

Year  
7

Single match rules



Push shot



Backhand drive



Forehand drive



Service rules



Basic grip and serve



Tournament



Double match rules



Smash shot



Chop shot



Block shot



Year  
8



Topspin/backspin

Tournament



Officiating doubles matches



Officiating singles matches



Lob shot



Sidespin



Year  
9



Recapping of the shots