



FOUR CLASSES

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TABLE TENNIS.
FOR ALL.
FOR LIFE.
ITTF.com



HPD 2020 CLASSES

- Beginners
- Hopes
- Nationals
- Professionals

Classes will feature different aspects of coaching addressed to coaches



Basic Skill: Communication

What is the best way to communicate?

TO BE CLEAR
TO BE DIRECT
TO BE SIMPLE

This presentation will help you to work and manage players
of different levels



BEGINNERS

Class 1

4 Basic Elements

Simplicity

Have fun

Pillar 1

Learn

Pillar 2

Apply

Pillar 3

Test

Pillar 4



Having Fun

Rule valid from Day 1 of a table tennis player's career

8 WHYs & more!

- Because it is essential for improving
- Because it is a perfect anti-stress
- Because it is fundamental for performing
- Because any sport is a game
- Because it is important for education
- Because increases the self-confidence
- Because it relieves fatigue
- Because it is a part of development & more

LEARNING

Definition

To gain or acquire knowledge of or skill in (something) by study, experience or being taught.

**TABLE TENNIS IS THE
PRINCE OF SKILL
GAMES**

LEARNING STEPS

- LET THEM PLAY
- NO RULES (NOT A SPORT YET)
- BASIC
- IMPORTANCE OF THE INITIAL INPUTS



LEARNING

Methods of teaching

VERBAL

- AUDITORY
 - EXPLAIN WITH SIMPLE WORDS
 - INTRODUCE SOME FUN FACTS

VISUAL

- SEEING (SHOW HOW TO DO SOMETHING)
 - YOUR SKILL AND/OR OTHERS' SKILLS

KINESTHETIC

- TACTILE LEARNING
 - HELPING THE CHILD TO GET THE FEELING OF THE STROKE



ANALYTICS METHOD

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VERBAL
(auditory)

We have to make sure that our message will **REACH** our student clearly, directly and simply.

VISUAL
(seeing)

When you observe children doing their stuff, you will notice how they tend to **COPY** others.

KINESTHETIC
(tactile)

Helping the children to **FEEL** the action by taking their arm or hand; in short, to play with them

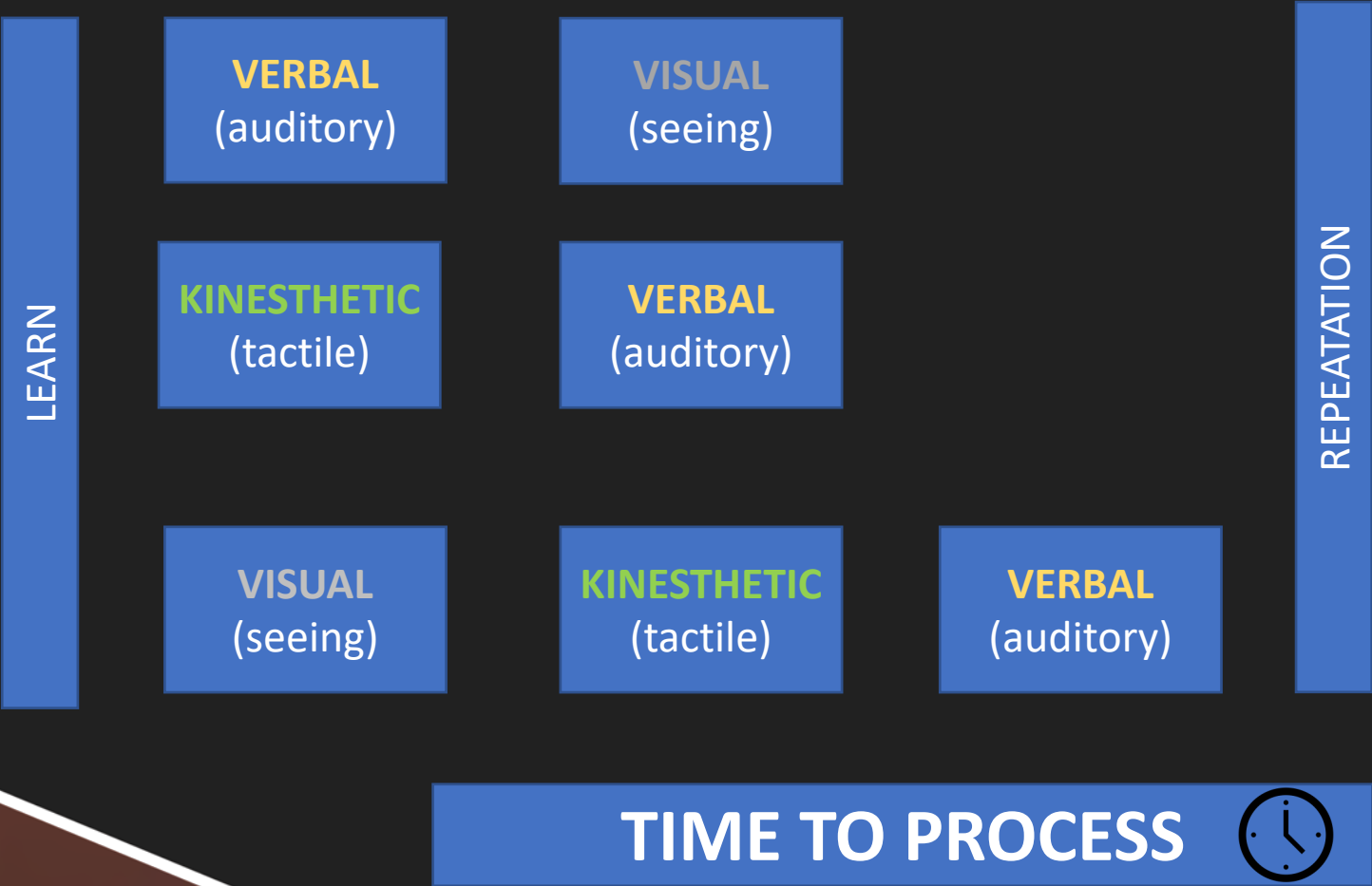
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TIME TO PROCESS





COMBINED METHOD

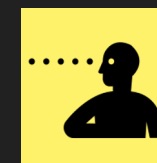




APPLYING SKILLS

Turning a theoretic idea into practical action
PRACTICAL STAGE

As indicated above, repetition is the practical stage of applying any skill. For any stage of teaching any basic technique or any element related to table tennis it is very important to investigate and observe the reaction of your students and proceed to the next level or stage.



THE 7 Ts

1. Target

1. Tool

1. Talent

1. Thinking

1. Threshold

1. Tangible

1. Takeaway

TESTING SKILLS

The act of watching results
PRACTICAL STAGE WITH SOLID RESULTS

The 7 Ts is the process by which you can use all your skills to make the class with the student very successful.

Here, there is no limit to your creativity. I have listed some essential elements that can be used interchangeably. It is not necessary to proceed in order.

The most important thing that connects the Ts is an additional T:

TRUTH

**Honoring the values
of sport**

Education

Respect

Behavior

Environment

Sportsmanship

Equipment

DISCIPLINE

**Training that
makes people more willing to obey or
more able to control themselves**

Discipline is a vast matter which has an underlying objective:
making people responsible for their actions.

The process is expressed in different ways depending on several
aspects like family, social condition, background etc.

When we deal with children, we have to consider our role as
educators.

GRIP

READY POSITION

**TAPPING /
BOUNCING**

PUSH

FOREHAND

BACKHAND

SIDEWAYS STEP

TRANSITION F/B

TECHNIQUE ELEMENTS

Learning, applying, testing the technique

GRIP

GRIP

- **What to consider**

Children will automatically adjust the grip as per their previous knowledge or for their current comfort.

- **How big is the hand?**

Due to the size of their hand, it might be not easy to find the ideal grip, so consider it a period of study.

- **What to avoid**

Pay a lot of attention to wrong habits, like holding the racket with two hands (tennis habit) or adjusting the racket with the free hand before hitting any stroke.

**Learning,
applying, testing
the technique**

READY POSITION

READY POSITION

- **Introduction**

The ready position is a very dynamic process during which a player can adjust, modify, change throughout their career.

- **Legs position**

As above, in this stage it is only important to keep the legs not to close and not too open, just it depends on how tall the student is and, of course, by bending the legs.

- **Arm position**

It is important that the student learns to keep the racket and arm high.

**Learning,
applying, testing
the technique**

TAPPING/ BOUNCING

TAPPING / BOUNCING

- **What do you need?**
A ball and a racket
- **What is the object of this exercise?**
This is the first encounter with the ball and the racket, something for them to get familiar with.
- **What is for?**
The action of tapping or bouncing the ball on the racket is very important to make them understand the reaction of the ball on the racket and in a certain sense on the palm of the hand.

Learning, applying, testing the technique

PUSH

PUSH

- **Moving something forward**

Following the principle of simplicity, push is the action to move something forward, an action to take the ball from one place to another, without hitting hard.

- **Accompanying the ball**

When the ball touches the racket, the action of gently accompanying ball is the basic to learning this kind of stroke.

- **Follow-up the action of push**

In the process of educating the student, it is important to teach them what the follow-up means. This element of the technique will be very useful later on for more intermediate and advance stages.

**Learning,
applying, testing
the technique**
FOREHAND

**EASY BUT NOT
EASY**

FOREHAND

- **What to pay attention to**
It is very common that the arm of the child tends to drop down; the action of Forehand makes the ball spinless, so the trajectory of the racket should be straight.
- **Where to start the action of Forehand**
With the help of the upper side body which backswings, the arm is ready to start the action; there is no an ideal starting point, but definitely avoid to backswing too much.
- **Where to end the action of Forehand**
There is an end to the stroke, because each one is strictly connected to the next. Again, the follow-through action is fundamental to being consistent and to keep going in the rally. This ability will be a must to learn in any table tennis player's career.

**Learning,
applying, testing
the technique**
BACKHAND

THE SIMPLEST

BACKHAND

- **What to remember**

Being the simplest action, it is very easy for the children to learn, and they tend to play more with backhand rather than forehand.

- **Technique**

To keep the racket always high, above the ball or at chest height.

- **What to avoid**

To avoid the ball bouncing and getting higher than the child. To do so, teach them to follow the timing, when it is possible to count loudly or to say something to help to keep the rhythm. .

**Learning,
applying, testing
the technique**

SIDEWAYS STEPS

**INVEST TODAY TO
GAIN TOMORROW**

SIDEWAYS STEPS

- **Basic step**

The sideway steps are the very common steps in many sports, table tennis is not excluded.

- **Isn't it too early?**

Absolutely not, children are enjoying it when things become dynamic, too static is a synonym for boring

- **Shadow system**

Besides the simple and super easy work at the table, the work off the table is also very important: the shadowing.

**Learning,
applying, testing
the technique**

TRANSITION

F/B

**A BASIC
INTEGRATION**

TRANSITION

F/B

- **Essential skill**

The transition Forehand/Backhand and Backhand/Forehand in endless combinations is the very first and maybe most important of the basic strokes. This ability is common in all stages of the development of a player, better transition for easier development.

- **What to consider (main aspects)**

1. Position of the arm and racket
2. Make sure there is no movement stops (fluency of the arm and upper body side).

- **How to improve**

1. From easy to hard
2. From simple to complex
3. From slow to fast.



A HUGE THANK YOU TO ALL

Next lesson
Friday 24 July 2020
15:00 CEST