Basic things a Ping-Pong student should learn:

1. The right way to hold your paddle
   - Shake hand: Hold the paddle like you are holding your fist, put thumb finger on top and index finger on back and the other three just hold as fist
   - Pen holder: put your thumb finger on top left and index finger on top right and the other three on the back
   - Goal: hold it professionally that even the coach finds no mistake

2. How to do forehand hit/swing with right position and right movement
   - Stand: two legs a little wider than your shoulder, left foot forward relative to right foot (about a half step forward), stand close to table (about a fist far)
   - Forehand swing: start your paddle from right and low (about at waist height) and pointing on the right, and swing slowly to the left and high using mostly your forearm, stop in front of your eye; while swinging, your body and feet need to turn from right to left
   - Goal: can do 20/group and 3 groups in 10 minutes with right position and right movement (no move)

3. How to do forehand move and hit
   - Move: two legs jump to left or right at the same time, remember not to jump upward but jump sideways, also need to know you have to jump then hit which not at the same time
   - Goal: can do 20/group and 3 groups in 10 minutes for half table 1-1 move

4. How to do backhand hit
   - Stand: two legs a little wider than your shoulder at about horizontal position, close to table
   - Move: start from left and push forward and right using mostly your forearm and wrist
   - Goal: able to do 30/group and 3 groups in 10 minutes and blocks coach’s attack (this depend on the coach)

5. Learn forehand loop (top spin)
   - Same position as hit/swing, just a half step further to the table than before
   - Aim at the upper most part of the ball (midway between top and middle)
   - Use your wrist and forearm
   - Key Factor: have to spin the ball and needs to prepare for the ball
   - Goal: able to loop just like hit but with spin

6. Learn ways to treat under spin
• Chop the ball and return to opponent under spin, aim at lower part of the ball and spin and control the ball by yourself
• Loop the ball up with your own spin (attacked), almost the same way as top spin but add a upward spin to counter the under spin of the ball, need to prepare better for the ball, stronger spin required
• Goal: able to chop most balls, spin and no spin, and able to loop under spin after you chop

7. Learn how to serve
   • Learn how to serve under spin, no spin, side spin, side top, side under, inverse side top and under to everywhere on the table
   • Key: the touch and the spin on the ball is most important

8. Learn how to receive
   • Learn different ways to receive various spins like chop, push, flip, loop, etc.

If you complete the training above, congratulations, but you still have more to go. All the above is for beginners, so if you complete everything above, you know everything you need to know to play a game, but if you want to play a better game, that is, be a stronger player, you need more advance and personal training from couch. Example: backhand under spin loop, the follow up after under spin loop, way to block opponent’s attack (both hit and loop, spin and no spin), doing anywhere on the table, etc….

Good luck and have fun.