

# MITTC

Malta International  
Table Tennis Centre

## School Program



The sessions are based on the International Table Tennis Federation recognised manual which is the bases for all Olympic Solidarity Courses.

To improve feel of bat and ball

- Grip Introduction
- Relays
- Bouncer
- Target Pong
- Roller ball
- Hoop Balloon Game



To improve stance and alertness

- Ready Position introduction
- Four Square Pong
- Round The Table
- Roller Ball challenge
- Hoop Knockout
- Top Table

