

TABLE TENNIS AFTER-SCHOOL ACTIVITY

Learn. Move.
Play.
Have fun!

A fast and enjoyable sport that develops coordination, concentration, reaction speed and movement. This course is for children who want to learn table tennis or improve their existing skills. No previous experience is required.

About the coach

Andrii Khrystian

Experienced table tennis player
Former Regional Liga player
Previous experience coaching children

The aim is to teach sound technique while helping every child enjoy the sport, stay active and develop confidence in a positive environment.

What children will learn

Racket and ball control Hand-eye coordination and confidence with the racket.	Forehand and backhand Basic strokes and progressively longer, controlled rallies.
Footwork and coordination Moving correctly and combining movement with strokes.	Serving and returning Basic serves, returns and the main rules of the game.
Introduction to topspin A first attacking technique for children who are ready.	Games and match play Challenges, competitions and simple matches to apply new skills.

A typical 60-minute session

5 min	Fun warm-up and movement
10 min	Racket and ball coordination
15 min	Technique of the day
15 min	Table tennis and movement stations
10 min	Games and challenges
5 min	Match play / free play

The emphasis is on learning through practice and games, with plenty of opportunities for every child to play.

Course details

Grades	2-5
Experience	Beginners and children with some previous experience
Group size	Minimum 5 / Maximum 8 students
Schedule	60 minutes, once per week
Course length	Approximately 10 sessions

Participation requirements

- The child should genuinely want to participate and play table tennis.
- The child should be in suitable health to take part in a sports activity.
- Each child should bring their own table tennis racket.
- Comfortable sports clothes and suitable indoor sports shoes are required.
- Each child should bring water.

A normal beginner-friendly racket is sufficient; expensive or professional equipment is not required.

OUR GOAL

By the end of the course, children should be able to control the ball, perform basic forehand and backhand strokes, understand basic footwork and serving, maintain a rally and confidently play a simple match. Most importantly, they should enjoy table tennis and want to keep playing.