



# ALAMEDA TABLE TENNIS CLUB

2050 Lincoln Ave. Alameda, CA 94501

www.alamedattc.org Phone: (510) 306-1150



## 8 week Table Tennis Foundations Class Curriculum

1. History, Grips, Ball bouncing, multi-ball feed, Ready position, Forehand and backhand block
2. Forehand counter, Forehand spin against topspin. Forehand spin with movement
3. Forehand spin against topspin with movement and varying placement, Backhand spin against topspin with varying placement, forehand and backhand
4. Underspin serve, Forehand and backhand push, Forehand spin against underspin
5. Underspin serve, Forehand spin against underspin, Backhand spin against underspin
6. Serve and return
7. Forehand Smash, Forehand and backhand transition from loop underspin to loop topspin,
8. Push, loop underspin, loop topspin, Smash and lob, Flip, Chop, Class tourney

This is a rough outline and is subject to change.