



# Lincoln County 4-H Table Tennis Club

## Progress Chart



Name \_\_\_\_\_

### Basic Skills and Knowledge

Gripping Paddle – Shake hands:  
Forehand - Back Hand  
Open paddle - closed  
Stance and movement  
Basic Forehand  
Basic Backhand

Basic forehand serve  
Basic backhand serve  
  
Basic rules – serve, return, scoring,  
game length

### Intermediate Skills and Knowledge

Forehand drive (counter)  
  
Backhand drive (counter)  
Backhand block  
Forehand block

Legal serve – six inch throw with flat  
palm launch  
  
Doubles rules – Legal serve, serve  
order, alternating hits

### Advanced Skills and Knowledge

Selection and care of modern a  
paddles, rubber, table tennis balls  
  
Introduction to table tennis and the  
importance of ball spin  
Forehand topspin stroke  
Backhand topspin stroke  
  
Top spin serves  
Push – forehand and backhand  
Forehand backspin  
Backhand backspin

Forehand backspin serve  
Backhand backspin serve  
Side spin  
Countering spins  
Strategy  
Looping