



SUMMARY

In order to learn a player's game needs to be developed first of all, so he should obtain a racket which according to the manufacture's ratings gives a high level of control and only average speed and spin. In fact feel the ball on the racket is very important at this stage of play because he will realise more clearly what spin and speed he is imparting upon the ball; therefore the sponge and rubber should not be too thick. Although the service is a very important part of the game, there should not be too emphasis on it in the beginner's stage because once again the beginner could win the point very quickly and so neglect practising stroke combinations involved in rallies.

After acquiring the necessary control in the various strokes, a player or his coach should know what style he will try to develop; looping ,counter attacking, defending or a combination of any two or all three of these styles.