



### MOST IMPORTANT COMPONENTS OF FITNESS

**Speed** – to get in position to hit the ball.

**Power** – to hit the ball hard.

**Balance** – to be able to keep your body positioned to hit the ball.

**Co-ordination** – to be able to hit the ball.

**Reaction time** – to hit a fast moving ball with limited time.

### SKILLS

Serve

### TACTICS

Hitting space

Testing for weaknesses

Different types of spin

# TABLE TENNIS



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### REGULATIONS

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The game is played to 11 points.

A point is won on every serve.

You have 2 serves then your opponent has 2 serves.

At 10 all – you have alternate serves and the first to 2 clear points wins.

If the ball does not go over the net or doesn't hit the table you lose the point.

If the ball hits your opponent, but not the table, you lose the point.

There are only lets on serve i.e. if the ball touches the net, you play the serve again.

### RULES

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You don't have to serve diagonally except in doubles.

The serve:

Must be made from behind the end of the table.

Must come off a flat hand and the ball must go 16cm in the air. (eye height)

If you touch the table with your free hand or move the table - you lose the point

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