



Kaimuki Christian Ping Pong Event



Location: Kaimuki Christian Church & School

Date: Friday October 3, 2014

Time: 1:30 pm to 2:30 pm (1 hour)

5th Grade Students

Schedule:

12:30 pm to 1:30 pm Set up.

1:30 pm Start. Introduction of ATTA staff.

Basic info (handout) - Objective of the game, basic rules , how to play, how to keep score.

1:35 pm Quick stretching and warm up.

1:45 pm Basic Techniques—How to hold the paddle, basic strokes, (back hand & forehand), how to serve.

1:50 pm Multiball practice (use all tables. basic backhand, forehand).

2:25 pm Wrap up. Overview. Questions & Answers.

2:30 pm End

