



# PATHFINDER HONOUR

## Table Tennis



Part of the Recreation  
Category of Honours

### TRAINER'S NOTES

## INSTRUCTIONS

(FOR TRAINERS AND INSTRUCTORS OF THIS HONOUR)

Thank you for being involved with this Honour. These notes have been developed to assist in teaching/instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Face to Face and written assessment.

## ADDITIONAL REFERENCE MATERIAL

Table Tennis Australia - [https://en.wikipedia.org/wiki/Table\\_Tennis\\_Australia](https://en.wikipedia.org/wiki/Table_Tennis_Australia)

## ACKNOWLEDGEMENTS



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### REQUIREMENT 1

**Write a paragraph of at least ten lines that explains how tennis began in your country.**

In 1923, the South Australian Table Tennis Association and the Queensland Association were formed. The Victorian Table Tennis Association began its operations in 1925 and New South Wales in 1930. Following interstate visits by these four associations, the Australian Board of Control was formed in 1933. In 1936, affiliation with the International Table Tennis Federation was made. In 1937, the Board of Control was reconstructed into the Australian Table Tennis Association.

Table tennis on an organised basis came to a standstill because of World War II; however the game was played extensively in defence camps and for charitable purposes. To revive the game after the war, a special meeting was held in 1947, and the Constitution was revised and General Regulations were adopted. In 1994, the body took its current name of Table Tennis Australia Inc. [https://en.wikipedia.org/wiki/Table\\_Tennis\\_Australia](https://en.wikipedia.org/wiki/Table_Tennis_Australia)

### REQUIREMENT 2

**What is the difference between Ping Pong and table tennis?**

In table tennis only the serve has to hit the table on each side of the net, whereas in ping pong every shot has to hit the table on both sides of the net.

### REQUIREMENT 3

**What is the necessary equipment to play a game of table tennis?**

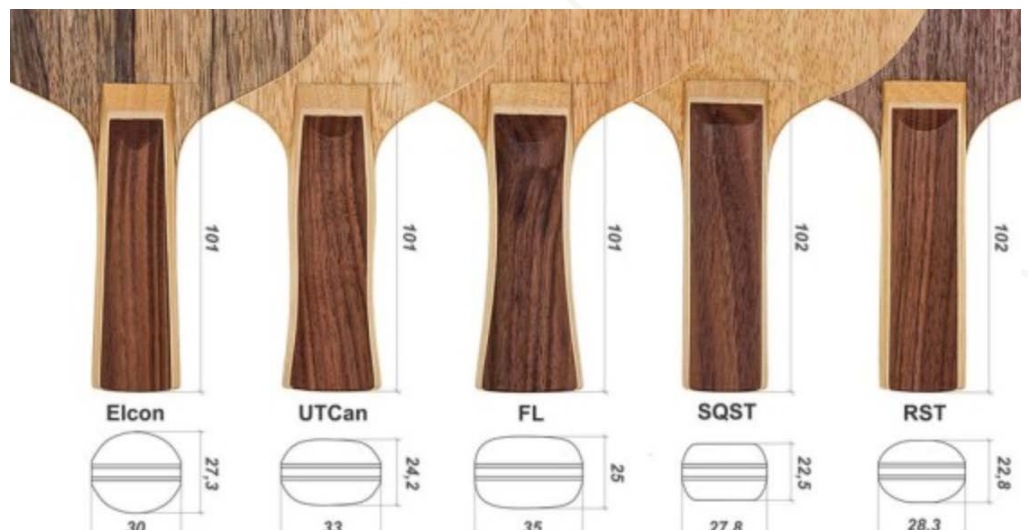
When it comes to playing table tennis, the basic equipment you will need is pretty standard - the table with a net, paddles for each player, and a ball.

### REQUIREMENT 4

**How many and which are the types of handles?**

Table tennis handle is very important part of a blade since this provides the connection between your palm and the blade. This is what delivers signal of ball touch into your hand and it makes possible to get the feel.

- FL – classic flared
- SQST – squared straight
- RST – rounded straight
- ELCON – conical
- UTCAN – anatomic





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### REQUIREMENT 5

**What is the organisation responsible for the play of table tennis worldwide? And at the national level?**

International Table Tennis Federation [https://en.wikipedia.org/wiki/International\\_Table\\_Tennis\\_Federation](https://en.wikipedia.org/wiki/International_Table_Tennis_Federation)

Each state in Australia has a body as well but the overseeing body is:

Table Tennis Australia [https://en.wikipedia.org/wiki/Table\\_Tennis\\_Australia](https://en.wikipedia.org/wiki/Table_Tennis_Australia)

### REQUIREMENT 6

**List at least 15 official rules of table tennis in your country.**

<https://www.tabletennis.org.au/our-events/rules/>

### REQUIREMENT 7

**What are the requirements that paddles, tables, bags and nets must meet?**

<https://www.tabletennis.org.au/our-events/rules/>

### REQUIREMENT 8

**Have a paddle that meets the official requirements, and know how to keep it clean.**

Clean with water. Table tennis rubbers collect dust, powder from balls, sweat, hair, anything! When you get too much dust and grime on your rubbers, they become less grippy. The ball will start to slip off the rubbers and you will find it harder to consistently generate heavy spin. You need to get all this stuff off your rubbers. The cheapest way to keep your bat clean is to use a little bit of water and some kitchen paper or a cloth and wipe the surface clean. This only takes a minute and the rubber will dry very quickly.

Don't use too much water, as you will end up soaking the rubbers and even the blade, which is not a good idea.

Just a little water and a quick wipe and you will remove most of the dust and grime from your rubbers. You should do this after every time you play.

### REQUIREMENT 9

**Participate in a championship using the rules adopted by the official institution responsible for table tennis in your country. This could be a pathfinder club championship or bigger.**