Coaching Corner

8 Some Useful Tips.

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| * Keep your **concentration** especially when serving & receiving. Take your time.
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| * Let your bat do the work DON'T force your stroke, keep it **smooth**.
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| * Use **spin** to get a loose return
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| * Use the table - Good **placement** before power.
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| * **Vary** your placement and DON'T keep returning the ball to the same place. (Where opponent’s bat is).
 |
| * **Stroke selection** - Below the net - **spin** it; Above the net **hit** it
 |
| * **Don't rush**. Try to win every point NOT every ball
 |
| * **Remember** -We all make mistakes -just try not to repeat them.
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*For help or further information please contact Mike Prior at Ryde TT Centre.*