



Table Tennis Training and Activities for the
Benefit of Living together and Equality



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TTABLE Video Series



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Video #1

Forehand Topspin

Coach: Yunus Uğurlu

The video focuses on table tennis techniques, particularly discussing the spin technique, which is a commonly used stroke in the sport. The coach is explaining how to execute the spin, mentioning the body's positioning, how to hold the racket, and how the ball should be hit to effectively apply spin. This involves adjusting the racket angle based on the ball's trajectory and using body movements to enhance the stroke's effectiveness.

This instruction is part of a broader discussion aimed at helping players improve their table tennis skills by mastering advanced techniques such as spinning the ball, which requires precise control and timing. The content likely serves educational purposes, targeting players looking to enhance their gameplay through improved technical skills.



TTABLE Videos #1 Spin - Türkiye

Link: <https://youtu.be/qXQEh7JfJsM>

Credits:

The video has been shot in Kilis (Türkiye) and features Yunus Uğurlu, coach of the Kilis Directorate of Youth and Sport, a partner in the TTABLE Project. The video has been edited by Amal for Education.

The video is taken in Turkish and is accessible on YouTube with subtitles in different languages including English, Italian and Arabic.



Video #1

Forehand Topspin



Video #2

Backhand Topspin

Coach: Yunus Uğurlu

The coach, Yunus Uğurlu, is explaining how to perform a backhand spin technique, which is an essential and commonly used stroke in table tennis. The session involves detailed instructions on body positioning, how to hold the racket, and how to effectively hit the ball to apply spin. This includes adjusting the racket's angle based on the ball's trajectory and coordinating body movements to maximize the stroke's effectiveness.

The aim is to enhance the player's ability to use spin during play, which requires precise control and timing. The video is part of a series aimed at improving table tennis skills through mastering advanced techniques.



Link: <https://youtu.be/FOV36lgAvl4>

Credits:

The video has been shot in Kilis (Türkiye) and features Yunus Uğurlu, coach of the Kilis Directorate of Youth and Sport, a partner in the TTABLE Project. The video has been edited by Amal for Education.

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Video #2

Backhand Topspin



Video #3

Forehand Cut

Coach: Yunus Uğurlu

Coach Yunus Uğurlu delivers an insightful tutorial on the forehand cut, a crucial defensive stroke in table tennis that counters aggressive shots with downward spin.

The video covers essential techniques, including proper body positioning, racket handling, and specific movements needed to execute this stroke effectively.

Coach Uğurlu emphasizes the importance of adjusting the racket's angle in response to the ball's trajectory and coordinating body movements to enhance the cut's power and deception.

This session aims to strengthen defensive capabilities, offering players strategic tools to control game flow and counteract opponents' attacks, making it an indispensable skill set in competitive play.



Link: <https://youtu.be/tluSXgGhoas>

Credits:

The video has been shot in Kilis (Türkiye) and features Yunus Uğurlu, coach of the Kilis Directorate of Youth and Sport, a partner in the TTABLE Project. The video has been edited by Amal for Education.

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Video #3 Forehand Cut



Video #4

Backhand Cut

Coach: Yunus Uğurlu

Coach Yunus Uğurlu expertly demonstrates the backhand cut, a vital defensive stroke used to counter powerful offensive plays in table tennis.

This video provides comprehensive guidance on the mechanics of the stroke, focusing on essential aspects such as stance, grip adjustments for optimal control, and precise arm and wrist movements required to execute a successful backhand cut.

Coach Uğurlu highlights the technique's strategic benefits, including its ability to produce disruptive backspin and control the pace of the match. The tutorial is designed to enhance players' defensive game by integrating the backhand cut into their repertoire, empowering them to neutralize aggressive shots and set up counter-attacks effectively.



Link: https://youtu.be/_xVUoMfJZzQ

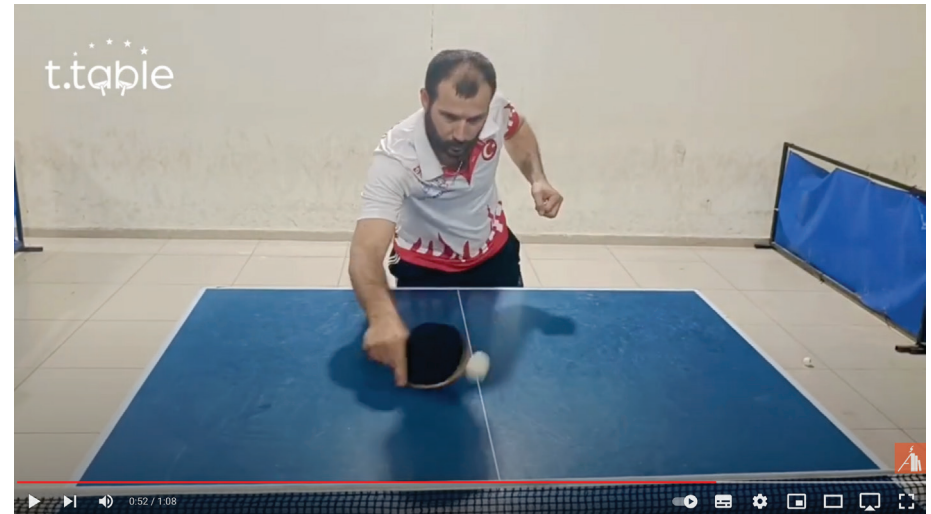
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Video #4 Backhand Cut



Video #5

Service

Coach: Yunus Uğurlu

Coach Yunus Uğurlu explains serving in table tennis, a fundamental skill that sets the tone for each play.

The video thoroughly covers various service strategies, demonstrating how to execute serves with different spins, speeds, and placements to confuse opponents and gain the upper hand from the game's outset.

Coach Uğurlu emphasizes the importance of precision and variation in service, detailing grip changes, body positioning, and the tactical use of wrist snap to maximize the effectiveness of each serve.

This session aims to enhance players' service game, providing them with a diverse set of serving options that can be adapted to match different playing styles and competitive scenarios, thus becoming a crucial strategic element in their overall gameplay.



Link: <https://youtu.be/elNkZwy8l3A>

Credits:

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Video #5 Service



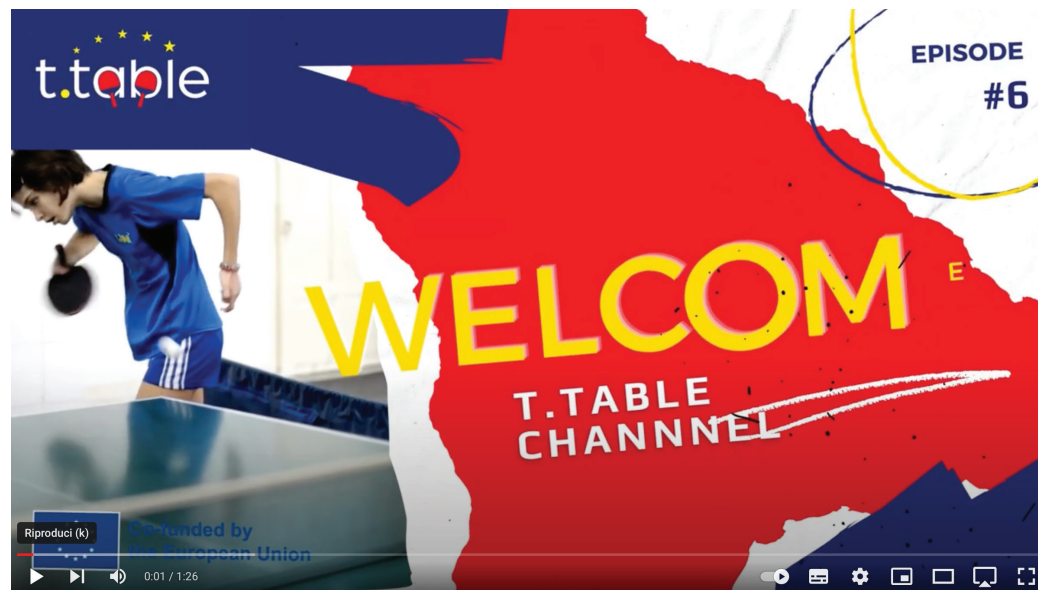
Video #6

Service Rules

Coach: Yunus Uğurlu

Coach Yunus Uğurlu provides an in-depth explanation of the official rules governing service in table tennis, crucial for every player's compliance and competitive edge. The video thoroughly reviews key regulations such as the correct serving motion, where the ball must start and be struck, the necessity for the ball to be visible to the opponent during service, and the specific conditions under which a serve is considered legal or a fault.

Coach Uğurlu uses practical demonstrations to clarify common misunderstandings and shows how to use the rules to one's advantage while staying within the game's legal framework. This session aims to ensure that players fully understand and can effectively apply these rules in competition, enhancing both their confidence and skill in one of the game's most strategic aspects.



Link: https://youtu.be/byqDoSq_bJE

Credits:

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Video #6

Service Rules



Video #7

Forehand Stroke

Coach: Andrea Sacchet

Coach Andrea Sacchet provides a tutorial on the forehand stroke, essential for aggressive play in table tennis.

Throughout the session, he demonstrates the proper techniques to a student, focusing on stance, grip, and the mechanics of arm movement and body rotation needed for executing a powerful and precise forehand.

Coach Sacchet highlights the critical aspects of timing and the point of contact with the ball, showing how to effectively generate spin and speed. This video equips players with the necessary skills to refine their forehand stroke, transforming it into a reliable and forceful element of their gameplay.



Link: <https://youtu.be/XV8VYKzLCx4>

Credits:

The video has been shot in Rome (Italy) and features Andrea Sacchet, coach of TT Lazio, a partner in the TTABLE Project. The video has been edited by Amal for Education.

The video is taken in Italian and is accessible on YouTube with subtitles in different languages including English, Turkish and Arabic.



Video #7

Forehand Stroke



Video #8

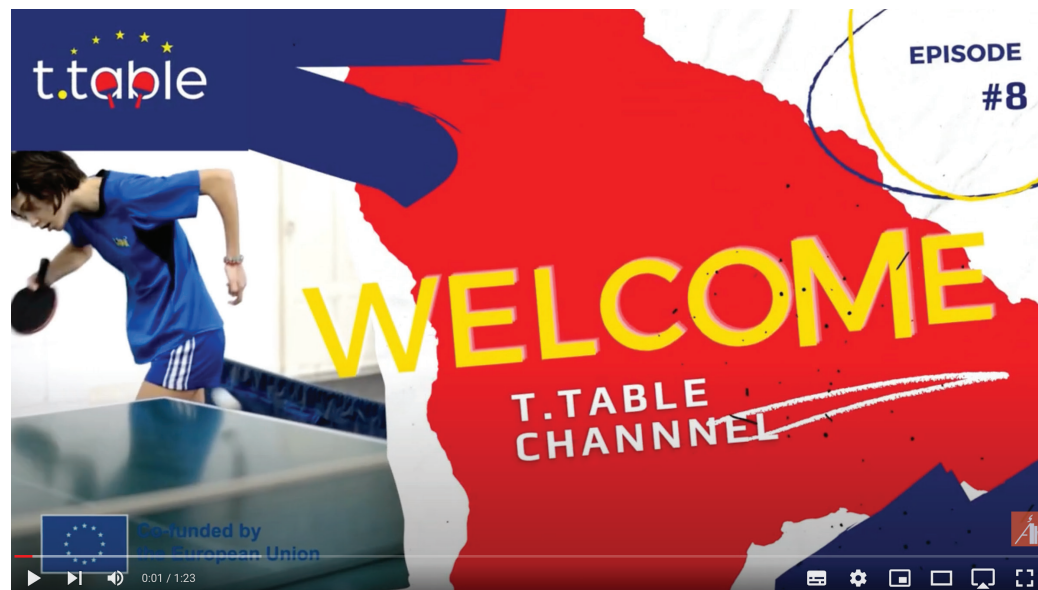
Backhand Stroke

Coach: Andrea Sacchet

Coach Andrea Sacchet expertly guides a student through the mastering the backhand stroke, a fundamental skill for defensive and counter-attacking play in table tennis.

He focuses on correct body positioning, grip, and the smooth execution of arm and wrist movements necessary for a controlled and effective backhand. Throughout the session, Coach Sacchet emphasizes the importance of precision in striking the ball, demonstrating techniques to improve accuracy and power.

This video aims to empower players by enhancing their backhand stroke, making it a versatile and robust component of their overall game strategy.



Link: <https://youtu.be/PhRQ83T2l6k>

Credits:

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Video #8 Backhand Stroke



Video #9

Serve

Coach: Roberto Montaperto

Coach Roberto Montaperto provides a demonstration to a student on the various techniques and strategic nuances of serving in table tennis.

The video focuses on the fundamental aspects of a good serve, including proper stance, grip, and the mechanics of ball toss and racket swing. Coach Montaperto emphasizes the importance of varying spin, speed, and placement to keep the opponent guessing and on the defensive.

Throughout the session, he illustrates how each type of serve can be used to initiate play advantageously, ensuring players understand how to use their serve to set the tone and control the pace of the match effectively. This instructional video is designed to enhance players' serving skills, making it a pivotal and strategic element of their game.



Link: <https://youtu.be/yU3ZsvQuzgs>

Credits:

The video has been shot in Rome (Italy) and features Roberto Montaperto, coach of TT Lazio, a partner in the TTABLE Project. The video has been edited by Amal for Education.

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Video #9

Serve



Video #10

Switching sides

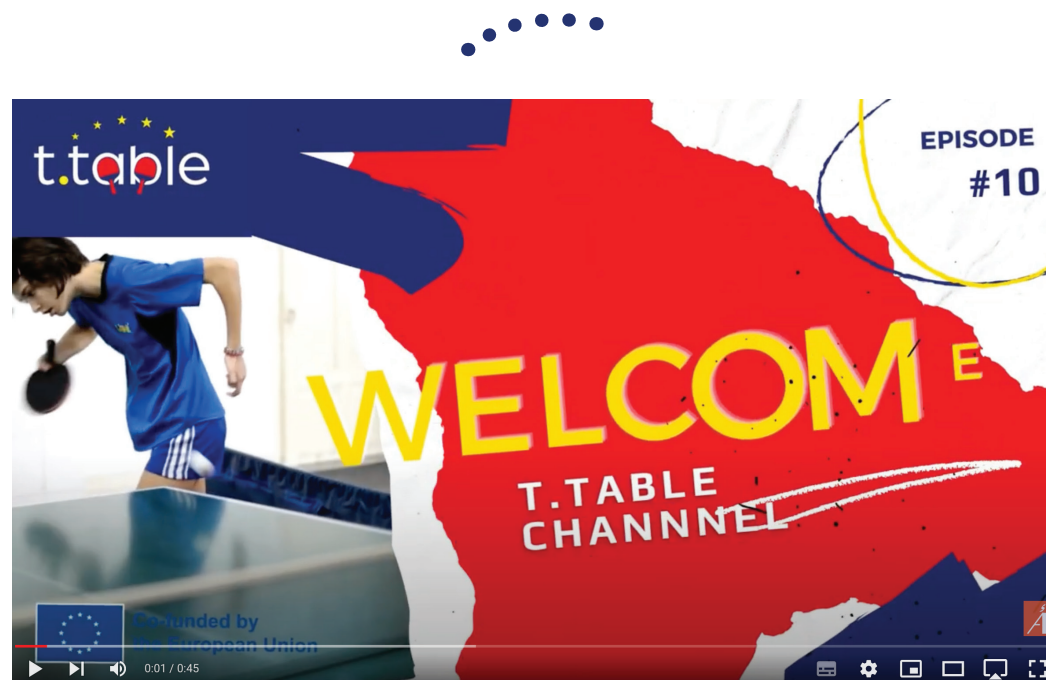
Coach: Andrea Sacchet

A young student demonstrates the essential skill of switching from forehand to backhand and vice versa under the guidance of her coach.

The video highlights the importance of footwork, body positioning, and racket readiness to ensure smooth transitions between strokes.

The coach provides detailed instructions on how to maintain balance and control while moving quickly from one side of the body to the other, which is crucial for responding effectively to fast-paced rallies.

This session is aimed at helping young players develop agility and tactical awareness, enhancing their ability to handle a variety of shots and maintain an advantageous position during gameplay.



Link: <https://youtu.be/lKmsjeFabTA>

Credits:

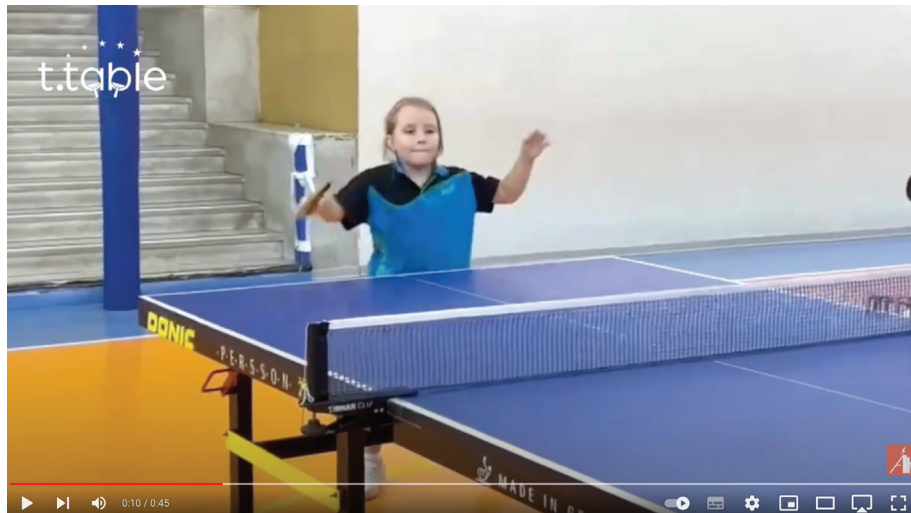
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Video #10

Switching sides





Thanks :)