

## 威斯伍中文学校 - 乒乓球课训练计划

以锻炼学生的健康体魄和培养学生的实战能力为重点，以乒乓球训练为契机，培养有特长的学生，丰富学生的课余生活，全面提高学生的健康意识以及心理素质，使他们身心和谐发展。

### 训练目标:

- 1.初步掌握打乒乓球的基本动作，纠正学生们的握拍方法。
- 2.初步掌握打乒乓球的基本步法，并且能够在训练当中结合。
- 3.培养学生四肢的协调性、灵活性。
- 4.培养学生的四肢力量，加强学生的身体素质。

### 具体措施: 让学生了解和掌握乒乓球运动的一些知识、规则和基本技术。

基本理论: 了解球拍、器材、和一些乒乓球术语。

### 训练内容:

乒乓球握拍方法和球性的培养。

掌握正确的正反手(FH/BH)攻球动作。

掌握正确的正反手(FH/BH)防守动作。

掌握正确的正反手搓球(push) 技术。

掌握正确的发球和接发球技术(上,下圈)。

掌握正确的技术组合, 发球和接发球, 攻打上,下圈球。

单球练习以板数练信心、耐性和熟练动作，并逐步提高球速。

### 小组课

启蒙方法首先与大家同步要求热身（活动身体）。然后规范教、练正反手攻球动作，学生循环多球或单训练。为尽快学会反手、正手打球，以反手和正手、以及综合练为主。最后自由比赛练习。

### 进度:

每周一次一小时的训练，达到反手、正手攻球，单板击球约 10-20 个回合为要求，循序渐进地提高。

根据每一个同学的情况，进行反、正手，上和下旋球，弧圈球的多球训练，组合训练，以及单球训练。

每项技术达到一定的速度，力量，旋转的质量要求，并达到一定的数量要求。

发球和接发球的训练，培养学生的实战能力，尽快把学到的技术运用到比赛当中去。

学生球拍准备(自备或教练帮助准备以下标准的球拍,能基本符合孩子的训练要求)

球拍选择: 银河球拍\$85.00.

## Westwood Chinese School - Table Tennis Class

### Table Tennis Training Program

This weekly, one-hour program helps the student gain the essential skills necessary to play table tennis. It advances the student's speed, power, spin, stamina, and prowess in the games. It also improves the students' awareness of health and mental qualities, while enriching his/her academic life.

### Objectives

#### To master an set of table tennis skills

- Students will learn the basic forehand and backhand strokes, correct gripping methods, and footwork.

#### To develop fitness

- Students will be taught proper stances and coordination with limbs while sharpening agility. Their flexibility, endurance, and strength will also improve.

#### **To learn the rules and techniques in table tennis**

- Students will be introduced to the racket and other equipment, along with common terminologies. They will learn the basics, rules, and tactics of table tennis.

#### **Contents:**

- Proper table tennis grips
- Feeling between the paddle and the ball
- Forehand and backhand attack strokes
- Forehand and backhand defense strokes
- Forehand and backhand push
- Serve and receive techniques
- Play topspin and backspin techniques
- Integration and application of the skills in games
- Routine table tennis drills

#### **Group lessons**

##### **Procedure**

##### **1. Warm-up**

Basic stretches and simple joint-mobility exercises increase heart rate and body temperature.

##### **2. Basic Stroke lessons**

Shadow exercises of the forehand and backhand strokes, practice on table to aid in proper execution.

##### **3. Single-ball or multi-ball training**

Drilling of balls successively to two students, after five minutes, the exercise is switched to the other two students. Students may practice in one class. There will be a gradual increase in the speed and number of balls fed to each student as each student's quality of table tennis strokes improves.

##### **4. Table tennis rallies**

Balls are hit back and forth in competitive play. The rally helps students incorporate their acquired skills in a live, competitive match.

#### **After student reach to intermediate level:**

Customized to each student, based on student's backhand and foundational skills, each lesson includes one-on-one tailored teaching and performance training.

Student will be trained in forehand/backhand, topspin/underspin, loops trainings in multi-ball, combination, and single-ball training formats. Advancement in lessons is based on the student's mastery of skills with respect to speed, power, spin, quality, and quantity of strokes. Serve and receive trainings. Student can expect to use the skills learned from each class immediately in live matches.

#### **Racket option:**

Yinhe(Galax) Racket Option: \$85.00.

You may bring own table tennis racket if you already own one.