaching them to the table. The ball shall be spherical, with a diameter of 40mm and weigh 2.7g. The ball shall be made of celluloid or similar plastics material and shall be white or orange, and matt. The racket may be of any size, shape or weight but the blade shall be flat and rigid.

6.0 References/Further Readings

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TUTOR MARKED ASSIGNMENTS

Briefly describe the equipment required for the game of table tennis.

Unit 3 Basic Strokes in Table Tennis

1.0 Introduction

These basic strokes are the foundations that can be built upon as a player improves. It is possible to correct major technical issues at a later stage but it's much easier to get them right first time around. There are four basic table tennis strokes and always strive to have players master these before moving on to more complicated activities.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- Forehand drive
- Backhand drive
- Backhand push
- Forehand push

3.0 Main Content

3.1 The Forehand Drive

The stance is the first thing you need to worry about. Make sure this is correct before trying to hit any balls. You'll want your feet wider than shoulder width apart (some coaches even say two shoulder widths apart). If you're right handed, then your right foot needs to be slightly further back than your left, about half a step. Knees should be bent. Body crouched (leaning forwards) and weight on the balls of your feet (not your heels). Then put both arms out in front of you and you're good to go.

The backswing is the first movement after you've seen the ball. Without it your shot will lack power and you'll struggle to control the ball. The key things you need to remember are, rotating your body to the right from your hips and shifting your weight onto your back foot. Keep everything else the same as it was in the stance.

The strike is the forward movement, towards the ball. You basically need to do the opposite of the backswing. Rotate your body to the left/forwards, from your hips. You should transfer your weight from your back foot to front foot. Also remember to keep your bat angle slightly closed throughout, to take the ball at the peak of the bounce and keep a small gap between your elbow and body. To give the shot a bit of extra zip, try accelerating your forearm slightly as you make contact. This action is similar to a military salute and will give you a little extra pace and spin.

The finish is the end point of the shot. It's important not to over rotate and finish with your bat over your shoulder or behind your neck, like in tennis. Instead, you should finish the forehand drive with your bat pointing where you have hit the ball. From the strike the bat should move forwards and up. Finally, don't forget to get back to your ready position so you can play the next shot!

3.2 The Backhand Drive

As with the forehand drive, I break the backhand drive down into four parts. Some players find the backhand drive harder to master. This may be because the ‘backswing’ required is very different, or often they have played other racket sports and already have a wrong technique established, or they may simply have spent a lot less time playing backhand shots in general.

The stance should be ‘square to the line of play’. This means that your feet should be facing the direction of play. Usually this will mean your feet will be pointing diagonally towards your opponents backhand corner. Everything else is the same as the forehand drive. Feet slightly wider than shoulder width, body is crouched, arms are out in front of you with a bend at the elbow.

The backswing for a backhand does not involve any rotation of the body or weight transfer. Instead, just bring the bat back towards your body. If you are right-handed you will probably want to bring it back so that it is just above your left hip. This is a drive so the bat angle should be slightly closed.

The strike is pretty simple. Move your bat forwards and up, towards the ball, from your elbow. As a beginner focus on just using your elbow for movement. Common mistakes involve players using too much wrist or trying to play the shot from their shoulder (which lifts the ball). Remember to keep the bat angle closed throughout.

The finish is the same as the forehand drive. The bat should follow the ball and finish in the direction it has just been hit. Your arm should still have a slight bend in it (not finish completely straight) and just recover to your ready position and anticipate the next shot.

3.3 The Backhand Push

The backhand push is arguably the easiest of the four basic table tennis strokes. I teach it immediately after the backhand drive as the stance/ready position needed for the shot is identical.

The stance is the same as that used for the backhand drive. Feet and body must be square to the line of play.

The backswing for the backhand push requires the bat to be brought backwards and slightly upwards, towards the chest. The bat angle will need to be open at about 45 degrees. The elbow will be bent.

The strike simply involves ‘pushing’ the bat forwards and down from the elbow. You should strike somewhere between the back and bottom of the ball. You should note that it is important to ‘brush the ball using the rubber rather than ‘tapping’ it with the blade. The bat angle should stay open throughout the shot and you’ll want to make contact at the peak of the bounce or slightly earlier. A common mistake is trying to ‘scoop’ the ball instead of slicing it.

The finish should have the bat out in front of you and down towards the table. The angle at the elbow should have opened but the arm should still be slightly bent. The common error with the finish of the push shot is the bat moving across the body to one side when it should follow the ball.

3.4 The Forehand Push

The forehand push is probably the toughest of all the basic table tennis strokes. Certainly in my role as a coach this is the shot I've seen beginners struggling with the most. It can feel quite unnatural at first and is made even more difficult if the feed is bad, as it often is if two beginners are playing together.

The stance needs to go back to the forehand ready position you used for your forehand drive. If you're right-handed that means right foot slightly back and then as always, knees bent, body crouched, both arms out in front of you.

The backswing for the forehand push is not as extreme as for the drive. The push is a softer shot and therefore requires more feel and less weight transfer/power. However, you will still need a small amount of twisting backwards in preparation. You'll also need an open bat angle, 45 degrees is good, like in the backhand push. Keep a small gap between your elbow and your body.

The strike requires you to twist your body forwards with a slight transfer of weight onto your front foot. You may also need to step in with your playing foot if the ball is short. Upon contact with the ball you should be using the brushing action I mentioned earlier and having very soft hands. The elbow may open slightly during the strike to combine with the turning of your body. The bat angle should be open throughout.

The finish should leave the bat in front of your body, having followed the line of the ball. As you're putting backspin on the ball the bat should be down towards the table. The difficulty here is to follow the ball rather than swiping across your body. If your bat is finishing over to your left-hand side you may need to get your elbow slightly further forward during the strike. A tucked in elbow can lead you to swipe across the ball.

4.0 Conclusion

The four basic skills are broken into four main parts. That is, the stance, the backswing, the strike and the finish. Get all of these parts correct and you will be a good.

5.0 Summary

The execution basic strokes are divided in to four; the stance, backswing, strike and the finish. The forehand drive is similar to that of forehand push while backhand drive is also similar with that of backhand push.

6.0 References/Further Readings

<https://www.experttabletennis.com/>

<https://www.megaspin.net/info/basic.asp>

Tutor Mark Assignment

Briefly describe forehand drive and backhand drive in table tennis

Unit 4 Terminology Used in Table Tennis

1.0 Introduction

Unit 4 explain common table tennis terms that is essential to be familiar with to comprehend the game.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- **Terminology Used in Table Tennis**

3.0 Main Content

3.1 TABLE TENNIS TERMINOLOGY

Backhand	A shot done with the racket to the left of the elbow for a right-hander, the reverse for a lefthander.
Backspin	Backward spin placed on the ball. Also called Underpin.
Bat	Same as racket.
Blade	Wooden part of bat.
Block	A quick, off the bounce return of an aggressive drive done by just holding the racket in the ball's path.
Chop	A chop is a heavy underpin shot. It is usually executed away from the table and below the table top. A chop forces the ball to drop downwards when it hits an opponent's paddle.
Chopper	A style of play where chopping is the primary shot.
Closed	Holding the racket such that the racket's hitting surface is aimed downward, with the top edge leaning away from you.
Counter-drive	A drive made against a drive. Some players specialize in counter-driving.
Cross-court	A ball that is hit diagonally from corner to corner.
Dead	A ball without any spin.
Deep	A ball that lands deep on the table. A serve that will not bounce twice on the opponent's side of the table if given the chance is also considered deep.
Down the line	A ball that is hit along the side of the table, parallel to the side-lines, is hit down the line.
Drive	The basic topspin shot executed close to the table. Also called a counter, counter drive, or smash.
Drop shot	Short placement - very close to the net. A key point in making a drop shot is to not allow the ball to fall off the table after the first bounce. i.e. Drop shots should bounce at least twice on the opponent's side of the table before falling off.
Flat	A ball that has no spin, usually travelling with good pace.
Flick or flip	A topspin shot generated over the table close to the net, usually with the power generated only from the upper arm or the wrist. Used to start offense on a short ball.
Footwork	How a person moves to make a shot.

Forehand	Any shot done with the racket to the right of the elbow for a right-hander, the reverse for a lefthander.
Game	Set. Each game is played to 11 points unless a deuce occurs.
Game Point	Last point of a game.
Hitter	A style of play where hitting is the primary shot.
Inverted	The most common racket covering. It consists of a sheet of rubber on top of a sponge where pips of the rubber point inward, so the surface is smooth.
ITTF	International Table Tennis Federation, founded 1926, is the world governing body of the sport, and its members are the table tennis Associations of more than 150 countries.
Junk	Rubber that produce no spin, such as anti-spin and long-pips.
Kill	A put away shot. Ball is hit with enough speed so the opponent can not make a return.
Let	Service ball hitting the net or a distraction that causes the point played over.
Lob	Usually used when in the player is in the backcourt in a defensive situation. The player hits the ball as high as he can - usually with a combination of topspin and sidespin. The deeper the ball lands on the table, the more difficult it will be for his opponent to smash.
Loop	The shot that currently dominates the sport. This is an extreme topspin shot. One the Mazunov brothers (russia) won a spin competition being 'clocked' at 9000 rpm. A loop, when executed properly can curve in the air as a curveball does in baseball. This curve allows the player to hit the ball harder and still rely on the spin of the ball to cause the ball to dive down onto the table. Also, a loop will 'skip' on the table top taking sharp changes in directions. A loop will also tend to 'pop' upwards when it strikes the opponents racket.
	The opponent has to deal with
	<ol style="list-style-type: none"> 1. A curving ball, 2. A ball that changes directions when it hits the table, and 3. A ball that will jump off his racket unpredictably unless he compensates for spin.
	A loop will also counter heavy spin (topspin or underpin) from an opponent. It can be executed above or below the table top, close or far away from the table.
Looper	A style of play where the primary shot is the loop.
Open	Holding the racket such that the racket's hitting surface is aimed ward, with the top edge leaning towards you.
Paddle	Same as racket.
Penholder	A type of grip giving the best possible forehand but the most awkward backhand of the conventional grips.

Pips	The small conical bits of rubber that cover a sheet of table tennis rubber.
Pips out	A type of racket covering. It consists of a sheet of pips out rubber on top of a layer of sponge. The pips point outward, the opposite of inverted.
Point	A unit of scoring in table tennis.
Push	A push is an underpin shot executed over the table, and usually close to the net. This is a passive shot that is used when it is impossible to attack a ball.
Racket	Same as bat.
Rally	The period in which the ball is in play.
Rating	A number that is assigned to players after their first tournament. The better the player the higher the rating should be.
Receive	The return of a serve.
Serve	The first shot, done by the server. It begins with the ball being thrown up from palm of hand and struck by the racket.
Shake hand	The most popular grip. It gives the best balance of forehand and backhand.
Sidespin	Spin placed on a ball to allow it to curve left or right in the air. Usually utilized in combination with the topspin of a loop.
Smash	A put away shot. Ball is hit with enough speed so the opponent cannot make a return.
Spin	The rotation of a ball. Topspin: Spin placed on a ball to allow it to curve down onto the table.
Stroke	Any shot used in the game, including the serve.
Topspin	Spin placed on a ball to allow it to curve down onto the table.
Twiddle	Same as twirl.
Twirl	Turning of the paddle, used for confusing opponents on which side of the paddle is being used. Not as deceptive now due to the two colour law, namely black on one side and bright red on the other side. Usually utilized with combination bat.
Umpire or Referee	An official who keeps score and enforces rules during a match.

4.0 Conclusion

You need to understand various terms used in table tennis, which is explain I this unit.

5.0 Summary

In this unit you have learnt that: Let, Rally, game, match, Backhand, forehand, lob, loop, official, rating, down the line, drive, smash, drop shot, server, receiver are some of the terminologies used in the game of table tennis

6.0 References/Further Readings

www.masatenisi.com

Tutor Mark Assignment

Briefly describe these terminologies as used in the game of Rally, server, receiver, forehand, game, match, Backhand, , drive, smash and drop shot.

MODULE 3: SKILLS IN TABLE TENNIS

Unit 1 Skills in Table Tennis

1.0 Introduction

Unit 1 explains how the game usually starts by deciding who is going to serve first and who is going to receive. The game begins after deciding which player will serve first and skills needed in playing the game.

5.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- Grip
- Service
- Offensive stroke
- Defensive stroke

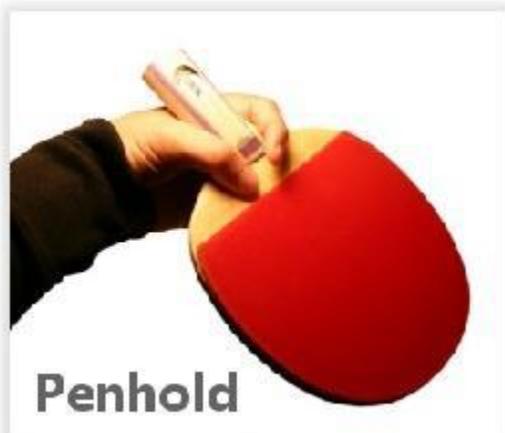
3.0 Main Content

3.1 Grip

Grip in table tennis is the way one player holds the racquet. There are three different styles of holding a bat and different player has either one or both styles of holding the racquet.

Pen hold

This hold got its name, as it resembles holding a pen. Here the player's middle, ring, little fingers are curled around the racquet. This style of holding the racquet is called Chinese pen holding. Even though many players have this way of holding the racquet, their style of play is entirely different. Another style of panhandling is the Japanese/ Korean style. In this style, the three fingers are across the back of the racquet. Players who have Chinese pen holding style prefer round racquet head, whereas the one who have the Korean style, prefer square-shaped racquet head. Usually, players who have a pen holding style don't use the other side of the racquet. But, in 1990s the Chinese developed a reverse penhold technique in which, the player uses the other side of the racquet as well.



Shake hand

As the name suggests, this type of grip resembles one shaking a hand. This hold is also called the Western grip as many players of Europe and America use this style of holding a racquet. Shake hand grip looks easy and it is a very versatile style. So, it was started even in China and now, many top-level Chinese players also use this technique. Apparently, players feel this technique easier than pen hold, as it gives a wide scope of play.



See miller

This grip is named after Danny See miller, as he was the one who used this technique. To have this kind of grip, one should place the thumb and index finger on either side of the racquet and the rest of the fingers should be placed at the bottom part. This method is used to distract the opponent, as contrasting rubbers can be placed on both the sides of the blade. This technique gives great loops on the forehand side.



3.2 Service

Service and Return

The game is commenced by the player who serves. The ball is raised at least 16 centimeters in air without any spin and is hit by the racquet in such a way that it hits the server's side of court once before going on to the receiver's court without touching the net.

Let

A rally of unscarred results is referred to as let. This could occur because of many reasons, but a few are –

- When the receiver is not ready and the ball is served.
- The ball is concealed and either the umpire or the opponent player is in doubt of the serve.

Scoring

There are many scenarios where one player gets points. A few are –

- If the ball touches anything, not the net, before reaching the opponent.
- If the opponent fails to return or service.
- If the player hits the ball with wooden part of racquet, not the rubber part, then the opponent gets a point.
- When the receiver completes 13 returns in a rally, under expedite system.
- Player gets a point when the opponent obstructs the ball.

Alternation of Services

Service can change depending on game point of the match. Regardless of the winner of rally, service keeps changing between opponents. A deuce is played, when both the players have ten points each and each player serves for one more point. The service and receiving doesn't change in Deuce.

Players change sides of the table at the end of each game. When one of the players scores five points first, players change the ends regardless of serving turn. If players miss changing sides or if are serving out of turn, the points are still calculated and game is resumed from there.

A Game – When either one of the players scores 11 points then, he / she is declared as winner of that particular game. In case both the players reach 10 points, then the player who achieves two points before the other one is declared as winner of the game.

A Match – According to ITTF, a match is the best of odd number of games. Usually a match consists of 3, 5 or 7 games.

3.3 Offensive stroke

Hit

A direct hit on the ball propelling it forward back to the opponent. This stroke differs from speed drives in other racket sports like tennis because the racket is primarily *perpendicular* to the direction of the stroke and most of the energy applied to the ball results in *speed* rather than *spin*, creating a shot that does not arc much, but is fast enough that it can be difficult to return. A speed

drive is used mostly for keeping the ball in play, applying pressure on the opponent, and potentially opening up an opportunity for a more powerful attack.

Loop

Perfected during the 1960s, the loop is essentially the reverse of the speed drive. The racket is much more *parallel* to the direction of the stroke ("closed") and the racket thus *grazes* the ball, resulting in a large amount of topspin. A good loop drive will arc quite a bit, and once striking the opponent's side of the table will jump forward, much like a kick serve in tennis.

Counter-hit

The counter-hit is usually a counterattack against drives, normally high loop drives. The racket is held closed and near to the ball, which is hit with a short movement "off the bounce" (immediately after hitting the table) so that the ball travels faster to the other side. A well-timed, accurate counter-drive can be as effective as a smash.

Flip

When a player tries to attack a ball that has not bounced beyond the edge of the table, the player does not have the room to wind up in a *backswing*. The ball *may still be attacked*, however, and the resulting shot is called a flip because the backswing is compressed into a quick wrist action. A flip is not a single stroke and can resemble either a loop drive or a loop in its characteristics. What identifies the stroke is that the backswing is compressed into a short wrist flick.

Smash

The offensive trump card is the smash. A player will typically execute a smash when his or her opponent has returned a ball that bounces too high or too close to the net. *Smashing* consists of using a large backswing and rapid acceleration to impart as much speed on the ball as possible. The goal of a smash is to get the ball to move so quickly that the opponent simply cannot return it. Because the ball speed is the main aim of this shot, often the spin on the ball is something other than topspin. Sidespin can be used effectively with a smash to alter the ball's trajectory significantly, although most intermediate players will smash the ball with little or no spin. An offensive table tennis player will think of a rally as a build-up to a winning smash.

3.4 Defensive strokes

Push

The push (or slice in Asia) is usually used for keeping the point alive and creating offensive opportunities. A push resembles a tennis slice: the racket cuts underneath the ball, imparting backspin and causing the ball to float slowly to the other side of the table. While not obvious, a push can be difficult to attack because the backspin on the ball causes it to drop toward the table

upon striking the opponent's racket. In order to attack a push, a player must usually loop the ball back over the net. Often, the best option for beginners is to simply push the ball back again, resulting in pushing rallies. Against good players, it may be the worst option because the opponent will counter with a loop, putting the first player in a defensive position. Another response to pushing is flipping the ball when it is close to the net. Pushing can have advantages in some circumstances, such as when the opponent makes easy mistakes.

Chop

A chop is the defensive, backspin counterpart to the offensive loop drive. A chop is essentially a bigger, heavier push, taken well back from the table. The racket face points primarily horizontally, perhaps a little bit upward, and the direction of the stroke is straight down. The object of a defensive chop is to match the topspin of the opponent's shot with backspin. A good chop will float nearly horizontally back to the table, in some cases having so much backspin that the ball actually *rises*. Such a chop can be *extremely* difficult to return due to its enormous amount of backspin. Some defensive players can also impart no-spin or sidespin variations of the chop.

Block

The block is a simple shot, but nonetheless can be devastating against an attacking opponent. A block is executed by simply placing the racket in front of the ball right after the ball bounces; thus, the ball rebounds back toward the opponent with nearly as much energy as it came in with. This is not as easy as it sounds, because the ball's spin, speed, and location all influence the correct angle of a block. It is very possible for an opponent to execute a perfect loop, drive, or smash, only to have the blocked shot come back at him just as fast. Due to the power involved in offensive strokes, often an opponent simply cannot recover quickly enough, and will be unable to return the blocked shot. Blocks almost always produce the same spin as was received, many times topspin. Depending on the spin of the ball, the block may be returned to an unexpected side of the table. This may come to your advantage, as the opponent may not expect this.

Lob

The defensive lob is possibly the most impressive shot, since it propels the ball about five metres in height, only to land on the opponent's side of the table with great amounts of spin. To execute, a defensive player first backs-off the table 4–6 meters; then, the stroke itself consists of lifting the ball to an enormous height before it falls back to the opponent's side of the table. A lob is inherently a creative shot, and can have nearly any kind of spin. Top-quality players use this to their advantage in order to control the spin of the ball. For instance, though the opponent may *smash* the ball hard and fast, a good defensive lob could be more difficult to return due to the unpredictability and heavy amounts of the spin on the ball. Thus, though backed off the table by tens of feet and running to reach the ball, a good defensive player can still win the point using good lobs. However, at the professional level, lobbers will lose the point most of the time, so the lob is not used unless it is really necessary.

4.0 Conclusion

These essential skills and the techniques required to successfully perform a range of actions in table tennis was explained.

5.0 Summary

The unit explain the skills involve in playing table tennis, such skills involved grip, service, lob and backhand drive and others.

6.0 References/Further Readings

<https://pingsunday.com/forehand-drive-table-tennis/>

Tutor Mark Assignment

Explain the following skills in table tennis

- Grip
- Service
- Offensive stroke
- Defensive stroke

Unit 2 Single Game

1.0 Introduction

Singles Table Tennis is played between two individuals, one on each side. Both have to earn points to win the game.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

- General rules
- Service
- Scoring Points
- Ball in play

3.0 Main Content

3.1 General Rules

- The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- A game is won by the player who first scores 21 points with a 2-point margin.
- A match consists of the best two (2) of three (3) games.

3.2 Service

- A good service is delivered by projecting the ball from the free hand, which must start from above the playing surface. The ball must be resting in the palm of the free hand. The ball is tossed into the air.
- As it starts to descend, the ball is struck so that it touches the server's court first and then, passing directly over or around the net, touches the receiver's court. At the instant of contact of the racquet on the ball in service, both handle and ball must be behind the end line of the server's court.
- A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.

3.3 Scoring Points

A point is awarded to the opponent in the following circumstances

- Failure to make a good service, unless a let is declared.
- Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared.
- If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
- If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports
- If the player's free hand touches the playing surface while the ball is in play
- If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player's side of the table.
- A point is scored by the side that makes the last successful return prior to the end of a rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the

net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.

3.4 Ball in play

A let ball, which is then replayed, is called in the following cases:

- If the served ball, in passing over the net, touches it or its supports, if the service would otherwise have been good or volleyed by the receiver.
- If a service is delivered when the receiver is not ready
- If either player is prevented by an accident not under his/her control from serving a good service or making a good return—
- If either player gives up a point, as provided in Rules C-G under “Points”, owing to an accident not within his/her control.

The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:

- It has touched one court twice consecutively.
- It has, except in service, touched each court alternately without having been struck by the racquet immediately.
- It has been struck by either player more than once consecutively.
- It has touched either player or anything that the player wears or carries.
- It has touched any object other than the net and supports.

4.0 Conclusion

A good service is delivered by projecting the ball from the free hand, which must start from above the playing surface. The ball must be resting in the palm of the free hand. The ball is tossed into the air. As it starts to descend, the ball is struck so that it touches the server's court first and then, passing directly over or around the net, touches the receiver's court. Point can be won by failing to make a good service, good return, touching the net or table or the ball, striking the ball before touching the table, a strike ball fail to touch the table etc.

5.0 Summary

This unit explains the choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa. The ball is in play from the moment it is projected from the hand in service until a foul occurred.

6.0 References/Further Readings

<https://www.liberty.edu/media/1211/rules/IMS-Table-Tennis-Rules.pdf>

<https://www.myactivesg.com/sports/table-tennis/training-method/table-tennis-for-beginners/how-is-a-doubles-game-played-in-table-tennis>

Tutor Mark Assignment

1. Briefly describe how service is done in singles game.
2. How do you win points in table tennis?

Unit 3: Double Game/Mixed Double Game

1.0 Introduction

Unit 1 is an attempt to define the meaning and importance of movement analysis in an attempt to give the meaning of movement patterns analysis. Under this unit, physical education which is an important aspect of movement analysis is identified and treated.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to explain:

Double play

Points

Ball in play

3.0 Main Content

3.1 Double Game/Mixed Double Game

Doubles table tennis was introduced to the Commonwealth Games in 2002 and Olympic Games in 1988. A line is created to bisect the court and create two different courts for both the individuals. Service should be made in a way that the ball bounces at least once in the right-hand box before bouncing on the opponent's right side box. If this is not how the service is done, the opponents gain a point. In the mixed doubles, the teams on both side have one male and one female player. The rules are same as men's or women's doubles.

3.2 Service

- The service is delivered (as described in Singles), except that it must touch first the right half of the server's court or the centerline on the server's side of the net and then, passing directly over or around the net, touch the right half of the receiver's court or the center line on the receiver's side of the table.
- The first five services must be delivered by the serving partner (Player 1) of the pair who has the right to do so. The service must be received by the receiving partner (Player 3) of the opposing pair.
- The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.
- The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.
- The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services.
- The next five services start over as in Rule A of "Order of Service"

3.3 Points

Unless the rally is a let, a player shall score a point

if an opponent fails to make a correct service;

if an opponent fails to make a correct return;

if, after he or she has made a service or a return, the ball touches anything other than the net assembly before being struck by an opponent;

if the ball passes over his or her court or beyond his or her end line without touching his or her court, after being struck by an opponent;

if an opponent obstructs the ball;

if an opponent deliberately strikes the ball twice in succession;

if an opponent strikes the ball with a side of the racket blade whose surface does not comply with the requirements;

if an opponent, or anything an opponent wears or carries, moves the playing surface;

if an opponent, or anything an opponent wears or carries, touches the net assembly;

if an opponent's free hand touches the playing surface;

if a doubles opponent strikes the ball out of the sequence established by the first server and first receiver;

if both players or pairs are in a wheelchair due to a physical disability and

his or her opponent does not maintain a minimum contact with the seat or cushion(s), with the back of the thigh, when the ball is struck;

his or her opponent touches the table with either hand before striking the ball;

his or her opponent's footrest or foot touches the floor during play.

3.4 Ball in play

Decide who serves first

This can be determined in many ways, you can flip a coin or you can volley. To volley is just to toss the ball and play it until someone scores if you score then it is your serve, but when you volley the ball has to be hit three times in the match before some scores.

Serve from any side of your table

Hit the ball on your side once and have the ball go over the net to hit their side. In doubles, serve from the right side of your table and have the ball go across to the left side of table. When serving, either every 2 points scored or every 5 points scored, switch serves between teams. When playing doubles, you will usually play up to 21 but you can play up to 15 as well.

Alternate between you and your teammate in serving

When you serve five times or two times whatever is decided, then the other team will serve and when they serve two or five times, then it will be your teammates turn to serve. When serving, if you are person A and you are serving the ball to towards person C on the other side, then when it is person C's turn to serve, she or he has to serve to your teammate person B. When it is person B's turn to serve, she or he has to serve it to the other team person D. So, after your turn to serve is over, then switch spots with your teammate so that he or she returns the serve to the person that was just returning your serve.

Doubles Tactics

Doubles require quick movement and good understanding. One of the first thing to remember is to move out of your partner's way after you've made your shot.

1. When serving, remember that your partner, not you, will be making the third stroke. That's why you should always try to use services that will help set up your partner's best attacks.
2. Give hand signals to your partner on the serve you're about to make, so that he'll be prepared for the next shot.
3. Make your serve, step to the right side of the table and let your partner move to the centre.

Watch your partner make his shot and slide to the left of the table, while you move back into the centre.

4. You should always aim attacks at either the weaker player or the one who've just made a shot from the other team. In the second scenario, the receiver may be blocked by his teammate in the process.

5. If you are a good player teamed up with a weaker player, your job is to make as many [strong attacks](#) as you can, so that your partner hopefully will get a weak return that he can handle easily.

4.0 Conclusion

There are 3 primary rule differences between Doubles and Singles and all add significantly to the strategy of the game. There are 4 players, you have a partner, unlike tennis, partners must take turns hitting the ball. Unlike singles, service is restricted diagonally to the right-hand courts of both server and receiver.

5.0 Summary

This unit explains doubles is an exhilarating and strategy filled game. Most who play it, find themselves quickly caught-up in its rapid fun-filled excitement. Doubles allows more people to play per table, is fun, and best of all when you make a great shot there are 3 other people there to witness it. Strategy is a scheme of how we plan to approach the play. It is preconceived and exists in the players mind before play even begins. Tactics, on the other hand, are immediate changes in the plan necessitated by the actions of the opponent and one's own partner.

6.0 References/Further Readings

<https://www.liberty.edu/media/1211/rules/IMS-Table-Tennis-Rules.pdf>

<https://www.myactivesg.com/sports/table-tennis/training-method/table-tennis-for-beginners/how-is-a-doubles-game-played-in-table-tennis>

Tutor Mark Assignment

3. Briefly describe how service is done in double game.
4. How do you win points in table tennis?

Unit 4: Officiating Officials in Table Tennis

1.0 Introduction

Unit 1 is an attempt to define the meaning and importance of movement analysis in an attempt to give the meaning of movement patterns analysis. Under this unit, physical education which is an important aspect of movement analysis is identified and treated.

2.0 Intended Learning Outcome(s)

By the end of this unit, you would be able to:

Referee

Umpire

Assistant Umpire

Timekeeper

Stroke Counter

3.0 Main Content

3.1 Referee

1. For every competition as a whole a referee is appointed, usually with one or more deputies who can act on his behalf. The referee or an authorised deputy must be present in the playing hall throughout play, to decide any question of rule interpretation, on which he is the sole authority, and generally to ensure that the competition is conducted in accordance with the relevant Laws and Regulations.
2. Where the referee is the sole arbiter, such as in allowing a temporary suspension of play for injury or disqualifying a player for misbehaviour, he must act consistently and avoid any suspicion of partiality to particular players. In major competitions it is recommended that the referee and his deputies be from different Associations, so that there is always a “neutral” official to adjudicate in a dispute.
3. The referee is responsible for the appointment of match officials. Although he will not normally make such appointments himself he must be satisfied that the officials are competent and that they act fairly and consistently. He should explain to the umpires, in his pre-tournament briefing, how he expects laws and regulations to be applied, especially where any of these are new or might be contentious.
4. The players are under the jurisdiction of the referee from the time at which they arrive at the playing venue until the time at which they leave it. The practice hall or area is considered to be part of the playing venue.

3.2 Umpire

1. For each match there is an umpire, whose primary duty is to decide the result of each rally. In principle, the umpire has no discretionary powers, but he is required to exercise judgment in applying some laws and regulations, such as deciding whether a rally should be a let because a player’s service or return may have been affected by circumstances outside the player’s control, or whether a player’s **behaviour is acceptable**.
2. Where the umpire is officiating alone, his is the final decision on all questions of fact that arise during a match, including decisions on all edge balls and on all aspects of service. In these circumstances he is directly responsible also for timing the duration of play, but when the expedite system is in operation he is assisted by another official who acts a stroke counter.
3. Although the umpire is obliged to accept certain decisions made by other match officials he is entitled to seek an explanation if he believes that an official has made a decision that is outside his jurisdiction. If, on enquiry, he finds that an official has acted in this way he can overrule the decision wrongly made by that official, either by reversing it or, more usually, by declaring the rally a let.
4. The umpire should be about 2-3 metres from the side of the table, in line with the net, preferably on a slightly raised chair, although this is not essential for singles. For doubles, the umpire is advised to stand if his seat is not high enough for him to see clearly whether in service the ball bounces on the correct half-courts. Standing for singles is not recommended, because it unnecessarily obstructs **the view of spectators**.
5. The players are under the jurisdiction of the umpire from the time at which they arrive at the playing area until the time at which they leave it.

3.3 Assistant Umpire

1. For international competitions an assistant umpire is appointed and he takes over or shares some of the umpire’s duties. For example, an assistant umpire is solely responsible for decisions on edge balls at the side of the table nearest to him, and he

has the same power as the umpire to decide the legality of a player's service action, whether a player obstructs the ball and some of the conditions for a let.

2. If either the umpire or the assistant umpire decides that a player's service action is illegal, that a player obstructs the ball, that the ball in service touches the net or that the conditions of play are disturbed in a way which could affect the outcome of the rally, that decision stands.
3. Nevertheless, a decision taken by one of these officials may in some circumstances be pre-empted by a decision of the other. For instance, whether or not the ball touches the edge of the playing surface on the side nearest to the assistant umpire may be irrelevant if the umpire has already seen a player move the playing surface. Similarly, a service that is judged illegal by the assistant umpire may not be penalised if the umpire has previously decided that the rally is a let because a ball from another table has come into the playing area.
4. The assistant umpire should be seated directly opposite the umpire, in line with the net, and at about the same distance from the table. There is no need for the assistant umpire to stand for doubles.

3.4 Timekeeper

1. An assistant umpire may act as timekeeper, but some umpires prefer to carry out this function themselves, perhaps because they wish to decide for themselves how much time to allow for interruptions in play. The timekeeper is required to monitor the duration of practice, of play in a game, of intervals between games and of any authorised suspension of play, and his decision is final on the time that has elapsed.

3.5 Stroke Counter

- 1 Stroke counting when the expedite system is in operation is normally undertaken by a separate official, but the assistant umpire also can act as stroke counter. The stroke counter's duty is solely to count the return strokes of the receiver and his decision on this question of fact cannot be overruled.

4.0 Conclusion

In this unit you have learnt that the referee is the overall controller of the game and his decision. The umpire is the controller of the conduct of the game. The assistant umpire helps the umpire in enforcing the conduct of the game.

5.0 Summary

This unit explains table tennis referees hold a variety of responsibilities, depending on the event at which they officiate. Referees ensure that competitions such as tournaments or high school or intercollegiate matches follow uniform rules. Referees also make subjective calls, deciding arguments, stopping play for bad weather or declaring a court unplayable.

6.0 References/Further Readings

<https://www.liberty.edu/media/1211/rules/IMS-Table-Tennis-Rules.pdf>

<https://www.myactivesg.com/sports/table-tennis/training-method/table-tennis-for-beginners/how-is-a-doubles-game-played-in-table-tennis>

Tutor Mark Assignment

Outline three functions of each of the following officials in table tennis:

1. Referee
2. Umpire
3. Assistant umpire