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## About the program

*The New Hampshire Table Tennis club has been serving the Manchester, NH area for over 20 years. It is an organization whose primary goal is to promote the sport of table tennis in New Hampshire. The Boys Club hosts the NHTTC at its Manchester facility.*

The Cub Scout belt loop and sports pin program will teach new table tennis players the basic skills and rules of table tennis. The program is structured around the Cub Scout table tennis sport requirements for earning belt loops and sports pins.

This program is available to Cub Scouts age 8 and older. There is no cost for the program. Equipment and balls are supplied by the NHTTC. Scouts may choose to bring their own table tennis paddles, but this isn't required to participate in the program.

Scouts should wear a dark colored short sleeve shirt, shorts, and tennis or basketball shoes.



*The NHTTC is affiliated with the USA table tennis association  
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New Hampshire Table Tennis Club  
555 Union Street  
Manchester, NH  
Open play every Sunday 5PM to 9PM  
All skill levels welcome



# Table Tennis Belt Loop and Sports Pin Program

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In conjunction with the New  
Hampshire Table Tennis Club



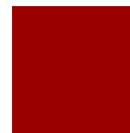
*To sign up contact Cindy  
Guay*

*Session dates and club  
directions furnished at signup  
time.*

Tel: 595-7545

Email: [cguay@worldnet.att.net](mailto:cguay@worldnet.att.net)

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# Program Details

The program is organized into two sessions.

The first session is approximately 2 1/2 hours long. It will cover the rules of table tennis. Scouts will learn the basic skills of table tennis and participate in a table tennis game. Other fun activities are planned to captivate the interest of our young players!

The second session is 3 hours long, and includes participation in a round robin tournament of at least 5 games. In this session, scouts are expected to score their own games. The scouts will help NHTTC volunteers setup the equipment. NHTTC volunteers will demonstrate how spin affects the serve. Scouts will practice their serving skills with both topspin and backspin serves.



NHTTC Club play at the Manchester Boys club

## Session 1

Session 1 covers the requirements needed to acquire a belt loop in table tennis.

### ***Welcome! (2:30 PM)***

NHTTC volunteers welcome the scouts to the club.

### ***The rules of table tennis***

Scouts learn the rules of table tennis.

### ***Holding the paddle***

Scouts are taught how to hold a table tennis paddle.

### ***Ball bounce relay***

Scouts participate in a team relay to improve their ball control skills and to make them comfortable with holding their paddles correctly.

### ***The basic serve (3:00 PM)***

Scouts are taught the basics of serving.

### ***Practicing serves***

Scouts pair up with each other and practice serves with their partner for 30 minutes.

### ***The basic strokes (3:45 PM)***

Scouts are taught the basic forehand and backhand strokes.

### ***Practicing strokes***

Scouts pair up with each other and practice strokes with their partner for 30 minutes.

### ***NHTTC table tennis exhibition (4:30 PM)***

NHTTC volunteers will demonstrate the developed table tennis skills.

### ***Practice game (should end by 5PM)***

Scouts will put all the skills they learned at this session to use by having a practice match with their partners.

## Session 2

Session 2 completes the requirements needed to acquire a sports pin in table tennis.

### ***Welcome! (2:00 PM)***

NHTTC volunteers welcome the scouts to the club.

### ***Equipment setup***

Scouts assist the NHTTC volunteers in setup of the tables and nets.

### ***Session 1 refresher***

A quick review of the lessons learned at session 1.

### ***Consecutive volley competition***

Scouts are paired up in a competition to see which team can perform the most consecutive number of volleys in a 5-minute time window.

### ***Advanced serves (2:45 PM)***

Scouts are taught the difference between a topspin and backspin serve and how to return them.

### ***Practicing serves***

Scouts pair up with each other and practice serves with their partner for 30 minutes.

### ***Round Robin Tournament (3:30 PM)***

Scouts will participate in a round robin table tennis tournament of at least 5 games where they will score their own matches. A match will consist of three 11-point games. The first player to win 2 games wins the match.