

## A TANTALISING DIP...

# ...INTO THE NEW KIWI MANUAL

Pages 4 – 6: Three pages to light up any school teacher's eye – ten specific curriculum objectives are related directly to fun activities within the manual.

Page 9 Dealing with disabilities involving sight, mobility, hearing, intellectual capacity, and respiration.

Pages 11-24 Fun games involving bat and ball skills. Fourteen different games to play before a single stroke is taught.

Pages 25-29 Detailed instructions on teaching the four basic strokes and the service.

Pages 30-35 Six more fun games involving the service and basic strokes.

As an appetiser, just two games are reproduced: ("BOUNCER" and "BUCKET BALL")

Other games utilise things as varied as hoops, mini-ball courts, benches, and drink cans. Quite a number don't even require a table.

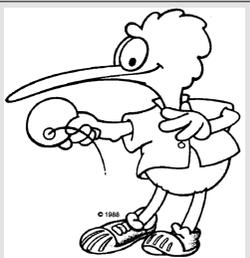
See also "Making Table Tennis Even More Fun", on front page.

### The KIWI SPORT TABLE TENNIS MANUAL

has been produced by TTNZ and a copy sent to all Associations and Regional Sports Trusts.

Copies are available at \$10 from TTNZ (address details on back cover) or your local association.

It will eventually be on the TTNZ web site.



### Bat and Ball Co-ordination Games

#### Bouncer

Suitable for beginners and above.



**Equipment needed:**  
1 ball and 1 bat per player

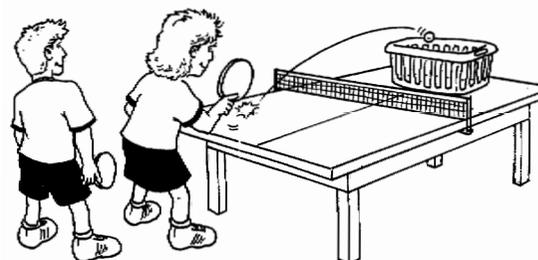
**Numbers:**  
Limited only by the number of bats and balls.

**How to play:**  
Players are given one ball each and asked to count the maximum number of bounces they can do in 30 seconds.

### Integrating Basic Ball Skills into Fun Games

#### Bucket ball

Suitable for beginners and above



**Equipment needed:**

1 table per group, 1 bat, 1 ball for each player, 1 clothes basket or similar object.

**Numbers:**

Up to 15 per table

**How to play:**

Place the basket on the far side of the table. The players line up and take turns at trying to hit their ball into the basket.

If the ball bounces out of the basket, then the shot doesn't count. Players then retrieve their ball from wherever it goes and go to the back of the line.

Game is played either to a time limit or each player is given a set number of attempts.

**Variation:**

Players qualify for a "final" by scoring a set number of baskets in qualifying.

In the final, all players go at the same time and are given one minute to score the most baskets they can. A counter is appointed for each finalist to count their baskets.

After retrieving the ball from the basket or the floor after each shot, the player must return behind the start line before starting their next shot.

**Did YOU notice? – the North Island Open progress results were on the Web site each morning over the weekend of July 10-12th. It is expected that this will happen also for the New Zealand Championships in September.**

### UNDER 14 ROUND ROBIN TOURNAMENT

A selection from the country's top Under 14 players competed against each other in the North Harbour stadium early in July, just prior to the North Island Championships

The two winners, both unbeaten, were Sandy Wang (Auckland) and Simon Wallace (Canterbury)

Final Placings:

#### BOYS

- 1 Simon Wallace (Canterbury)
- 2 Josh Alexandre (Auckland)
- 3 Hadleigh Bunce (North Harbour)
- 4 Jonathan Chen (Canterbury)
- 5 Nathan Lowe (Auckland)
- 6 Shaun Poh (Auckland)
- 7 Ben Warbrooke (Auckland)
- 8 Adam Ryland (Wairapa)
- 9 Philip Thompson (Poverty Bay)
- 10 Billy Lam (Auckland)
- 11 Geoffrey Smart (North Harbour)
- 12 Josh Walker (Hutt Valley)

#### GIRLS

- 1 Sandy Wang (Auckland)
- 2 Eileen Schwab (North Harbour)
- 3 Jennifer Lo (North Harbour)
- 4 Florence Li (Auckland)
- 5 Michelle Fox (North Harbour)
- 6 Jessica D'Audney (North Harbour)
- 7 Katie Stretton (North Harbour)
- 8 Sophie Shu (Manawatu)

## RICHARD LEE'S ARTICLES KEEP ON COMING



**A major article in the North Island Championships Programme by Auckland's head coach Richard Lee is the latest offering by a man who has been writing a wealth of material on coaching and other technical matters for a variety of publications, notably the Auckland Table Tennis Association's "Cathay Pacific Newsletter", for several years.**

In his latest piece he challenges one of table tennis's long-standing traditions, the junior "bench-coach" (that interested adult spectator who calls his/her player to the edge of the playing area and offers advice at the change of ends during important matches).

Lee points out that all coaches in this situation are confronted with a dilemma: do they insist that the player perseveres with correct techniques which could result in this particular match being lost as a price for longer term gain; or do they advise tactics which could win the match but have no chance of working at higher levels? Lee's recommended escape from the dilemma is to abandon bench-coaching altogether where players under the age of 15 are involved. "Before the game, advise the player on what methods to use and leave it at that," he says. "The moment you start advising in a match, the winning element will come into it, no matter how much you try to avoid it. It can be argued that any coach worth their salt *should* be concerned with winning that particular game. Probably table tennis would be better off if bench advice was banned totally as it takes away from the individual nature of the competition and also because of the many problems encountered policing the regulations concerning it.

"However, it is in the rules and has to be endured. By discouraging it in the young age groups I am convinced that the standard of play will rise as those juniors are likely to make use of techniques and tactics which can succeed at higher levels rather than those that can't and I believe also there will be less of a drop-out rate in older age groups because of that factor."

Lee's article also challenges the modern "holistic" trend in coaching. He believes such things as nutrition, mental and physical exercise, goal-setting, etc, all have their place but priority should always be given to ensuring the trainee is thoroughly grounded in the basics of table tennis skills and techniques before introducing factors he sees as peripheral or of concern to the more advanced player. He feels that intensive table and stroke work are themselves adequate to meet physical training needs, and they also help the trainee develop mentally through belief in their own strokes and ability.

The article also encourages coaches to:

- Integrate technical/tactical/decision-making aspects of the game rather than teach them separately.
- Teach correct techniques right from the start rather than lesser ones that might be more effective earlier but have to be changed as the trainee advances. Don't be too "results" focused in the early stages.

- Be, within reason, autocratic and dictatorial. Only with advanced trainees should an element of "democracy" creep in.

An examination of Richard Lee's earlier articles, some of which date back as far as 1994, reveals an wide variety .....

### **The service**

Ways to vary it:

- Loosen your grip on the bat
- Hit the ball with different parts of the blade – this varies the spin without any recognisable change in the action
- Hit the ball at different stages of your service swing – this too varies the spin
- Disguise your follow-through to mislead your opponent on the spin direction

Ways to practise it:

- Use a box of old balls and serve repeatedly with as much variety and imagination as possible
- Play practice matches where one person serves throughout
- Play practice matches where the server must win the point
- Play practice matches where the server keeps serving until they lose two points in a row
- Play a practice game where the same service action is used for every serve, but with as much deception, variation, changes of speed and spin as you can think of.

### **The importance of the wrist**

It's the most adaptable and fastest moving joint in the arm, and the only one capable of making last minute corrections. It's a good servant but a bad master. It needs to be controlled.

### **Muscle use**

In power shots, (obvious example, the forehand drive) large muscles should be brought in first (eg leg, hip, trunk) before the arm and the wrist. The arm is a lever, not the major source of power.

Acceleration is improved if the backswing and forward swing are a continuous movement.

### **Linking the strokes**

The importance of footwork, anticipation and recovery.

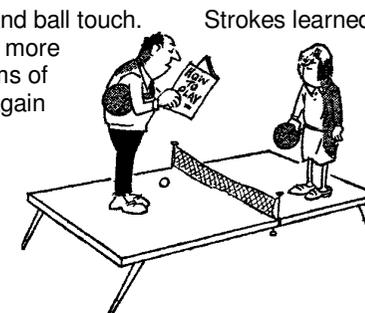
### **Precision**

The importance of precision in shot rhythm, bat angle and ball touch. Correctly can be steadily improved and made more and more precise; badly learned strokes can't be improved in terms of precision without dismantling them and learning them again correctly.

### **Speed glue**

The adjustments to stroke execution, especially the forehand drive, that are required since the introduction to the game of speed glues.

[More page 16](#)



**Mental considerations**

- focus entirely on the opponent and the ball – not inwardly on yourself
- observe your opponent's behaviour and demeanour before the match and between points; learn to interpret what they mean and react appropriately to them.
- be "here and now" focused and forget about the previous point and future points.
- remember that every match is another step to fulfilling your potential, whether a win or a loss.
- remember it's a game

**Surprising statistics**

Example: The ball spends 1/500 of a second in contact with your bat. When your bat hits the ball it takes 1/20 of a second for the signal to reach the brain. So by the time you feel the ball hit the bat it's well on its way over the net. (Or into it !! – Ed)

All these and many other subjects have been given in-depth investigation by Richard over the years. His material is always thought-provoking and informative and comes from a seemingly bottomless pit of technical knowledge.

John Kiley

**New Selector PROFILE**

**AVERIL ROBERTS**

**Table Tennis New Zealand has announced the appointment of a new Selector – Averil Roberts, to fill the longstanding vacancy.**



Averil tells us that she was born in Springston - 20km South East of Christchurch - "a long time ago". At 15 she joined the Springston Table Tennis Club and immediately made the Springs Sub-Association Representative team. At 17 became Secretary/Treasurer of the Sub-Association for 4 years until she left Christchurch to get married and live in the Hutt Valley. During 28 years in Hutt Valley she has been on both Waterloo and Belmont Club Committees, helped to set up the Belmont Club in 1976 and was Belmont Club Secretary for 22 years. For the Hutt Valley Association she has been Recording Secretary, Secretary, Executive Member, Chairperson and President. She also served on the New Zealand Executive Committee.

She has represented Hutt Valley at senior level for many years and was a member of the 1st Hutt Valley team to win the Women's 'A' Grade shield at the National Championships in 1997. Averil also represented New Zealand at Veteran level at the Australian Veteran Championships since 1991 and in a Test Match against Australia at Easter 1999. With Val Beaver, she was, on two occasions the runner up in the Over 40 Australian Women's doubles. The North Island Open Women's Doubles became hers with Sabine Westenra in 1994.

There is a lot of table tennis experience in Averil, she has obtained her National Umpires badge and tells us she has aspirations to become an International Umpire.

**An Approach to COACHING BEGINNER PLAYERS**

Merv Allardyce

This is not intended to be a coaching manual for beginners but rather some hints on helping beginners to become competent players in a relatively short time.

Whether the beginner is a young person or an adult the primary aim is the same: to help them gain some control over the ball and to help them "read" what is going on.

The following is a suggested order of coaching with the emphasis on keeping it simple (to eliminate as many variables as

**Table tennis is a game of spin and racket angles so it is important to have a good grip.**

possible), with an orderly progression and at a pace which suits each player. Do not dwell on one stroke until it is perfect. The length of each session will vary according to the learner's attention span but for children 30 minutes will probably be enough.

**1. Grip.** Table tennis is a game of spin and racket angles so it is important to have a good grip. This is the first point covered.

**2. Timing point and length of stroke.** Timing point is striking the ball as near as possible to the peak of the bounce; length of stroke is quite short with half the stroke before contact with the ball and half after contact; the bat will point in the direction the ball has taken at the end of the stroke.

**3. The backhand push.** Demonstrate the stroke - put the ball into play by dropping the ball on the table rather than "serving." The learner catches the ball and copies what the coach has done. If the learner has difficulty (eg "stabbing" at the ball) work from the side of the table until a better touch is obtained.

**Progression:** The coach puts the ball into play and the learner returns. Coach catches the ball and repeats until a rally can be achieved.

**4. Forehand Drive.** Again the coach demonstrates by dropping the ball on the table and playing the stroke and the learner catches the ball and copies what the coach has done. Good results can be obtained by using the side of the table initially. Emphasis on turning the shoulders and the basics of a good stance (knees bent, weight on front of feet and leaning forward to lower centre of gravity.)

**Progression:** The coach puts the ball into play and the learner returns. Repeat until a rally can be achieved. Movement of right foot (for right handed players) to return shorter and/or wider balls.

**5. Backhand Drive.** Demonstration by coach by dropping the ball on the table and playing the stroke; the learner catches it and repeats what the coach has demonstrated.

Emphasis on head, bat, ball and belly button in line and stroke produced from elbow. Think "frisbee."

**Progression:** The coach puts the ball into play and the learner returns. Repeat until a rally can be achieved. Movement of left foot (for right handed players) to return shorter and/or wider balls.

**6. Alternate forehand and backhand drives.** Coach places ball to backhand and then forehand side then stops. Repeat and then set up rally.

**7. Further Development:**

- ◆ Service Spin: The basics of a good service. Introduction to spin and its effects
- ◆ Learning to "read" what is going on - general body language of opposing player, where opposing player's racket is starting from etc.
- ◆ The development of speed and spin into drives - banana shape stroke.
- ◆ The elements of backspin and how to play it using same teaching principles as for topspin strokes.
- ◆ Further progression to develop individual's needs - regular and irregular routines, power etc.

# South Island Championships

Invercargill

## Open

Men's Singles  
Women's Singles  
Men's Doubles  
Women's Doubles  
Mixed Doubles

## Winner

David Jackson (A)  
Debbie Garrett (S)  
S Fenwick & L White (C)  
T Daly & D Garrett (S)  
S Fenwick & D Garrett (C/S)

## Singles Runner Up

Peter Craven (NL)  
Ulrike Kusche (C)

## B Grade

Men's Singles  
Women's Singles

Yi-Sien Lin (C)  
Tanya Daly (S)

Stuart Wallace (C)  
Ngairé Garrett (S)

## C Grade

Men's Singles  
Women's Singles

Simon Wallace (C)  
June King (S)

Kurt Strid (N)  
Sandra Mitchell (S)

## Over 60 years

Men's Singles  
Women's Singles  
Men's Doubles  
Mixed Doubles

Colin Neutze (S)  
Brenda Adamson (S)  
C Adamson & C Neutze (S)  
C Adamson & B Adamson (S)

Eddie Moore (C)  
Doreen Humphries (S)

## Over 50 years

Men's Singles  
Women's Singles  
Men's Doubles  
Women's Doubles  
Mixed Doubles

Colin Neutze (S)  
Ngairé Garrett (S)  
K Armstrong & E Moore (C)  
N Garrett & J King (S)  
R Garrett & N Garrett (S)

Ron Garrett (S)  
June King (S)

## Over 40 years

Men's Singles  
Women's Singles  
Men's Doubles  
Women's Doubles  
Mixed Doubles

David Jackson (A)  
Ulrike Kusche (C)  
J Fogarty & D Jackson (O/A)  
S Chang & U Kusche (C)  
J Kusche & U Kusche (C)

Stuart Wallace (C)  
Ngairé Garrett (S)

## Over 35 years

Men's Singles  
Women's Singles  
Men's Doubles  
Women's Doubles  
Mixed Doubles

David Jackson (A)  
Ulrike Kusche (C)  
J Kusche & D Samson (C)  
U Kusche & S Mitchell (C/S)  
J Fogarty & Y Fogarty (O)

Lyndon White (C)  
Yvonne Fogarty (O)

## Under 21 years

Men's Singles  
Women's Singles

Adrian Soh (N)  
Samara Collins (O)

Peter Craven (NL)  
Tanya Daly (S)

## Under 19 years

Boys' Singles  
Girls' Singles  
Boys' Doubles  
Girls' Doubles  
Mixed Doubles

Adrian Soh (N)  
Deborah Morrison (SC)  
T Chang & K Samson (C)  
M Chang & A Gosney (C)  
P Craven & D Morrison (NL/SC)

Peter Craven (NL)  
Andrea Gosney (C)

## Under 17 years

Boys' Singles  
Girls' Singles  
Boys' Doubles  
Girls' Doubles  
Mixed Doubles

Simon Wallace (C)  
Deborah Morrison (SC)  
Y Lin & A Soh (C/N)  
M Chang & J Wood (C)  
K Samson & A Gosney (C)

Adrian Soh (N)  
Meena Chang (C)

## Under 15 years

Boys' Singles  
Girls' Singles  
Boys' Doubles  
Girls' Doubles  
Mixed Doubles

Simon Wallace (C)  
Jacqui Wood (C)  
J Chen & S Wallace (C)  
K Samson & J Wood (C)  
S Wallace & J Wood (C)

Anthony Wilson (S)  
Leanne Ridder (S)

## Under 13 years

Boys' Singles  
Girls' Singles  
Mixed Doubles

Jonathan Chen (C)  
Leanne Ridder (S)  
S Moore & L Ridder (O/S)

Steven Moore (O)  
Kelly Samson (C)

## Invercargill Licensing Trust **SOUTH ISLAND OPEN**

report from **Ron Garrett**

Only four North Island players made the trip to Invercargill (two of these are playing for Nelson) to take part in the **Invercargill Licensing Trust South Island Championships**. Entries were low but the competition was keen with a number of great matches. Southland's **Debbie Garrett** and Auckland's **David Jackson** dominated the open singles. With the last minute withdrawal of **Karen Li** the competition became a little less even in the women's events.

In the women's singles final **Debbie Garrett** began by dropping the first set to **Ulrike Kusche** then found the table with her attacking shots, gradually gained control and with a devastating backhand, heavily topspun she kept in front of the great defence put up by Ulrike to win in four sets.

Debbie and fellow Southlander **Tanya Daly** won the women's doubles and the third title went to Debbie Garrett when she combined well with **Simon Fenwick** of Canterbury in the mixed doubles.

David Jackson did not drop a set in winning the open, over 35 and over 40 singles. **Peter Craven** who went very close to being eliminated in the quarter-finals by **Stuart Wallace** of Canterbury with the result going to young Craven 23-21 in the fifth set. Jackson did not have everything his own way in the final, Craven did all the attacking, slightly impatient at times which gave Jackson the narrow edge which he needed to win.

In the over 60 and 50 events Southland players were in command except in the men's doubles where **Eddie Moore** and **Keith Armstrong** of Canterbury took control. Ulrike Kusche took out the hat-trick in the over 40 events plus taking the over 35 singles and doubles. In the over 35 singles **Yvonne Fogarty** appeared to have the final under control then lost her own control when the balls kept coming back from the tenacious Ulrike Kusche to go down easily in the third set.

In the under 21 singles **Adrian Soh** upset top seed Peter Craven and repeated in the under 19 final. Soh met his match in the under 17 final when 13 year old **Simon Wallace** tipped him at the post 22-20 in the final set.

Wallace took all three titles available to him in the under 15 events and in the singles only **Scott Ridder** went close to taking a set.

Overall the championships ran smoothly, generally being ahead of time throughout with the Southland Association having a great team of workers.



## 1999 NEW ZEALAND VETERAN OPEN

North Harbour

<u>Over 40 years</u>	<u>Winner</u>	<u>Singles Runner Up</u>
Men's Singles	Sean Chen (A)	David Jackson (A)
Women's Singles	Kay Crowell (AU)	Lorraine Baker (AU)
Men's Doubles	S Chen & D Jackson (A)	
Women's Doubles	L Baker & K Crowell (AU)	
Mixed Doubles	D Jackson & V Beaver (A/NH)	
<u>Over 50 years</u>		
Men's Singles	Igor Klaf (AU)	Bob Lassen (A)
Women's Singles	Betty Bird (AU)	Val Beaver (NH)
Men's Doubles	K Cole & I Klaf (AU)	
Women's Doubles	V Beaver & A Roberts (NH/HV)	
Mixed Doubles	I Klaf & B Bird (AU)	
<u>Over 60 years</u>		
Men's Singles	Case de Bondt (AU)	Nam Hang Lee (A)
Women's Singles	Betty Bird (AU)	Prisca Rosario (AU)
Men's Doubles	C de Bondt & G Nesbitt (AU)	
Women's Doubles	B Bird & J Stephens (AU)	
Mixed Doubles	N Lee & B Bird (A/AU)	
<u>Over 65 years</u>		
Men's Singles	John Lelliott (HV)	Bill Otene (WT)
Women's Singles	Annice Robottom (WG)	Nellie Milich (NL)
Men's Doubles	K Armstrong & E Moore (C)	
Women's Doubles	D De Low & A Robottom (AU/WG)	
Mixed Doubles	J Lelliott & A Robottom (HV/WG)	
<u>Over 70 years</u>		
Men's Singles	Jim Coad (A)	Jim Delahunty (HV)
Women's Singles	Nancy Brant (CM)	Joy Ingpen (AU)
Men's Doubles	J Delahunty & J Lelliott (HV)	
Mixed Doubles	W Wilson & N Brant (WT/CM)	
<u>Over 75 years</u>		
Men's Singles	Harry Taylor (C)	Theo Sandberg (A)
Women's Singles	Dorothy De Low (AU)	Nancy Brant (CM)
Mixed Doubles	H Taylor & N Brant (C/CM)	

## WORLD CHAMPIONSHIPS

The ill-fated World Table Tennis Championships originally planned for Belgrade have been split into separate individual and team championships. The individuals will be in **Eindhoven, The Netherlands**, from 2 – 8 August, and the teams in **Kuala Lumpur, Malaysia**, in February, 2000.

New Zealand will compete in both, but with a reduced entry. Peter Jackson and Li Chunli are confirmed participants in the individuals, with Andrew Hubbard and Karen Li also selected but whose participation depends on the availability of finance.

The teams for Malaysia will be named by 31 October.

The Championships have a web site which will be constantly updated and you can get to it via the TTNZ site at: <http://www.tabletennis.org.nz>.

## VETERAN CHAMPIONSHIPS

North Harbour Association's new building is certainly impressive. Fourteen tables, good lighting and a sprung floor made for comfortable playing conditions at the New Zealand Veteran's Championships at Easter.

The scene was set for a great tournament by the excellently presented international - New Zealand versus Australia prior to the tournament, when the players were presented and anthems played. North Harbour had a capable team of administrators keeping the whole tournament moving at a steady pace. I was most impressed to receive my own schedule of matches and therefore had no reason to be late for any match.

The weekend concluded with the inaugural Hall of Fame Inductions and tournament prizegiving.

My players of the tournament were Sean Chen (Auckland) with his great serving and devastating follow ups, Kay Crowell (Australia) who dominated the over 40 women and Igor Klaf (Australia) whose ball control was quite breathtaking.

*Ron Menchi*

## OCEANIA DEVELOPMENT OFFICER TO VISIT

Following on from John Stapleton's visits to associations, arrangements have been made for a month-long tour of New Zealand by the newly appointed Oceania Development Officer, **Glenn Tepper**.

A former Australian representative player and now a specialist in coaching and coach education, Glenn is being offered to New Zealand Associations to assist them with coaching, coach education, the development of coaching systems or school work.

He arrives in Wellington on 21 July and his itinerary extends from Whangarei to Invercargill.



## CANTERBURY STADIUM

Latest on our proposed new stadium at Blenheim Road is that we have now received Resource Consent to use the building as a table tennis stadium. This was in doubt with a large number of neighbours objecting, but a revised carparking and landscaping plan won the day.

We are very grateful to Keith Armstrong and Eddie Moore for the enormous amount of time and energy they have put in, and continue to put in, to the acquisition of this property and the sale of our Selwyn St stadium.

We now await with bated breath the outcome of our application for funding from the Lottery Grants Board, due to be heard in August. If this is positive you're bound to hear the whoops of joy in the North Island. Then the hard work will really begin, with extensive internal and external modifications necessary to bring the new premises up to standard.

*Raina McKechnie* (Canterbury Secretary)