

Table Tennis

Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.

Grips and their uses.

Push shots: backhand push; forehand push.

Top spin drives: backhand drive; forehand drive.

Services: short and long; forehand and backhand.

Return of service: from a short serve
 from a long serve
 forehand and backhand.

Movement: between backhand and forehand strokes.

Loop: forehand loop; backhand loop.

The block.

Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.

Stroke restriction and table restriction drills.

Structured rallies and plays.

Tactics

Effects of spin: topspin and backspin.

Against an attacking player; against a defending player.

Positioning in attack and defence.

Variation.

Anticipation.

Deception.

Tactics in doubles – serving and receiving.

Laws of the game and their application

Scoring and umpiring.

Knowledge of table and regulations.

Mark Band	Games Activity – Table Tennis
9 – 10	<p>Excellent use of grip and bat movement for all actions. All strokes with spin in evidence. Shows power and accuracy when attacking, control and accuracy when defending. Shows a variety of spin service. Shows correct quick footwork with rhythm and balance. Makes very few errors when maintaining rallies. Rallies and winning shots played at speed.</p> <p>Exerts significant control over game. Shows outstanding level of skill, tactical awareness, anticipation and deception, making very few unforced errors. Tactically able to vary speed, direction and spin.</p> <p>The candidate will have an excellent understanding of the physical demands of the game and have fitness levels which demonstrate this in long rallies and in continuous games</p>
7 – 8	<p>Good grip allowing a variety of shots to be played with good technique. Full range of shots evident showing power, control and accuracy. Imparts spin, including sidespin. Demonstrates a variety of serves, most using spin. Able to vary height and direction. Correct footwork with speed, balance and rhythm in evidence, resulting in long rallies being maintained. Able to exert influence on the game in both attack and defence. Makes few unforced errors. Shows high level of skill and tactical awareness even under pressure. Anticipation of opponent's intentions evident.</p>
5 – 6	<p>Good grip to suit style of play and good action for shots. Good range of strokes evident, showing power, control and accuracy. Demonstrates backspin and topspin in many strokes, particularly in forehand drive and backhand chop. Demonstrates variety of service, some using spin. Good, lively footwork resulting in effective execution of strokes. Shows some ability to influence game either in attack or defence. Good command of skills and tactical play in evidence, even under pressure. Shows some anticipation of opposition and makes adjustments. Able to switch effectively from attack to defence.</p> <p>The candidate will have some understanding of the physical demands of the game and have good fitness levels which demonstrate this in long rallies though may not do so in continuous games.</p>
3 – 4	<p>Begins to hold bat correctly and to use the correct action. Plays basic forehand and backhand strokes competently, showing control and some direction. Ball begins to travel closer to net. Shows correct service action with at least two different types of service. Demonstrates technically correct footwork.</p> <p>Starts to become more effective in game situation. May exhibit some individual skills although they may be affected by pressures of game. Able to maintain a steady rally in game situations. Some rallies won with effective shots. Unforced errors apparent, usually as a result of over-hitting ball.</p> <p>The candidate may have some understanding of the physical demands of the game and have fitness levels which demonstrate this in long rallies though may not do so in continuous games.</p>
1 – 2	<p>May not hold bat correctly and does not use the correct action. Demonstrates forehand and backhand push shots in rally but played high and often long. Demonstrates correct service action but service lacks pace and direction. Some movement of feet but body movement awkward, jerky and lacking in rhythm.</p> <p>Participates in game with limited effectiveness. Has difficulty performing basic skills in game situation. Static play. Rallies won mainly by unforced errors.</p> <p>Little evidence of any understanding of the fitness requirements of the activity.</p>