

# t.table

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

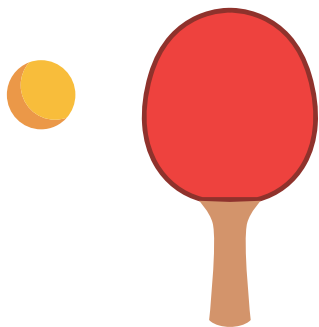
**Training guide  
for children  
7-9 years old**

## A GUIDE FOR CHILDREN



## Editors Notes

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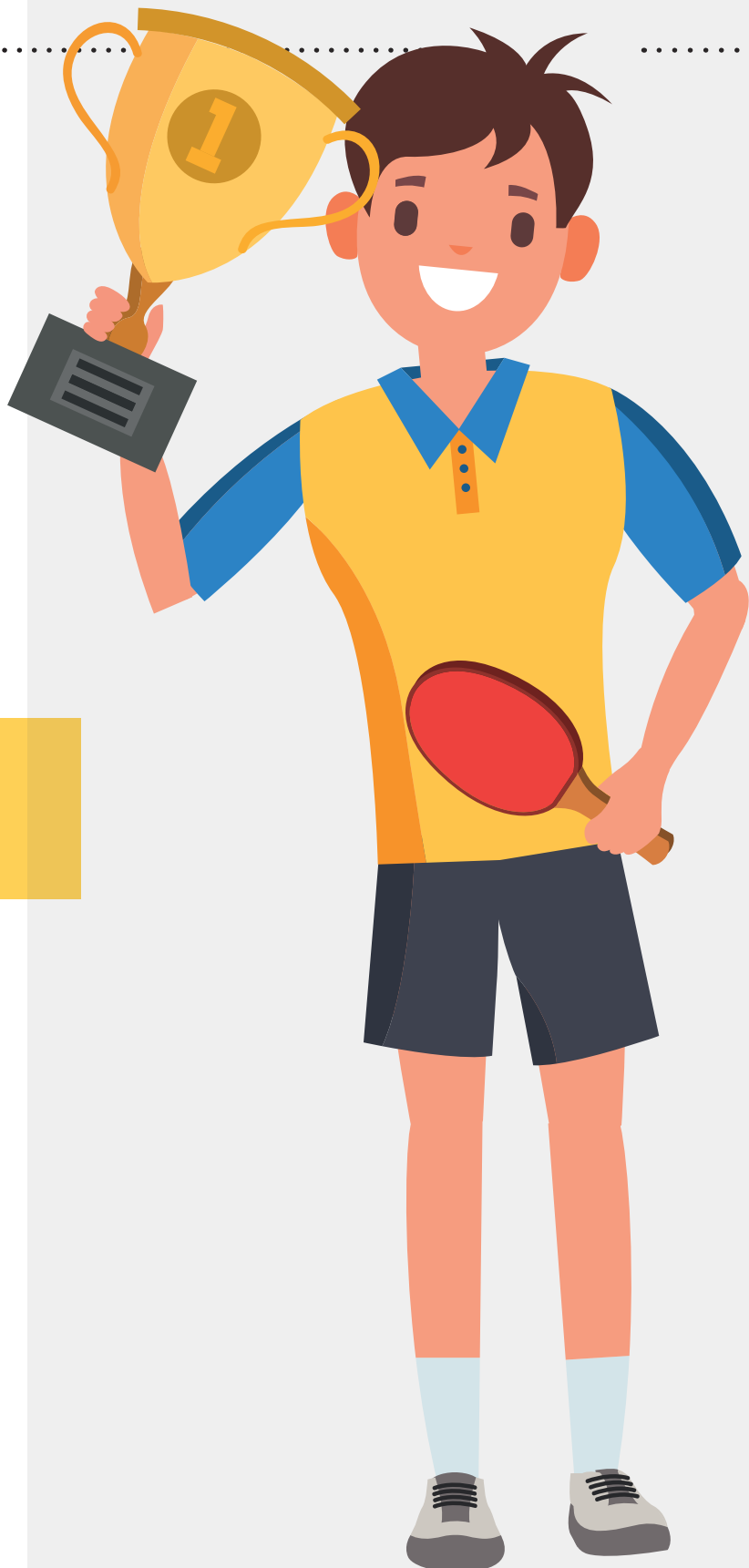


### Welcome to our TTABLE Guide Series

Welcome to the exciting world of table tennis! This book is your guide to learning the basics of table tennis while having fun. Whether you call it ping pong or table tennis, this sport is all about hitting a small ball back and forth with your friends. In this book, you'll find easy-to-follow lessons that will teach you how to play, from holding the bat correctly to hitting the ball with awesome spins. Get ready to improve your skills and enjoy some games along the way!

As you flip through the pages, you'll discover fun activities, cool tricks, and even mini-tournaments that you can play with your friends.

Remember, the most important part is to have fun and keep practicing. With each lesson, you'll get better and better. So grab your bat, find a ball, and let's start this training!



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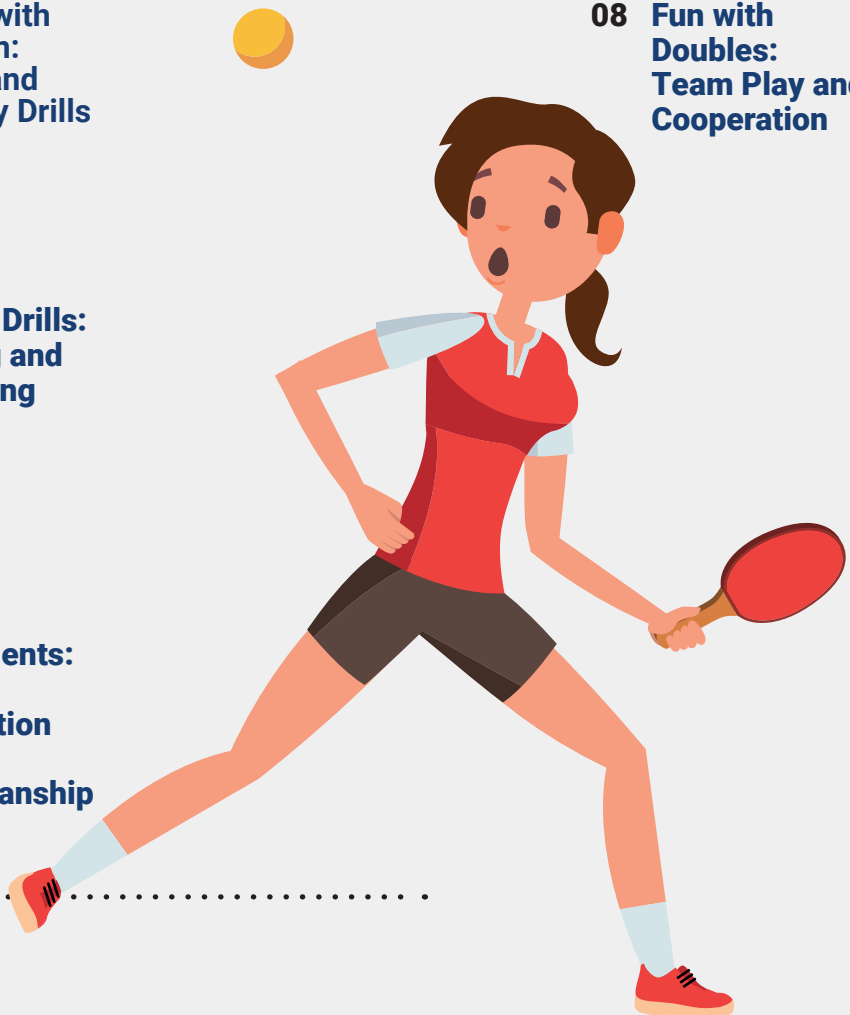
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# #1 Introduction to Table Tennis: Basic Skills and Fun Games

Duration: 60 minutes

Learn basic table tennis skills, improve hand-eye coordination, and have fun with engaging activities and games designed for kids

Welcome to our fun and exciting table tennis lesson! Today, we'll be learning some basic skills to get you started on your table tennis journey. Our goal is to help you improve your hand-eye coordination while having lots of fun.

We'll begin with a warm-up to get you ready, followed by practicing important skills like the forehand grip and stance, and then move on to some cool drills and games. By the end of the lesson, you'll have learned new techniques and played some awesome games with your friends.

First, we'll warm up with a ball toss and catch activity, which will help you focus and get your muscles ready for action. After that, we'll learn the basics of holding the bat correctly and standing in the right position. These are essential skills that will make it

easier for you to hit the ball accurately. Then, we'll practice bouncing the ball on your bat to improve your control and coordination. You'll even get to challenge yourself and see how many times you can bounce the ball without dropping it.

Next, we'll play a fun group activity called "Hit the Target," where you'll aim to hit targets on the table with your bat. This will help you develop your aiming skills and control. We'll also have a table tennis relay race, where you'll navigate a course while balancing a ball on your paddle. This game will encourage teamwork and make sure everyone is having a great time.

Finally, we'll cool down with some gentle stretches and a quick review of what we've learned. Get ready to have a blast and learn some amazing table tennis skills!

## Objective

Introduce basic table tennis skills, develop hand-eye coordination, and ensure a fun and engaging experience.



## #1.1 Warm-Up Activity: Ball Toss and Catch

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson, improve coordination and focus.

Procedure:

1. Pair up the kids: Each pair gets one ball.
2. Stand 3-4 feet apart: Partners face each other.
3. Toss and catch: One child tosses the ball to their partner who catches it with both hands. Repeat for 5 minutes.
4. One-hand catch: Repeat the toss and catch, but now catching with only one hand (alternate hands after each catch). Repeat for 5 minutes.



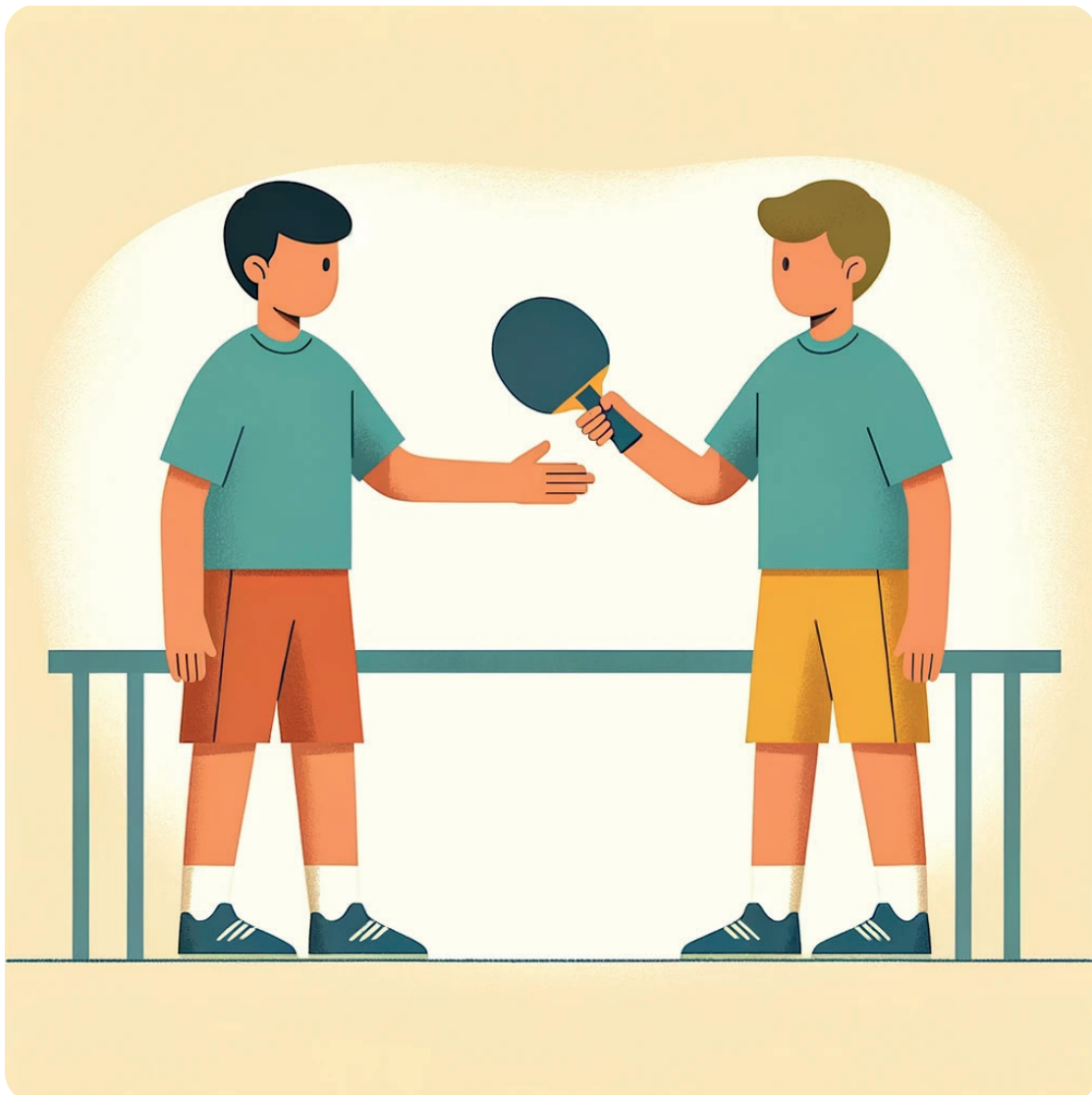
## #1.2 Forehand Grip and Stance

Duration: 10 minutes

Objective: Teach the correct grip and basic stance.

Procedure:

1. Demonstrate the forehand grip: Show the kids how to hold the paddle like shaking hands with it.
2. Practice the grip: Have kids hold their paddles and mimic your grip.
3. Stance practice: Demonstrate the basic stance (feet shoulder-width apart, knees slightly bent).
4. Practice stance: Kids should stand in the proper stance and hold it for a few seconds.



## #1.3 Ball Bounce on the Bat

Duration: 10 minutes

Objective: Improve ball control and hand-eye coordination.

Procedure:

1. Demonstrate the drill: Bounce the ball on the bat using a controlled motion.
2. Kids practice: Each child gets a ball and bat to practice bouncing the ball. Count how many bounces they can do in a row.
3. Challenge: Encourage the kids to beat their own records or have friendly competitions. Walk around to correct their form.



## #1.4 Hit the Target

Duration: 15 minutes

Objective: Practice aiming and hitting the ball with control.

Procedure:

1. Set up targets: Place small cones or markers on the table.
2. Line up the kids: Each child takes turns trying to hit the targets with the ball using their paddle.
3. Encourage cheering: Encourage the other kids to cheer for their peers to create a fun atmosphere.



## #1.5 Table Tennis Relay

Duration: 10 minutes

Objective: Combine fun with skill practice, encourage teamwork.

Procedure:

1. Divide into teams: Form two or more teams depending on the number of kids.
2. Set up a course: Create a simple obstacle course using cones or markers.
3. Relay race: Each child must navigate the course while balancing a ball on their paddle, then pass the ball to the next teammate.
4. First team to finish wins: Ensure everyone gets a chance to participate and emphasize fun over competition.





## #1.6 Cool Down

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today and if they had fun. Encourage them to share their favorite part of the lesson.





## #2 Mastering the Forehand Stroke

Duration: 60 minutes

*Learn and practice the forehand stroke with fun activities, improving your grip, stance, and control.*

Welcome back to another fun-filled table tennis lesson. Today, we will focus on perfecting our forehand strokes.

The forehand stroke is one of the most important skills in table tennis, and mastering it will help you play better and enjoy the game even more.

We will start with a warm-up activity using balloons to improve our coordination and control, making sure everyone is ready to practice their forehand strokes.

First, we'll review the correct grip and stance to ensure everyone is holding the paddle properly and standing correctly. It's important to have a strong foundation, so we'll spend some time making sure we have these basics down. Then, we'll demonstrate the forehand stroke, breaking

it down step by step. You'll get to practice the stroke without a ball first to get a good feel for the motion.

After that, we'll move on to practicing the forehand stroke with a ball.

We'll start by bouncing the ball against a wall, focusing on control and technique.

Then, we'll pair up for a forehand rally to practice hitting the ball back and forth with a partner.

Finally, we'll cool down with some gentle stretches and review what we've learned. This is a great opportunity to share what you enjoyed and ask any questions you might have.



### Objective

Teach the fundamentals of the forehand stroke, including grip, stance, and swing.

## #2.1 Warm-Up Activity: Bat Ball Balance

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Hand out bat and balls: Each child gets a bat and a ball.
2. Balance the ball: Kids try to balance the ball on their bat while walking around.
3. Add challenges: Walk faster or use only backhand side of the bat to balance.



## #2.2 Grip and Stance Demo

Duration: 10 minutes

Objective: Teach the correct grip and basic stance for forehand strokes.

Procedure:

1. Demonstrate the grip and stance: Show the kids how to hold the bat for a backhand stroke and the correct stance.
2. Practice the grip: Have kids practice holding their bat in the forehand grip.
3. Practice stance: Kids should stand in the proper backhand stance and hold it for a few seconds.



## #2.3 Forehand Stroke Demo

Duration: 10 minutes

Objective: Show the kids how to perform the forehand stroke.

Procedure:

1. Explain the stroke: Break down the steps of the forehand stroke (swing across the body, follow through).
2. Demonstrate slowly: Show the stroke in slow motion, emphasizing each step.
3. Practice without a ball: Kids mimic your movements without a ball to get the feel of the stroke.





## #2.4 Wall Bounce Forehand

Duration: 15 minutes

Objective: Practice the forehand stroke with a ball.

Procedure:

1. Line up kids along a wall: Each child needs space to practice.
2. Bounce and hit: Kids bounce the ball against the wall using forehand strokes. Emphasize control and proper technique.
3. Coach feedback: Walk around and provide individual feedback and corrections.



## #2.5 Partner Forehand Rally

Duration: 10 minutes

Objective: Practice rallying using forehand strokes.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Forehand rally: Kids rally back and forth using only forhand strokes.
3. Count and encourage: Encourage them to count how many consecutive hits they can achieve.



## #2.6 Cool Down

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about the backhand stroke. Encourage them to share their experiences and favorite parts.



## #3 Backhand Basics

Duration: 60 minutes

*Learn and master the backhand stroke with fun activities, focusing on grip, stance, and control.*

Welcome to our table tennis lesson focused on mastering the backhand stroke! Today, we'll examine the essential techniques needed for a strong and accurate backhand.

We'll start with a fun warm-up activity to get everyone moving and ready for the lesson.

Then, we'll learn the correct grip and stance for the backhand stroke, ensuring you have a solid foundation to build on.

Next, we'll break down the backhand stroke step by step. You'll see how to swing across your body and follow through correctly. We'll practice this slowly at first, without a ball, so you can get comfortable with the movements.

Once you feel confident, we'll move on to

practicing with a ball, using the wall to help you control your strokes and improve your technique.

Finally, we'll pair up for a backhand rally, where you can put your new skills to the test with a partner.

We'll finish the lesson with some gentle stretches and a quick review of what we've learned.

You'll also have a chance to share your favorite parts of the lesson and what you enjoyed the most.



### Objective

Teach the basics of the backhand stroke, including grip, stance, and swing.

## #3.1 Warm-Up Activity: Balloon Keep-Up

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Hand out balloons: Give each child a balloon.
2. Keep the balloon in the air: Have the kids use their bats to keep the balloon from touching the ground.
3. Add challenges: Try using only backhand strokes or see how long they can keep the balloon in the air.





## #3.2 Backhand Grip and Stance Introduction

Duration: 10 minutes

Objective: Teach the correct grip and basic stance for backhand strokes.

Procedure:

1. Demonstrate the grip and stance: Show the kids how to hold the bat for a backhand stroke and the correct stance.
2. Practice the grip: Have kids practice holding their bat in the backhand grip.
3. Practice stance: Kids should stand in the proper backhand stance and hold it for a few seconds.



## #3.3 Backhand Stroke Demo

Duration: 10 minutes

Objective: Show the kids how to perform the backhand stroke.

Procedure:

1. Explain the stroke: Break down the steps of the backhand stroke (swing across the body, follow through).
2. Demonstrate slowly: Show the stroke in slow motion, emphasizing each step.
3. Practice without a ball: Kids mimic your movements without a ball to get the feel of the stroke.



## #3.4 Individual Practice: Backhand Stroke

Duration: 15 minutes

Objective: Practice the backhand stroke with a ball.

Procedure:

1. Line up kids along a wall: Each child needs space to practice.
2. Bounce and hit: Kids bounce the ball against the wall using backhand strokes. Emphasize control and proper technique.
3. Coach feedback: Walk around and provide individual feedback and corrections.



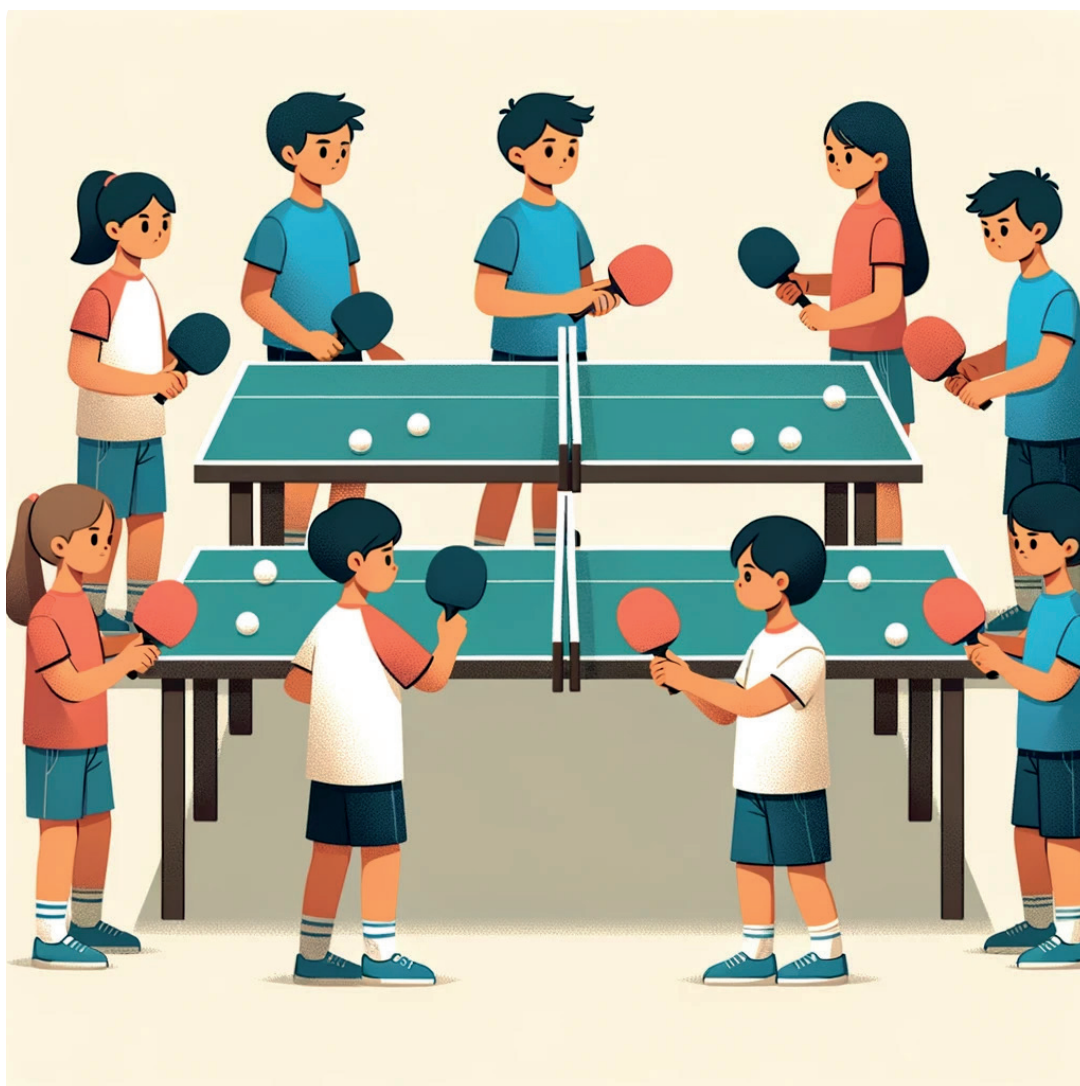
## #3.5 Group Activity: Backhand Rally with Ball

Duration: 10 minutes

Objective: Practice rallying using backhand strokes.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Backhand rally: Kids rally back and forth using only backhand strokes.
3. Count and encourage: Encourage them to count how many consecutive hits they can achieve.



## #3.6 Stretching and Q&A

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about the backhand stroke. Encourage them to share their experiences and favorite parts.







## #4 Footwork Fundamentals

Duration: 60 minutes

*Learn essential footwork techniques to move efficiently around the table, enhancing your speed and accuracy in table tennis.*

Welcome to our fourth lesson in table tennis. Today, we're going to focus on footwork, which is essential for moving quickly and efficiently around the table.

Good footwork will help you reach the ball faster and make your shots more accurate.

We'll start with a fun warm-up to get you ready for the lesson, followed by some demonstrations and practice drills to improve your footwork skills.

We'll begin with shuttle runs to warm up and improve your coordination. Then, we'll learn the basic footwork movements needed for table tennis, including side-to-side steps and forward-backward movements.

You'll get a chance to practice these movements through engaging drills and activ-

ities that will help you understand the importance of staying on the balls of your feet and moving swiftly.

Next, we'll combine these footwork techniques with ball practice to see how they work together.

We'll end the lesson with a fun footwork relay race to reinforce what we've learned and finish up with some gentle stretches.

By the end of the lesson, you'll have a better understanding of how to move efficiently around the table and be ready to apply these skills in your games.

### Objective

Teach basic footwork techniques to help kids move efficiently around the table.

## #4.1 Warm-Up Activity: Shuttle Runs

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Set up cones: Place cones 5-10 meters apart.
2. Run between cones: Kids run back and forth between the cones for a set time (30 seconds to 1 minute).
3. Add variations: Include side steps, skipping, or hopping to vary the movement.



## #4.2 Footwork Technique Introduction

Duration: 10 minutes

Objective: Teach the basic footwork movements needed for table tennis.

Procedure:

1. Explain footwork basics: Show the ready position and the importance of staying on the balls of the feet.
2. Demonstrate movements: Demonstrate side-to-side steps, forward and backward movements.
3. Kids practice: Have kids mimic your movements and practice stepping side-to-side and front-to-back.



## #4.3 Cone Drills

Duration: 15 minutes

Objective: Practice basic footwork movements.

Procedure:

1. Set up cones: Place cones in a zig-zag pattern.
2. Side steps: Kids side step through the cones, emphasizing quick and controlled movements.
3. Forward-backward movement: Set up another row of cones in a straight line for forward and backward movements.



## #4.4 Footwork with Ball Practice

Duration: 15 minutes

Objective: Combine footwork with hitting the ball.

Procedure:

1. No ball practice: Kids practice footwork movements while pretending to hit a ball.
2. With ball practice: Pair up kids and have them rally while focusing on moving to the ball correctly.
3. Coach feedback: Walk around and provide individual feedback and corrections.





## #4.5 Group Activity: Footwork Relay Race

Duration: 5 minutes

Objective: Combine fun with footwork practice.

Procedure:

1. Divide into teams: Form two or more teams.
2. Set up a course: Create a simple obstacle course with cones.
3. Relay race: Kids navigate the course using proper footwork, then pass the baton to the next teammate.



## #4.6 Stretching and Q&A

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about footwork. Encourage them to share their experiences and favorite parts.



## #5 Serving Skills

Duration: 60 minutes

*Master the basics of serving and returning in table tennis with fun and engaging activities to improve your skills.*

Welcome to our fifth table tennis lesson. Today, we'll focus on mastering the basics of serving and returning serves.

Serving is a fundamental skill in table tennis, and learning how to serve correctly will give you a great advantage in your games.

We will also practice returning serves to help you respond effectively during matches. Our lesson will start with a fun warm-up activity to get you ready, followed by demonstrations and practice drills to improve your serving and returning skills.

We'll begin with a "Serve and Catch" activity, where you'll pair up and practice serving and catching the ball with your paddle.

This will help you get a feel for the serve and improve your coordination. Next, we'll

move on to learning the basic techniques of serving, including how to hold the ball and bat, and how to toss and hit the ball correctly. After practicing the serving motion without a ball, you'll try serving to hit specific targets, focusing on control and accuracy.

Finally, we'll pair up again for some practice on returning serves and have a fun serve and return game to wrap up our session.

We'll end with some gentle stretches and a quick review of what we've learned.

You'll have the chance to share your favorite parts of the lesson and ask any questions.

### Objective

Teach basic serving techniques and how to return serves.

## #5.1 Warm-Up Activity: Serve and Catch

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Pair up the kids: Each pair gets a ball and paddle.
2. Serve and catch: One child serves the ball, and the other catches it with their paddle. Switch roles after a few tries.
3. Add challenges: Increase the distance or use different types of serves.



## #5.2 Serving Technique Introduction

Duration: 10 minutes

Objective: Teach the basic serving techniques.

Procedure:

1. Explain serving basics: Show how to hold the ball and paddle for a serve.
2. Demonstrate a basic serve: Show the kids how to toss the ball and hit it with the paddle.
3. Kids practice: Have kids practice the serving motion without a ball first.





## #5.3 Serving Drills

Duration: 15 minutes

Objective: Practice serving the ball.

Procedure:

1. Set up targets: Place cones or markers on the opposite side of the table.
2. Serve to targets: Kids practice serving the ball to hit the targets. Emphasize control and accuracy.
3. Coach feedback: Walk around and provide individual feedback and corrections.



## #5.4 Returning Serves Practice

Duration: 15 minutes

Objective: Practice returning serves.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Serve and return: One child serves, and the other returns the serve. Switch roles after a few tries.
3. Coach feedback: Walk around and provide individual feedback and corrections.



## #5.5 Group Activity: Serve and Return Game

Duration: 5 minutes

Objective: Combine fun with serving and returning practice.

Procedure:

1. Divide into teams: Form two or more teams.
2. Serve and return points: Kids take turns serving and returning. Teams earn points for successful serves and returns.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #5.6 Cool Down

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about serving and returning. Encourage them to share their experiences and favorite parts.





## #6 Learning Topspin

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Duration: 60 minutes

*Master the basics of topspin shots with fun activities and practice drills to improve your table tennis skills.*

Welcome to our sixth table tennis lesson! Today, we're going to learn all about topspin shots.

Topspin is a key technique in table tennis that helps you control the ball and make your shots more effective.

We'll start with a fun warm-up activity to get you used to the motion of topspin, followed by demonstrations and drills to help you master this important skill.

Our warm-up will involve bouncing balloons with your bat, which is a great way to get a feel for the topspin motion.

After warming up, we'll dive into the mechanics of topspin, learning how to brush the ball and swing upwards to create that spin. You'll practice these movements with-

out a ball first, so you can focus on getting the technique just right.

Next, we'll move on to some drills where you'll practice hitting topspin shots against a wall and rallying with a partner.

We'll also have a fun group activity to challenge your topspin skills in a friendly competition.

We'll wrap up the lesson with some gentle stretches and a review of what we've learned. You'll have the chance to share your experiences and favorite parts of the lesson.



### Objective

Teach the basics of topspin shots, including the mechanics and practice drills.



## #6.1 Warm-Up Activity: Balloon Bouncing

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Hand out balloons: Each child gets a balloon.
2. Bounce the balloon: Kids use their paddles to keep the balloon in the air. This helps them get used to the motion needed for topspin.
3. Add challenges: Try to use only topspin motions to keep the balloon up.





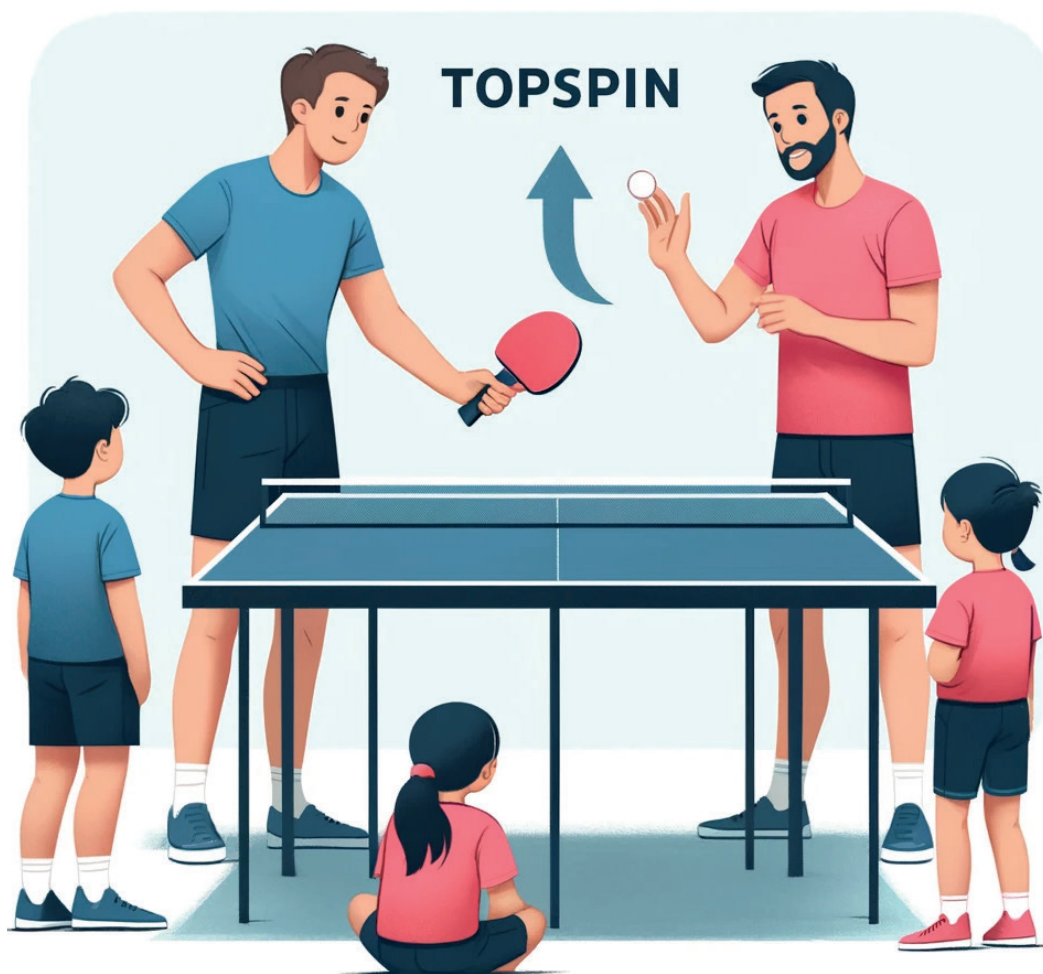
## #6.2 Topspin Mechanics Introduction

Duration: 10 minutes

Objective: Teach the mechanics of topspin shots.

Procedure:

1. Explain topspin basics: Show how to brush the ball to create topspin.
2. Demonstrate the stroke: Show the kids how to swing upwards and brush the ball.
3. Kids practice: Have kids practice the topspin motion without a ball first.



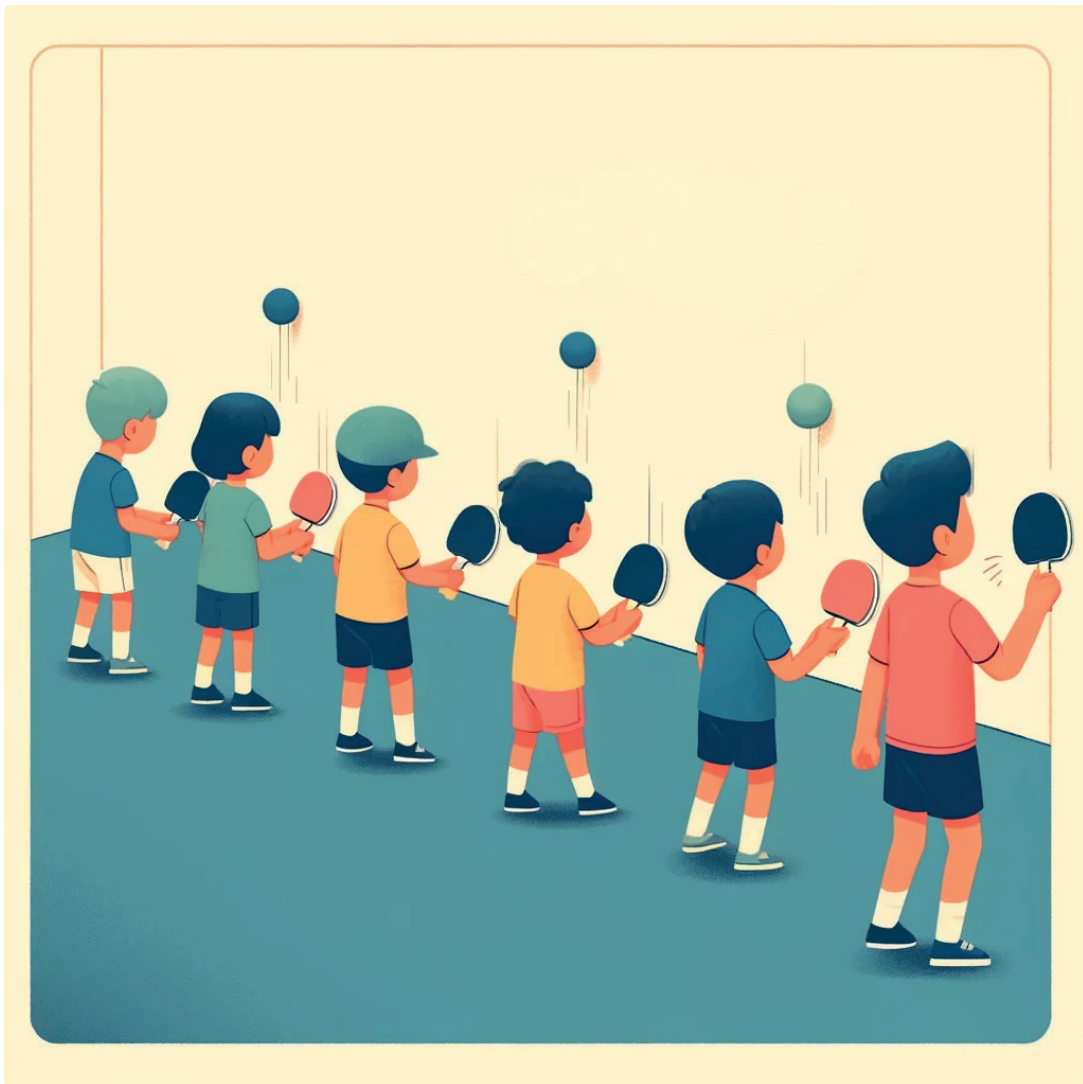
## #6.3 Wall Topspin Practice

Duration: 15 minutes

Objective: Practice topspin shots.

Procedure:

1. Line up kids along a wall: Each child needs space to practice.
2. Bounce and hit: Kids practice hitting the ball against the wall using topspin strokes. Emphasize brushing the ball.
3. Coach feedback: Walk around and provide individual feedback and corrections.



## #6.4 Partner Topspin Rally

Duration: 15 minutes

Objective: Practice rallying with topspin shots.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Topspin rally: Kids rally back and forth using topspin shots.
3. Count and encourage: Encourage them to count how many consecutive topspin shots they can achieve.



## #6.5 Topspin Knockout

Duration: 5 minutes

Objective: Combine fun with topspin practice.

Procedure:

1. Set up a knockout format: Kids line up and take turns hitting topspin shots.
2. Eliminate mistakes: If a child misses a topspin shot, they sit out. Last child standing wins.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #6.6 Cool Down

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about topspin shots. Encourage them to share their experiences and favorite parts.





## #7 Playing with Precision

Duration: 60 minutes

*Improve your table tennis precision with fun aiming activities and drills to hit your targets accurately.*

Welcome to our seventh table tennis lesson! Today, we'll focus on playing with precision, a crucial skill for becoming a better player.

Precision involves aiming accurately and hitting your targets consistently, which will help you control the game and make smarter plays. We'll begin with a fun warm-up activity to get you ready, followed by demonstrations and practice drills to sharpen your aiming skills.

We'll start with a "Target Toss" warm-up, where you'll practice tossing a ball to hit specific targets. This will help you develop your aiming skills in a fun and engaging way.

Next, we'll move on to learning the basics of aiming in table tennis, with demonstrations

on how to aim for different parts of the table and hit specific targets. You'll have a chance to practice these techniques without a ball first, focusing on getting your aim just right.

After that, we'll concentrate on some exciting drills and activities to put your aiming skills to the test. You'll practice hitting targets on the table and rallying with a partner, aiming for precise spots.

We'll wrap up with a fun precision challenge in a knockout format, and finish the lesson with some gentle stretches and a review of what we've learned.

### Objective

Teach aiming and accuracy techniques to improve precision in table tennis.

## #7.1 Warm-Up Activity: Target Toss

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Set up targets: Place cones or markers on the ground.
2. Toss and aim: Kids try to toss a ball and hit the targets. This helps develop aiming skills.
3. Add challenges: Move the targets farther away or use different sizes.



## #7.2 Aiming Technique Introduction

Duration: 10 minutes

Objective: Teach basic aiming techniques.

Procedure:

1. Explain aiming basics: Show how to aim for different parts of the table.
2. Demonstrate aiming shots: Show the kids how to hit specific targets on the table.
3. Kids practice: Have kids practice aiming without hitting the ball first.



## #7.3 Target Practice

Duration: 15 minutes

Objective: Practice aiming shots.

Procedure:

1. Set up targets: Place cones or markers on the table.
2. Aim and hit: Kids practice hitting the targets on the table. Emphasize control and accuracy.
3. Coach feedback: Walk around and provide individual feedback and corrections.



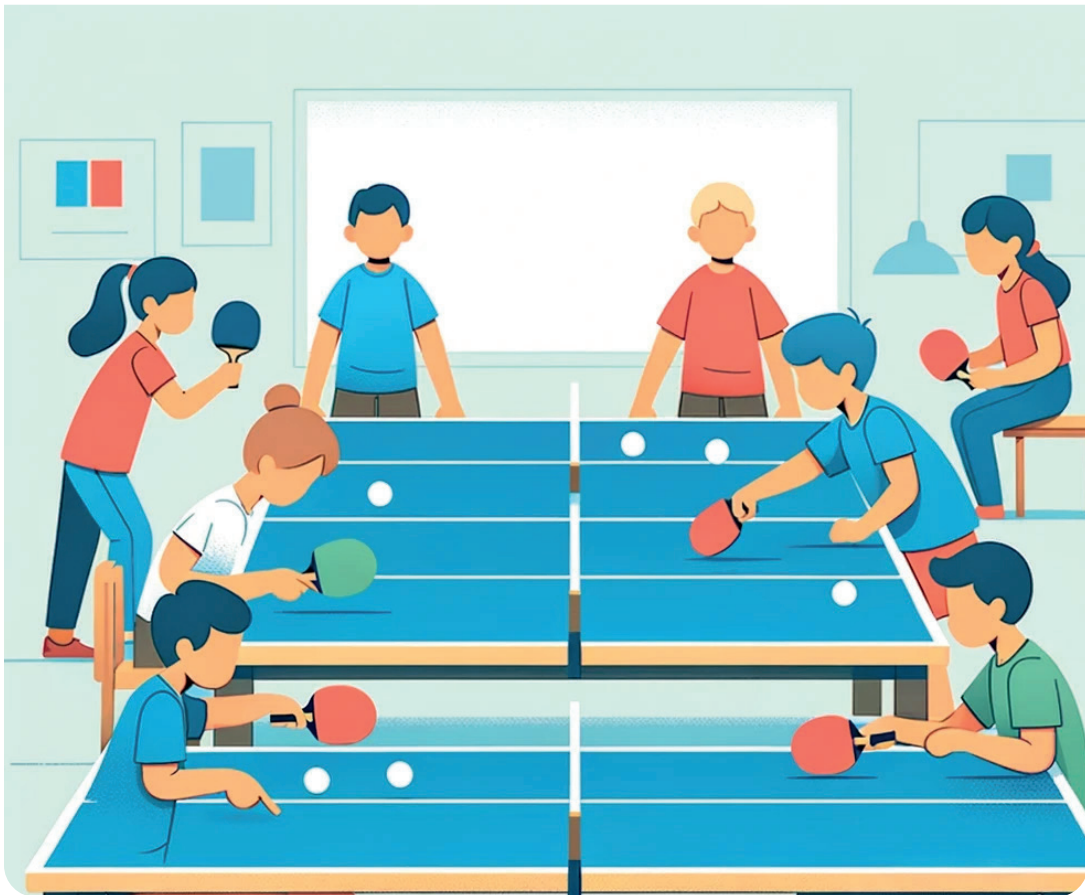
## #7.4 Partner Precision Rally

Duration: 15 minutes

Objective: Practice rallying with precise shots.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Precision rally: Kids rally back and forth, aiming for specific spots on the table.
3. Count and encourage: Encourage them to count how many consecutive accurate shots they can achieve.





## #7.5 Precision Knockout

Duration: 5 minutes

Objective: Combine fun with precision practice.

Procedure:

1. Set up a knockout format: Kids line up and take turns hitting precise shots.
2. Eliminate mistakes: If a child misses a precise shot, they sit out. Last child standing wins.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #7.6 Cool Down and Review

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about aiming and precision. Encourage them to share their experiences and favorite parts.





## #8 Fun with Doubles

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Duration: 60 minutes

*Learn the basics of doubles play in table tennis with fun activities to improve teamwork and cooperation.*

Welcome to our eighth table tennis lesson! Today, we'll focus on the exciting world of doubles play.

Playing doubles is not only fun but also a great way to learn about teamwork and cooperation. In doubles, you and your partner will work together to win points and support each other on the table.

We'll start with a warm-up to get you ready, followed by learning the rules and practicing some doubles drills.

We'll begin with a fun warm-up activity called "Partner Passing," where you'll pair up and pass the ball back and forth using your paddles. This will help improve your coordination and get you used to working with a partner.

Next, we'll introduce the basic rules of doubles play, including how to serve and rotate with your partner. You'll have the chance to practice these skills and get comfortable playing doubles.

After that, we'll dive into some engaging doubles drills and matches to put your new skills to the test.

You'll rally with your partner, play matches against other teams, and participate in a fun doubles knockout challenge.

We'll wrap up the lesson with some gentle stretches and a review of what we've learned. You'll have the opportunity to share your experiences and favorite parts of the lesson.



### Objective

Teach the basics of doubles play, including teamwork and cooperation.

## #8.1 Warm-Up Activity: Partner Passing

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Pair up the kids: Each pair gets a ball and paddles.
2. Pass the ball: Kids pass the ball back and forth using their paddles.
3. Add challenges: Increase the distance or use different types of passes.



## #8.2 Doubles Rules Introduction

Duration: 10 minutes

Objective: Teach the basic rules of doubles play.

Procedure:

1. Explain doubles rules: Show how doubles play works, including serving and rotation.
2. Demonstrate doubles play: Show the kids how to play doubles with a partner.
3. Kids practice: Have kids practice serving and rotating with their partners.



## #8.3 Doubles Drills

Duration: 15 minutes

Objective: Practice doubles play.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Doubles rally: Kids rally back and forth with their partners.
3. Coach feedback: Walk around and provide individual feedback and corrections.





## #8.4 Doubles Match

Duration: 15 minutes

Objective: Practice doubles play in a game setting.

Procedure:

1. Divide into teams: Form doubles teams.
2. Play matches: Kids play doubles matches against each other.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #8.5 Doubles Knockout

Duration: 5 minutes

Objective: Combine fun with doubles practice.

Procedure:

1. Set up a knockout format: Doubles teams line up and take turns playing.
2. Eliminate mistakes: If a team loses a point, they sit out. Last team standing wins.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #8.6 Cool Down and Review

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about doubles play. Encourage them to share their experiences and favorite parts.



## #9 Defense Drills

Duration: 60 minutes

*Master the basics of table tennis defense with engaging drills and activities to improve your blocking and countering skills.*

Welcome to our ninth table tennis lesson! Today, we will focus on defense, an important part of your game that helps you stay in control during a match.

Learning how to block and counter shots will give you the skills to handle your opponent's attacks and turn defense into offense.

We will start with a fun warm-up to get you ready, followed by demonstrations and practice drills to improve your defensive techniques.

We'll kick off with a "Paddle Ball Balance" warm-up, where you'll practice balancing a ball on your paddle while walking around. This will help improve your coordination and control.

Next, we'll introduce the basic defensive techniques, such as blocking and countering shots. You'll get to practice these moves without the ball first to get the hang of them.

After that, we'll move on to some exciting defensive drills, where you'll practice against a wall and with a partner.

We'll also have a fun defense challenge to test your skills in a game-like scenario.

We'll wrap up the lesson with some gentle stretches and a review of what we've learned. You'll have the chance to share your experiences and favorite parts of the lesson.

### Objective

Teach basic defensive techniques, including blocking and countering shots.

## #9.1 Warm-Up Activity: Paddle Ball Balance

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Hand out paddles and balls: Each child gets a paddle and a ball.
2. Balance the ball: Kids try to balance the ball on their paddle while walking around.
3. Add challenges: Walk faster or use only one side of the paddle to balance.



## #9.2 Defensive Technique Introduction

Duration: 10 minutes

Objective: Teach basic defensive techniques.

Procedure:

1. Explain defense basics: Show how to block and counter shots.
2. Demonstrate defensive moves: Show the kids how to block and counter shots.
3. Kids practice: Have kids practice blocking and countering without hitting the ball first.





## #9.3 Wall Defense Practice

Duration: 15 minutes

Objective: Practice defensive techniques.

Procedure:

1. Line up kids along a wall: Each child needs space to practice.
2. Block and hit: Kids practice blocking and countering shots against the wall.
3. Coach feedback: Walk around and provide individual feedback and corrections.



## #9.4 Partner Defense Rally

Duration: 15 minutes

Objective: Practice rallying with defensive techniques.

Procedure:

1. Pair up the kids: Each pair gets a table.
2. Defense rally: Kids rally back and forth, using defensive techniques.
3. Count and encourage: Encourage them to count how many consecutive defensive shots they can achieve.



## #9.5 Defense Knockout

Duration: 5 minutes

Objective: Combine fun with defense practice.

Procedure:

1. Set up a knockout format: Kids line up and take turns using defensive techniques.
2. Eliminate mistakes: If a child misses a defensive shot, they sit out. Last child standing wins.
3. Encourage sportsmanship: Emphasize fun and fair play.



## #9.6 Cool Down and Review

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about doubles play. Encourage them to share their experiences and favorite parts.





## #10 Mini Tournaments

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Duration: 60 minutes

*Enjoy friendly competition and learn sportsmanship through exciting mini tournaments in table tennis.*

Welcome to our tenth and final table tennis lesson! Today, we will be hosting mini tournaments to put all the skills you have learned into practice.

These friendly competitions will not only be fun but will also help you learn the importance of sportsmanship and fair play.

We will begin with a warm-up to get you ready, followed by an explanation of the tournament rules and format.

Our warm-up will involve shuttle runs to get you moving and improve your coordination.

After that, we will go over the rules of the mini tournament, including how to keep score and the importance of good sportsmanship.

Then, we will dive into the tournament matches, where you will play against each other in a round-robin or knockout format.

At the end of the matches, we will have an awards ceremony to celebrate everyone's participation and achievements.

We will finish with some gentle stretches and a review of what you enjoyed most about the mini tournament.



### Objective

Encourage friendly competition and sportsmanship through mini tournaments.



## #10.1 Warm-Up Activity: Shuttle Runs

Duration: 10 minutes

Objective: Prepare the kids physically for the lesson and improve coordination.

Procedure:

1. Set up cones: Place cones 5-10 meters apart.
2. Run between cones: Kids run back and forth between the cones for a set time (30 seconds to 1 minute).
3. Add variations: Include side steps, skipping, or hopping to vary the movement.





## #10.2 Tournament Rules Introduction

Duration: 10 minutes

Objective: Teach the basic rules of the mini tournament.

Procedure:

1. Explain tournament format: Show how the mini tournament will be organized (round robin or knockout).
2. Explain scoring: Teach the kids how to keep score.
3. Demonstrate sportsmanship: Emphasize the importance of fair play and good sportsmanship.



## #10.3 Tournament Play

Duration: 30 minutes

Objective: Play matches in a mini tournament format.

Procedure:

1. Divide into groups: Form groups for the round robin or knockout format.
2. Play matches: Kids play matches against each other.
3. Keep score: Kids keep track of their scores and progress in the tournament.



## #10.4 Awards Ceremony

Duration: 5 minutes

Objective: Celebrate participation, recognize achievements, and encourage sports-

Procedure:

1. Hand out certificates: Give out certificates or small awards for participation.
2. Recognize achievements: Highlight any special achievements or sportsmanship.
3. Encourage sportsmanship: Emphasize the importance of having fun and playing fair.



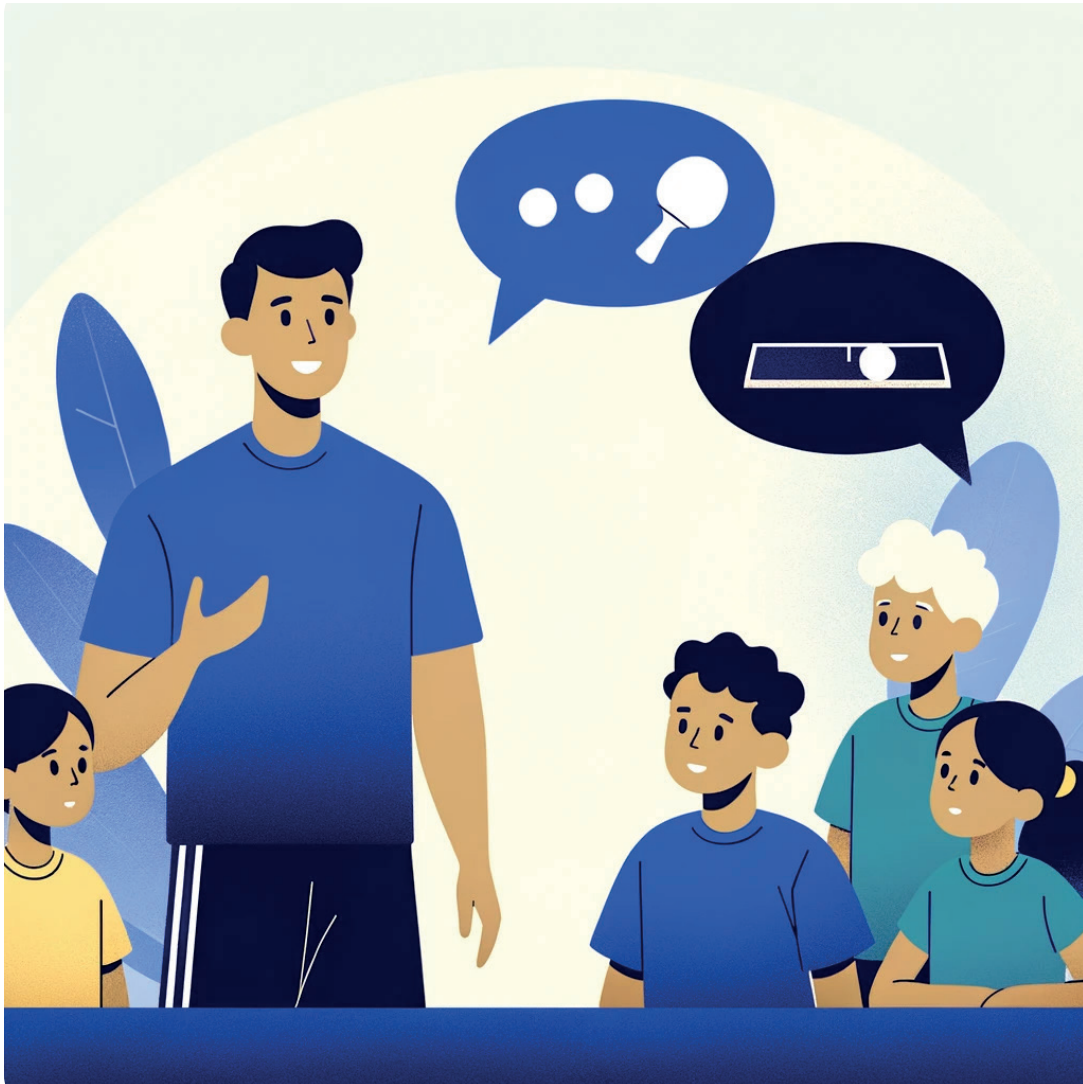
## #10.5 Cool Down and Review

Duration: 5 minutes

Objective: Relax the muscles and recap the lesson.

Procedure:

1. Simple stretches: Lead the kids in gentle stretching exercises to relax their muscles.
2. Recap the lesson: Ask the kids what they learned today about doubles play. Encourage them to share their experiences and favorite parts.





## Contributors

This Booklet is a result of the Project T.TABLe: Table Tennis Training and Activities for the Benefit of Living together and Equality, A Project co-funded by the European Union through EACEA and coordinated by Amal for Education, the project has as a partners in Italy Sapienza Università di Roma, SS Lazio tennistavolo, Papango and in Turkey Kilis Gençlik Hizmetleri ve Spor İl Müdürlüğü e Amal İnsani Yardım Derneği..

The Programme and text was produced in collaboration among all partner organizations. The general draft and structure was made by Isabella Chiari, Project Coordinator. Coaches from Italy and Turkey have contributed to ameliorate it. In particular: Andrea Sacchet, Yunus Uğurlu, Nizar Rıdvan, Hasan Tabsho, Abdulsamet Kaya, Ammar Rıdvan. Also a significant contribution has been made by the other project managers: Mahmut Selçuk and Zekeriya Rıdvan.

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**Training  
guide for  
children  
7-9 years  
old**