

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (A) 4

Paper No. - A

Lecture No. – 8

Lecture Title

Fundamental Skills of Table Tennis

Summary

Table Tennis players should master a few simple techniques. A good serve and defense is a basic building block for table tennis. Also have a training partner serve to you for 30 straight minutes. This will provide excellent training for his/her own personal serves but also will develop your skills at returning serve. Remember, the better your training partner the more you will learn! Adding this to the typical practice regimen of the finishing attack with the block and you will see your game improve in no time.