



American Youth Table Tennis utilizes a skill-progression rubric in its after school programs. The following represents skill milestones that each student should strive to attain during the first semester of class instruction.

Level 1.0

- Walk 20 steps while balancing ball on racquet.
- Bounce ball on racquet 20 times in a row.
- Show proper grip while striking ball.
- Execute 4 legal serves in a row.
- Articulate the basic rules of table tennis.
- Listen and show respect for table tennis coach.

American Youth Table Tennis
PO Box 155
Irvington, NY 10533
www.aytto.org



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Level 2.0

- Sequence 4 forehand topspin counters in a row (with weight transfer and hip and shoulder rotations).
- Demonstrate agile side to side footwork and correct ready position.
- Forehand Smash 4 balls in a row utilizing correct weight transfer, hip and shoulder rotation
- Execute 4 backhand topspin counters in a row.
- Execute 10 backhand and 10 forehand pushes in a row.
- Show proper table tennis etiquette.

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Level 3.0

- Produce 3 slow loops in a row.
- Block 4 forehand and 4 backhand balls in a row.
- Produce a short backhand and/or forehand serves with deceptive variants.
- Execute 3 third ball attacks in a row.
- Show the ability to rally forehand and backhand with a partner.
- Understand rules and officiate a table tennis match.

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Level 4 .0

- consistently execute forehand topspin drives.
- Produce 3 backhand loop drives off of a block.
- Demonstrate the ability to re-loop a topspin drive.
- Reveal an array of quality serves.
- Show footwork mastery by staying in balance while simultaneously topspinning and countering randomly placed balls.
- Mentor and coach a junior team member.

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Level 5

- Draw up and execute 30 minute practice session with partner.
- Topspin drive 20 balls in a row, executing proper footwork, contact, and hip shoulder, arm rotation.
- Observe filmed match and articulate different strategy for the player who lost.
- Play a competitive match in against a higher ranked opponent in which you:
 1. Execute 3 third ball attacks.
 2. Return 80% of the serves.
- Take and pass National Club Coach or National Club official exam.

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