



# PODAR ENRICHMENT ACADEMY

## Learning for Life

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### → **Table Tennis :-**

- How to hold a Racket.
  - Bouncing.
  - Fore-hand push.
  - Back-hand push.
  - Mix Push.
  - Fore-hand Drive.
  - Back-hand Drive.
  - Mix Drive.
  - Top spin.
  - Push- Push Topspin.
  - 1<sup>st</sup> Routine {Fore hand –Fore hand }
  - 2<sup>nd</sup> Routine {Fore hand –Back hand}
  - 3<sup>rd</sup> Routine {2 Fore hand –backhand}
  - Smash.
  - Types of services.
  - Push services.
  - Cut services.
  - Fore-hand Counter.
  - Back-hand Counter.
  - Side spine.
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