

## Table Tennis Skill Assessment

### Level I

1. Six returns of serve using a forehand push shot
  - Must be consecutive
  - Can be placed anywhere on the table
2. Six returns of serve using a backhand push shot
  - Must be consecutive
  - Can be placed anywhere on the table
3. Six *consecutive* returns of serve using a forehand pick shot
  - Can be placed anywhere on the table
4. Six *consecutive* returns of serve using a backhand pick shot
  - Can be placed anywhere on the table
5. Six *consecutive* forehand serves using backspin
  - Must start from right-hand side of table and be diagonal
6. Six *consecutive* forehand serves using topspin
  - Must start from right-hand side of table and be diagonal

7. Ten-hit rally using any combination of shots
  - May be started with a serve; this does not count as the first hit
  - If started with a bounce, this is not the first hit

### Level II

1. Ten-hit, forehand-to-forehand rally using only the push shot
  - May be started with a serve; this is not the first hit
  - If started with a bounce, this is not the first hit
2. Ten-hit, backhand-to-backhand rally using only the push shot
  - May be started with a serve; this is not the first hit
  - If started with a bounce, this is not the first hit
3. Ten-hit, forehand-to-forehand rally using only the pick shot
  - May be started with a serve; this is not the first hit

(continued)

- If started with a bounce, this is not the first hit
4. Ten-hit, backhand-to-backhand rally using only the pick shot
    - May be started with a serve; this is not the first hit
    - If started with a bounce, this is not the first hit
  5. Six *consecutive* returns of a topspin serve using the forehand chop shot
    - Chop shot can be placed anywhere on the table
    - Serve must come from right-hand service court and land in the diagonal court
  6. Six *consecutive* returns of a topspin serve using the backhand chop
    - Chop shot can be placed anywhere on the table
    - Serve must come from right-hand service court and land in the diagonal court
  7. Sixteen-hit rally using any combination of shots
    - May be started with a serve; this is not the first hit
    - If started with a bounce, this is not the first hit
  8. Six *consecutive* backhand serves using backspin
    - Must serve from right-hand court
    - Can be placed anywhere on the table
  9. Six *consecutive* backhand serves using topspin
    - Must serve from right-hand court
    - Can be placed anywhere on the table
  10. Four out of six slams
    - Ball tossed by partner with slight topspin to bounce 10 to 12 inches (25-30 cm) high from table
    - After slam, ball caught by partner
- Level III**
1. Ten-hit, backhand-to-forehand rally using the push shot
    - May also be forehand-to-backhand
  2. Twenty-hit rally using either the right or left half of the table and only the push shot
  3. Ten-hit, backhand-to-forehand rally using the pick shot
    - May also be forehand-to-backhand
    - Done twice so that each person has a chance to do both forehand and backhand hits
    - May be started with a serve; this is not the first hit
    - If started with a bounce, this is not the first hit
  4. Ten-hit rally using either the right or left half of the table and only the pick shot
  5. Eight out of 10 forehand serves
    - Serve must be diagonal
    - Alternating topspin and backspin
    - Shot must hit a sheet of notebook-size paper (8.5 X 11) placed on the receiver's court
  6. Eight out of 10 backhand serves
    - Alternating topspin and backspin
    - Shot must hit a sheet of notebook-size paper (8.5 x 11 in) placed on the receiver's court
    - Serve must be diagonal
  7. Eight-hit rally using only the chop shot
    - May be started with a serve; this is not the first hit
    - If started with a bounce, this is not the first hit
  8. Five *consecutive* returns of slam shots with a push or chop shot
    - Both partners must do this
    - Slam shot can be placed anywhere on the table