

DEVELOPING YOUR SERVICE

Why important?

Serving is very important in table tennis; it is the only time you have complete control over what you are doing. Good serving can set up your strengths, isolate opponents weaknesses, stop opponent dictating and win you cheap points!

What to do?

Here are some tips and key considerations to help develop your serve:

Practise both **backhand** and **forehand** serving, see what comes naturally.



1	2	3	4	5
BACKHAND TECHNICAL ADVICE	FOREHAND TECHNICAL ADVICE	PRACTISE DIFFERENT SERVES	variation is key	DISGUISE IS KEY
Grip, same as playing grip	Grip, finger and thumb on the blade, fingers resting on the handle	PENDULUM	Spin , develop your backspin, sidespin, and topspin	Preparation of service must be the same
Relaxed grip and wrist	Relaxed grip and wrist	REVERSE	Direction , develop your short, long, half long, wide angles	The contact is the key factor for disguise
Stance - right foot in front (for right handers) allows for rotation - this increases, spin, control and power	Stance - side on, left hip to the side of the table (for right handers) with the left foot in front of the right	JAB	Speed , mix up the pace of your serves	Trying to make different spins look as similar as possible
Contact point - underneath for backspin, up the back for topspin, across the back for sidespin and the back of the ball for no spin (float)				

Be creative, try new ones and ultimately
Practise, Practise, Practise!