

How to do a forehand drive in table tennis

Hello and welcome to “video jug”. We’ve teamed up with British and Irish champion Jason Suegrue to show you how to play a forehand drive. A forehand drive is a light topspin stroke. It produces a low-balled trajectory and it’s a primary offensive stroke in table tennis.

Step 1 : stance.

Stand with your legs slightly more than shoulder width apart. If you’re righthanded, your left leg should be a little further in front. Your knees should be bent, your body leaning slightly forward.

Step 2 : the shot.

As we watch Jason play this forehand drive, we can split up the shot into 3 basic positions.

a : the back swing position b : the striking position and c : the finishing position.

Step 3 : the back swing

Pivot your hips and shoulders into a back swing. Take the racket back with you along with your body. Your arm and body should backswing in one fluid motion into the strike starting position.

Step 4 : strike

Swing forwards in one integrated motion. At this point, transfer your weight from your back leg to your front leg. Accelerate your forearm on striking the ball. You must strike the ball out in front of you with the racket closed and take the ball at the peak of its bounce.

Step 5 : the follow through.

As you follow through, make sure that your racket is pointing in the direction you want the ball to go. To follow through at about 35 or 40 percent (%) of the stroke length after you hit the ball. Don’t let the racket swing across your body. It’s very easy to swing too hard and end up over shooting the table.

Keep practice the shot in a continuous motion, reversing back to the start position each time. Soon, you’ll be as good as Jason. DONE

<http://www.youtube.com/watch?v=vjWw-xBew2A>

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A drive : what type of stroke is it?

Does the stance position look like the basic ready position (other video), explain.

What is a “fluid motion”?

What is a “follow through”?

Do you know any French table tennis player?

Where is table tennis very famous?