

STEP BY STEP GUIDE TO



IMPROVING YOUR
TECHNIQUE

By Tara Fusco



Table of Contents

1. [Introduction](#)
2. [How to increase power in your strokes](#)
3. [How to improve the accuracy of your shots](#)
4. [How to improve your consistency](#)
5. [How to get more spin](#)
6. [How to move quicker around the court](#)
7. [How to improve your anticipation](#)
8. [How to disguise your shots](#)
9. [How to improve your service](#)
10. [How to read spin on services](#)
11. [About the Author](#)



Introduction to the first of my Masterclass series of ebooks

"Technique"

This ebook focuses on the main technical aspects of the game needed to progress in the sport.

Have you ever wished you were faster around the court, had more consistency, spin and power in your shots? Would you kill for pinpoint accuracy and the ability to know where your opponent is going to put the next shot?

If so, join me as we delve deeper into exploring these specific areas and highlight what to focus on to develop the techniques and skills needed to improve and to win your next game.

The first step towards improving your technique is to identify your faults. In this ebook I have explained the processes but the quickest way of identifying these is to compare your technique against a correct form. On my website you get access to a vast catalogue of video demonstrations of correct shot play to assist with this process. We learn fastest through visual input which is why I have focused on the visual first.

It's one thing identifying the problem, the next step is to correct it. I have set out this step by step guide to provide you with the tools required to achieve your goals.

I realise that this is not always enough and where players find they need a little extra help or guidance, I can provide video analysis on receipt of emailed content or arrange on site instruction by arrangement.

I hope you enjoy reading the first e-book in this masterclass series. Login to my website or follow me on social media for further publications.

Tara Fusco

<https://www.ttfans.ie/>

[link to introduction video](#)

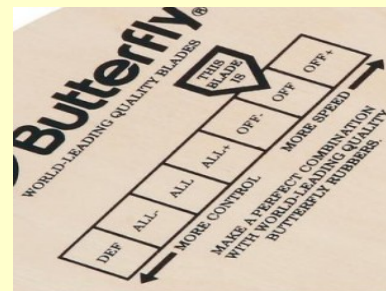
[Back to Table of Contents](#)



How to build power into your shots

6 ways to increase the pace and power of your strokes:

1. Table tennis rubbers and blades come in varying thicknesses and hardness and by switching to a harder blade and or thicker rubber this will make the ball rebound faster on your bat. There is a trade off however as the faster the ball rebounds from your bat (the less time the ball will be in contact with your rubbers ~ generally known as the dwell factor) the less control you will have over your strokes.



2. Use flatter strokes/less spin , as the more spin the slower the flight of the ball.



[Back to Table of Contents](#)

3. Utilise your full body to return your strokes e.g. A lot of people only use their arm to generate power where as top players generate a considerable amount of power through their legs, waist, arm, shoulder and wrist which has the effect of adding a considerable amount of pace and spin to their strokes.



4. Weight transferral on stroke production, e.g. Transferring weight from back foot to front foot when executing a stroke will add extra impetus to the shot.



[Back to Table of Contents](#)

5. Increase your strength and flexibility through weight training and stretching workouts. This will enable you to produce more power in your strokes and the recoil action generated through a greater range of motion will release the kinetic energy built up in your body to add that extra snap to your shots.



6. Take the ball earlier and use shorter strokes. Although this will not add speed or power to your shots, it creates the impression of faster returns and gives your opponent less time to think or react.

[Link to video demonstration](#)

[Back to Table of Contents](#)



About the Author



Tara Fusco was born and lived all her young life in Dun Laoghaire Co. Dublin. She is now married with two children and lives with her family in Bray, Co. Wicklow. Tara is an ex Irish International table tennis player, who represented Ireland at 5 World Championships and 7 European Championships during her 13 year International career. She played in Germany on a semi-professional basis between 2006 and 2009. She has won every domestic tournament in Ireland and was National singles champion on two occasions.

Tara has been a Level 2 Table Tennis Coach for over 25 years and has many years of experience coaching in clubs, schools and at International level. Tara continues to play to a high level representing Dun Laoire Table Tennis Club in the Women's British League.

In recent times she has started focusing on the importance of fitness in table tennis and has also undertaken Business Diplomas in Sports Nutrition and Sports Psychology. She recently set up a website www.ttfans.ie, an online resource offering table tennis players of all standards expert advice on all aspects of table tennis from technique, fitness, tactical awareness, psychology and nutrition.

[Back to Table of Contents](#)

Her latest project is the creation of a Master Class series of E-Books, of which this one “A Step by Step Guide to Improving Your Technique” is the first. Next in the series and coming soon is “Table Tennis – a Tactical Master Class” as well as future E-Books focusing on fitness, nutrition and psychology.

Logon to www.ttfans.ie or follow Tara on Social Media for further updates

Links to Social media pages below:



Enjoyed this sample?

Buy the book to continue reading

[Buy Now](#)

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means now known or hereafter invented including xerography, photocopying and recording and in any information storage and retrieval system, is forbidden without the written permission of the author.

Copyright © 2022 TTfans.ie

[Back to Table of Contents](#)