

KUNGWINI SPORTS DEVELOPMENT PROJECT

EKANGALA TABLE TENNIS COACHING COURSE

DATE: - 17 JANUARY 2009

VENUE: ENKANGALA STADIUM (Bronkhorstspuit)

Introduction

The South African Table Tennis Board was invited by the Kungwini Sports Council to be part of the Kungwini Sports Development project which is to develop young talent through sport activities within the municipality of Kungwini jointly with the local Department of Sport.

The Table Tennis Coaching course was attended by to eight teachers and six children. The focus was on the Basic Coaching skills (beginner's course). All the participants that attended the course had no prior knowledge of Table Tennis but were eager to learn and enjoyed the challenge.

Content

The following topics were dealt on during the course:

1. THEORY

- The role of the coach in general.
- Preparation of the lesson plan for sessions:
 - Level 1 – 5-8 year olds
 - Level 2 & 3 – 9-16 year olds
- Table Tennis activities.
- Skills development
- The game
- Warm-ups and warm-downs
- Demonstrations by the Coach
- Injuries in Table Tennis

2. PRACTICAL

- Grips (racket handling)
- Activities
- Starting the game
 - The service
 - Different strokes
- Scoring of the point



COACHES DURING THE PRACTICAL SESSION



ATHLETES WITH SHANE OVERMEYER



Equipment:

As Table Tennis is new to this area, two tables from the High Performance Academy were utilised for the day. All the coaches received the Tops Table Tennis manuals which will be used to guide them with their training at various venues.

Conclusion

The Coaching session was well accepted by all the participants, focussed on all the basics and the outcome was achieved because all the participants were able to play Table Tennis.

Follow-up courses will continue in this region and the intention from the Kungwini Sport Council is to start introducing table tennis at their own schools and clubs. The Kungwini Sports Council also advised that once clubs are established would affiliate to their region in order to join all the running programs of South African Table Tennis Board.

COMPILED BY:

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