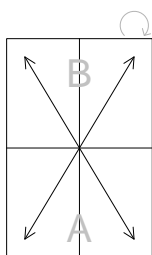
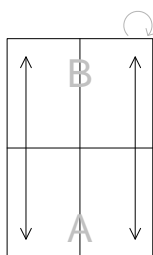


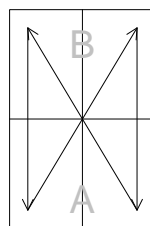
# Basis spelschema's



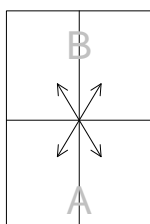
Forehand of Backhand  
diagonaal lang  
FHxDL, BHxDL, x= contra,  
schuiven, topspin met blok  
1,2,5,6



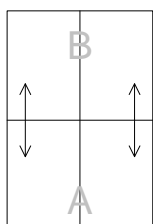
Forehand of Backhand parallel  
lang  
FHxPL, BHxPL, x= contra,  
schuiven, topspin met blok  
3,7



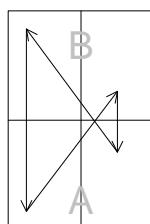
Vlinderen, kan met  
contra, schuiven, topspin met  
blok, waarbij A of B topt  
4,10



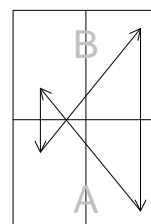
Forehand of Backhand  
diagonaal kort  
FHxDK, BHxDK, x= contra,  
schuiven, topspin met blok  
1,2,5,6 variatie



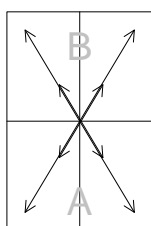
Forehand of Backhand parallel  
kort  
FHxPK, BHxPK, x= contra,  
schuiven, topspin met blok  
3,7 variatie



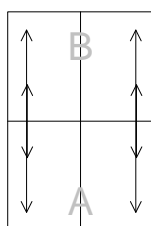
Vlinderen variatie  
4,10



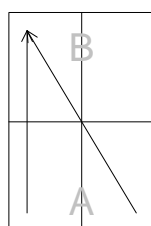
Vlinderen variatie  
4,10



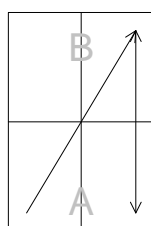
Spiegelen, Forehand of  
backhand diagonaal kort of  
lang  
8,9



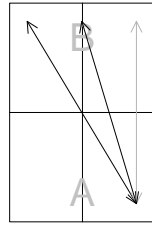
Spiegelen, Forehand of  
backhand parallel kort of lang  
8,9



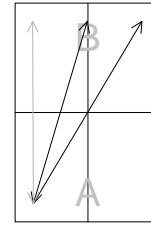
ABHSPL / BFHODL / AFHBDL  
BFHTDL  
11,12



AFHSPL / BBHODL / ABHBDL  
BBHTDL  
13,14



(AFHCDL / BFHODL /)  
AFHBML / BFHTDL /  
AFHBDL / BFHTDL  
15, 16



(ABHCDL / BBHODL /)  
ABHBML / BBHTDL /  
ABHBDL / BBHTDL  
17,18

## Verklaring afkortingen:

ABHCDE:

A = A of B speler, kan ook weggelaten worden (A of B)

BH= Forehand of Backhand (FH of BH)

C = Contra, Topspin, Schuiven, Blok, Opening of Afmaakslag (C, T, S, B, O of A)

D = Diagonaal, Midden of Parallel (D, M of P), dit is richting waarin gespeeld wordt.

E = Kort, Midden of Lang, kan ook weggelaten worden (K, M of L), dit is plaats op tafel.

# Basis spelschema's

## Oefening 1:

- 1) Opwarmen / Inspelen
- 2) 2 x 8 minuten  
A: VHT op BH, Midden, FH, Midden, ....  
B: Blok op ½ FH – Ergens (vrij) blok op FH, daarna vrij
- 3) 2 x 8 minuten  
A: Topspin overal  
B: Blok 1:1 in de hoeken
- 4) 5 minuten pauze
- 5) 2 x 4 minuten. Elke twee opslagen wisselen  
A: Korte opslag overal (Lange opslag op BH – Vrij)  
B: Lange return op BH/Midden  
A: Topspin overal  
B: Blok op FH  
A: Topspin overal  
B: Blok op BH; vrij
- 6) 16 minuten. Elke twee opslagen wisselen  
A: Korte opslag op het midden (Lange opslag op BH – Vrij)  
B: Lange return op de buitenkanten  
A: Topspin op elle boog  
B: Blok op elle boog  
A: Topspin naar buiten - Vrij