Coaching Corner

8 Some Useful Tips.

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| * Keep your **concentration** especially when serving & receiving. Take your time. |
| * Let your bat do the work DON'T force your stroke, keep it **smooth**. |
| * Use **spin** to get a loose return |
| * Use the table - Good **placement** before power. |
| * **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. |

*For help or further information please contact Mike Prior at Ryde TT Centre.*