

**Keystone words**

**· Flexion – decreasing the angle at a joint**

 **· Extension – increasing the angle at at joint**

 **· Abduction – Movement away from the mid-line of the body**

 **· Adduction – Movement towards the midline of the body**

 **· Plantar-flexion –movement when the top of your foot points away from your leg**

 **· Dorsi-flexion – movement when the top of your foot points towards your leg**

 **· Rotation - is movement in which something, e.g. a bone or a whole limb, pivots or revolves around a single long axis.**

**Key shots/tactics**

**Serves**

**Forehand push**

**Backhand push**

**Forehand drive**

**Backhand drive**

**Smash**

**Lob**

**Application of spin**

**Footwork**

**Key Rules**

**Serves**

* The ball must start in a flat palm behind the table
* It must be thrown at least 12cm from the hand
* It must bounce on both sides of the net

**Gameplay**

* Each game is first to 11, you must win by 2 points
* The ball must go over the net and land on the table
* You are not allowed to volley the ball above the table
* There are no second serves, unless a ‘let’ is called for the ball clipping the net and still landing in play
* One point is awarded at the end of each rally
* The edges of the table, but not the sides are classed as a legal part of the table



