



IMPROVE YOUR RETURN OF SERVE!

Why important?

Returning serves effectively and with a purpose is very important in table tennis; returning well can enable you to play to your strengths and ultimately stop your opponent dictating the play.



Be creative, try new ways of receiving and ultimately **Practise, Practise, Practise!**

What to do?

Here are some tips and key considerations to help improve your return of serve:

- Backhand Push
- Backhand Flick
- Touching
- Long counter attacks
- Forehand Push
- Forehand Flick
- Half long pick ups

Technical considerations:

RECEIVING SERVE BACKHAND PUSH	RECEIVING SERVE FOREHAND PUSH	RECEIVING SERVE FOREHAND FLICK	RECEIVING SERVE BACKHAND FLICK	RECEIVING SERVE TOUCHING
<ul style="list-style-type: none"> • Bat should be angled underneath the ball • Body should be behind the line of the ball • Wrist and forearm should be used to execute the shot • Elbow should be bent throughout the shot • Contact the ball at the peak of the bounce 	<ul style="list-style-type: none"> • Bat should be angled underneath the ball • Arm should be to the right of the body (for right-handers) • Wrist and forearm are used to execute shot • Elbow should be bent throughout the shot • Contact the ball at the peak of the bounce 	<ul style="list-style-type: none"> • Bat is in a more closed position • Playing arm is to the right of the body (for right-handers) • Forearm and wrist are used to execute the shot • Slight brushing of the ball with topspin • Contact the ball at the peak of the bounce • Commonly described as a smaller forehand 	<ul style="list-style-type: none"> • Bat should be in a more closed position • Slight brushing of the ball with topspin • Forearm and wrist are again used to execute the shot • Contact the ball at the peak of the bounce • Commonly described as a smaller backhand • High elbow is important for reverse flick 	<ul style="list-style-type: none"> • The ball is taken earlier than usual (as the ball is rising) • Gives opponent less time • Easier to keep the ball short • Best executed with backspin

Fundamentals

At a lower level players commonly:

- push receive backspin serves
- flick topspin/float serves

As the players skills and abilities progress:

- flicking backspin serves
- possibly pushing topspin serves

Look for the serve drifting long first or being purposely delivered long

Why?

Easier to adjust from out to in, rather than in to out of the table

Important to be positive with the receive, dependent on playing style of course

After reading the spin, the player should decide and commit to the shot

Variation is key

Spin – develop your backspin, sidespin, and topspin returns

Direction – develop your short, long, half long, wide angles placements

Speed – mix up the pace of your returns

Disguise is key

Preparation of receive must be the same

The contact is the key factor for disguise

Trying to make different spins look as similar as possible