

CONCEPTS for Table tennis

1 : Rules

1.1 : The court / equipment

- 1.1.1 Single table
- 1.1.2 Double table
- 1.1.3 The net / the racket / the ball
- 1.1.4 Service areas
- 1.1.5 Around the court

1.2 : Score points

- 1.2.1 Referee
- 1.2.2 Target
- 1.2.3 Faults
- 1.2.4 Let

1.3 : What you can/must do

- 1.3.1 Service
- 1.3.2 Return play

1.4 : What you can NOT do

- 1.4.1 Service
- 1.4.2 Return play
- 1.4.3 The net
- 1.4.4 Behavior

2 : Tactic, strategy

2.1 : Goal of the game

- 2.1.1 : Reach the targeted score before the opponent
- 2.1.2 : Use rules

2.2 : Attack

- 2.2.1 : Play fast
- 2.2.2 : Play precisely / spin the ball
- 2.2.3 : Analyse strong and weak points of your opponent
- 2.2.4 : Know your own strong and weak points

2.3 : Defense

- 2.3.1 : Placement, replacement

2.3.2 : Slow down the game

2.3.3 : Analyse strong and weak points of your opponent

2.3.4 : Know your own strong and weak points

3 : Technique

3.1 : Attack

3.1.1 : Top spin

3.1.2 : Counter

3.1.3 : Smash

3.2 : Defense

3.2.1 : Back spin

3.2.2 : Long defense

3.2.3 : Counter

3.3 : Displacement

3.3.1 : Placement / ball

3.3.2 : Replacement

3.3.3 : Move backward

3.3.4 : Move forward

3.3.5 : Move sideward

3.4 : Equipment manipulation

3.4.1 : Grip the racket

3.4.2 : Forehand shot

3.4.3 : Backhand shot

3.4.4 : Low shot

3.5 : Routines

3.5.1 : Warm-up routines

3.5.2 : Technical routines

3.5.3 : Tactical routines

4 : Physical preparation

4.1 : Qualities needed

4.1.1 : Strength / Speed / Stamina / Mental

4.1.2 : Mental / tactic

4.2 : Warm-up

4.2.1 : General

4.2.2 : Specific

4.3 : Muscles / cardiac reinforcement / mental

4.3.1 : Weight-lifting

4.3.2 : Physical condition

4.3.3 : Knowledge / analyse/ project

4.4 : Recovery

4.4.1 : Activ

4.4.2 : Passiv

5 : History

5.1 : Origins of the sport

5.2 : Evolutions

5.3 : Present place