

# SKILLS AWARD SCHEME

The Skills Award Scheme has been developed to reward our young players and students who are progressing in our sport of table tennis.

The Scheme provides recognition and motivation for our young players as they improve giving them a target to aim for and an indication of their skill development.

## THE AWARDS

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### ***BRONZE***

Tests the basics of ready position, hand-eye co-ordination, footwork, forehand, backhand, service and basic rules.

Aimed at beginners completing Level 1 of the Tops Table Tennis program.

Assessment is by PE and Sports Teachers and Club Coaches.

### ***SILVER***

Tests consistency of forehand and backhand drive and push strokes, backspin and topspin serves, basic topspin, doubles rotations and umpiring responsibilities.

Aimed at players starting to play tournaments.

Assessment is by Level '1' ITTF Accredited Coaches or by other coaches authorised by the National Table Tennis Association.

### ***GOLD***

Tests various footwork routines, forehand and backhand topspin, block against topspin, service and service return (topspin, backspin, sidespin) and umpiring.

Aimed at State level juniors.

Assessment is by Level '2' or '3' ITTF Accredited Coaches or by other coaches authorised by the National Table Tennis Association.

# TEST PROCEDURE

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Tests may be carried out as follows:

## 1. Assessors

Bronze	PE and Sport Teachers Club Coaches
Silver	Level '1' ITTF Accredited Coaches or other approved personnel
Gold	Level '2' ITTF Accredited Coaches or other approved personnel

## 2. Certificates

- Certificates should be produced locally and presented at an appropriate ceremony to add prestige.

## 3. Assessment

- Players are allowed a warm-up period up to 30 minutes
- Players must complete all the tests for their level over a maximum of two days.
- Tests may be repeated after 1 month if unsuccessful.
- Follow instructions for each test.
- A formal presentation of the awards will add prestige to the players and awards received.
- Where a rally of a minimum number of strokes is required, a suitable standard partner or the coach is needed. Where the partner or coach makes an error, this does not count against the person being tested.

# SKILLS AWARD SCHEME

## BRONZE AWARD

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All examples are for right-handed players – reverse for left-handed players.

Tick the box if successful  cross if unsuccessful

NAME: \_\_\_\_\_

YEAR/LEVEL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

**TEST 1 : DEMONSTRATE 'READY POSITION'**

- Knees bent
- Leaning slightly forward
- Racket table height and in the middle of the body


**TEST 2 : HAND-EYE CO-ORDINATION**

- Demonstrate 10 consecutive forehand bouncers  
– Players bounce the ball on their racket using the forehand side.

*3 attempts allowed*



**TEST 3 : HAND-EYE CO-ORDINATION**

- Demonstrate 10 consecutive bouncer combos  
– Alternate forehand/backhand.

*3 attempts allowed*

**TEST 4 : FOOTWORK**

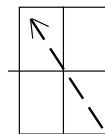
- Demonstrate footwork for 10 alternate wide forehand/backhands with the racket but without a ball.  
– Start in ready position in one corner of the table.

# BRONZE AWARD

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## TEST 5 : FOREHAND CONTROL

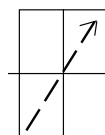
- Player or tester drops the ball from a height of 30cm on the forehand half of the table and hits the ball to the opposite forehand half.
- Demonstrate 10 forehands with a maximum of 2 mistakes



*3 attempts allowed.*

## TEST 6 : BACKHAND CONTROL

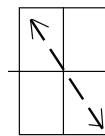
- Player or tester drops the ball from a height 30cm on the backhand half of the table and hits the ball to the opposite backhand half.
- Demonstrate 10 backhands with a maximum of 2 mistakes.



*3 attempts allowed.*

## TEST 7 : FOREHAND RALLY

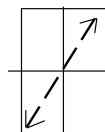
- Demonstrate a rally of 5 consecutive forehands by the person being tested (ie: rally of 10 strokes)



*3 attempts allowed.*

## TEST 8 : BACKHAND RALLY

- Demonstrate a rally of 5 consecutive backhands by the person being tested (ie: rally of 10 strokes)



*3 attempts allowed.*

## TEST 9 : SERVICE

- Demonstrate 5 consecutive legal services with either forehand or backhand
- Hand flat
- Ball in palm to start the service
- Throw the ball up near vertically at least 15cm
- Racket and ball above the level of the table and behind the end line

## TEST 10: RULES

- Explain 3 requirements of a legal serve
- Explain 5 ways to win a point

# SKILLS AWARD SCHEME

## SILVER AWARD

All examples are for right-handed players – reverse for left-handed players.

Tick the box if successful , cross if unsuccessful

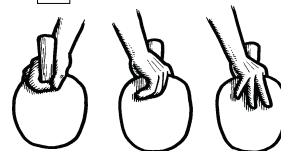
NAME: \_\_\_\_\_

YEAR/LEVEL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

### TEST 1 : DEMONSTRATE CORRECT GRIP AND STANCE FOR READY POSITION, FOREHAND AND BACKHAND

- Ready position – knees bent
  - leaning slightly forward
  - racket table height and in middle of body
- Grip** • Shakehand grip
  - thumb and forefinger along edges of rubber
  - racket forms a straight line with the arm and shoulder
- Penhold grip
  - thumb and forefinger around the handle
  - 3 fingers curled or spread on reverse side of the racket

### TEST 2 : FOREHAND RALLY

- Demonstrate a rally of 20 consecutive forehands by the person being tested (ie: rally of 40 strokes) with good technique
- Feet at 45° to table
- Racket starts vertical
- Follow through forward and up


*3 attempts allowed*

# SILVER AWARD

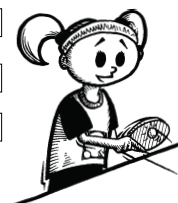
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## TEST 3 : BACKHAND RALLY

- Demonstrate a rally of 20 consecutive backhands by the person being tested (ie: rally of 40 strokes) with good technique
- Feet square on to table
- Racket starts in front of belly button and vertical
- Follow through forward and up and in direction of hit

*3 attempts allowed.*

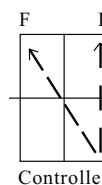
  
  
  



## TEST 4 : FOREHAND – BACKHAND FOOTWORK

- Demonstrate 10 alternate wide forehand/backhands using 'shuffle' footwork

*3 attempts allowed*

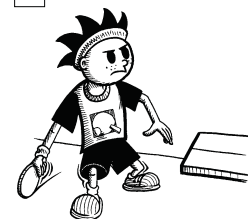


## TEST 5 : TOPSPIN

- Demonstrate 10 consecutive forehand topspins by the person being tested (ie: rally of 20). Controller blocks the ball

A maximum of 3 mistakes allowed per 10 topspins

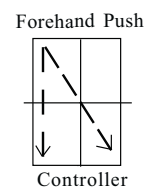
*3 attempts allowed.*



## TEST 6 : FOREHAND PUSH

- Demonstrate 10 consecutive forehand pushes (5 to each side) to alternate forehand and backhand sides. Controller plays push shot also.

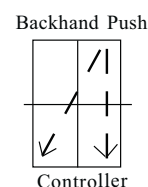
*3 attempts allowed.*



## TEST 7 : BACKHAND PUSH

- Demonstrate 10 consecutive backhand pushes (5 to each side) to alternate forehand and backhand sides. Controller plays push shot also.

*3 attempts allowed.*



# SILVER AWARD

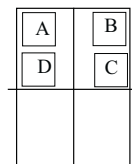
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## TEST 8 : SERVICE

Place A3 sheets of paper as indicated

- Demonstrate 10 topspin serves to 'A' and 'B' (20 in total)
- Demonstrate 10 backspin serves to 'C' and 'D' (20 in total) 
  - A maximum of 3 misses allowed per 10 serves

*3 attempts allowed.*



## TEST 9 : DOUBLES ROTATION

- Explain the system for double's rotation including 1st game, 2nd Game, 3rd Game and at 5–4 in the deciding game.

## TEST 10 : RULES

- Explain the responsibilities of the umpire
  - Check equipment and playing conditions
  - Conduct draw for choice of serve, receive and ends
  - Control the order of serve, receive and ends and correcting any errors
  - Call the score with servers score first
  - Umpire a match incorporating each of the criteria

# SKILLS AWARD SCHEME

## GOLD AWARD

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Tick the box if successful , cross if unsuccessful

NAME: \_\_\_\_\_

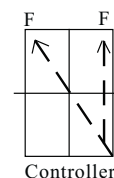
YEAR/LEVEL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

### TEST 1 : FOREHAND – FOREHAND FOOTWORK

- Demonstrate 20 consecutive forehands placed alternately to the forehand and backhand corner, utilising shuffle footwork.

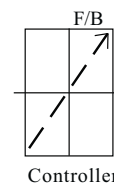
*3 attempts allowed*



### TEST 2 : FOREHAND – BACKHAND PIVOT FOOTWORK

- Demonstrate 20 consecutive alternate forehand/backhands from the backhand corner utilising shuffle footwork.

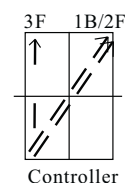
*3 attempts allowed*



### TEST 3 : 'FALCONBERG' FOOTWORK

- Demonstrate 5 complete rounds of 'Falconberg' footwork (15 strokes) from block multiball with a maximum of 2 mistakes (1–backhand from backhand corner, 2–forehand from backhand corner, 3–forehand from forehand corner)

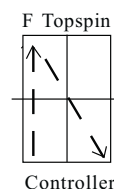
*3 attempts allowed*



### TEST 4 : FOREHAND TOPSPIN AGAINST BACKSPIN

- Demonstrate 10 consecutive topspins against multiball backspin with a maximum of 2 mistakes.

*3 attempts allowed*





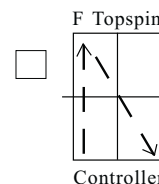
# GOLD AWARD

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**TEST 5 : FOREHAND TOPSPIN AGAINST BLOCK**

- Demonstrate 20 consecutive forehand topspins from block multiball with a maximum of 2 mistakes.

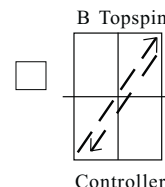
*3 attempts allowed*



**TEST 6 : BACKHAND TOPSPIN AGAINST BLOCK**

- Demonstrate 10 consecutive backhand topspins from block multiball with a maximum of 2 mistakes.

*3 attempts allowed*



**TEST 7 : FOREHAND BLOCK AGAINST TOPSPIN**

- Demonstrate 10 consecutive forehand blocks against multiball topspins of varied spin and speed to the forehand half of the table with a maximum of 2 mistakes.

*3 attempts allowed*



**TEST 8 : BACKHAND BLOCK AGAINST TOPSPIN**

- Demonstrate 10 consecutive backhand blocks against multiball topspins of varied spin and speed to the backhand half of the table with a maximum of 2 mistakes.

*3 attempts allowed*



**TEST 9 : SERVICE AND SERVICE RETURN**

- Explain the concept of and demonstrate service and returning backspin, topspin and left and right sidespin serves.

- Serve** – Topspin   
 – Backspin   
 – Left Sidespin   
 – Right Sidespin

- Service Return** – Topspin   
 – Backspin   
 – Left Sidespin   
 – Right Sidespin

**TEST 10: UMPIRING**

- Umpire one full match, including announcing the match and players, control of warm-up time, toss for service/ends, scoring during the match, and announcing the full result on completion.

