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PROJECT ID: 2025-1-RO01-KA182-SPO-000297665

PING PONG POINT



COMPETE FOR GLORY
AND MAJOR
SKILLS



1ST OF AUGUST, 2025. 31ST OF JULY, 2026



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PARTNERS

OF OUR PROJECT

CPDIS ASSOCIATION



CPDIS Association is a non-profit organization founded in the fall of 2012 with the aim of promoting understanding and cooperation between people. Pursuing this aim, we encourage and promote all those initiatives that, in terms of solidarity and on the cultural-educational field, allow the interchange of ideas among different cultures, favour the easing of economic imbalances and promote the creation of a true culture of universality and peace.

ISKENDERUN GENÇLİK MERKEZİ



İskenderun Gençlik Merkezi is a youth center located in the city of İskenderun, Hatay province, in southern Türkiye. The center operates under the coordination of the Ministry of Youth and Sports of Türkiye and offers educational, social, cultural and sports activities for young people.

OUR **PROJECT GOAL** & OBJECTIVES

PROJECT OBJECTIVES:

1. Developing skills for 8 participants from Romania through job-shadowing activities and international mobility in Türkiye.
2. Increasing the capacity to work with young people with reduced opportunities for 4 CPDIS members, using sport as a method of social inclusion.
3. Strengthening cooperation between partner organizations and developing a sports and educational network between Romania and Türkiye.





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RESULTS

OF OUR PROJECT



1. Organizing an international job-shadowing in Iskenderun;
2. Creating an educational guidebook on inclusion through sport;
3. Promoting European values, fair play and mental health;
4. Involving vulnerable young people in sports activities;
5. Increasing the number of people practicing table tennis as a mass sport.





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HOW? →



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BASIC TABLE TENNIS

THE PADDLE GRIP

The paddle grip offers the optimal position for the execution of different playing techniques. All established players constantly change their grip.

We are talking about a forehand grip, respectively a backhand grip. The neutral, basic position will be described below.



THIS TECHNIQUES



THE CLASSIC GRIP



The way of performing this grip allows the use of both sides of the paddle. The index finger is kept stretched out on the back of the paddle,

and the thumb, parallel to the index finger, is on the right side of it. The paddle handle will be gripped by the other three fingers



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SPECIFIC MOVEMENTS AT THE GAME TABLE

The movement at the game table is the technical element that makes the natural dynamic connection between two consecutive strokes. Specific movements are executed with added steps, regardless of whether they are lateral, forward, backward or oblique to the bottom line of the table, always the movement starting with the foot on the side towards which it is executed.



THE ACTUAL STROKES:

Depending on the effect given to the ball, table tennis strokes can be divided into:

1. STRAIGHT STROKES

2. LIFTED STROKES

3. CUT STROKES

4. STROKES FOR LATERAL EFFECTS

- straight strokes



- lifted strokes



- cut strokes



- lateral effects





The table tennis ball is spherical in shape, and the action of the paddle on it imparts, in addition to movement on a certain trajectory oriented towards the opponent's court and rotations around its own axes. Studying and knowing the movements of the ball around its own axes, known as effects, are particularly important.



Straight strokes are performed on balls with a relatively high trajectory. In the case of straight shots, the direction of the hit coincides with the initial direction of flight, the contact with the ball being made "full", without giving it a rotational movement. Most of the time, the direction of the hit is horizontal but can also be from top to bottom (in the case of straight attacks on high balls) or, more rarely, from bottom to top (for balls hit below the net).

Lifted shots - They are applied to long, cut or uncut, lifted balls and generally to slower balls. They are performed by moving the arm from bottom to top, giving the ball a strong forward effect. The plane of the paddle is slightly inclined forward, the ball is hit tangentially, on the ascending trajectory, at the maximum point of the trajectory or on the descending trajectory. At the moment of paddle-ball contact, the movement is accelerated.



Cut shots are executed with the open paddle, the hitting movement being from top to bottom and from back to front- the ball is hit in its posterior-lower part, as tangentially as possible and will get a "reverse" rotational movement in relation to its direction of movement cut shots reduce the ball's flight speed after contact with the opposing half of the table.

Shots that give the ball lateral effects: -technical procedure by which lateral effects are given to the ball (to the right or to the left), depending on the movement of the arm, prior to hitting the ball - contact with the ball takes place in the posterior part or sometimes, in the postero- ateral areas - at the moment of (tangential) contact with the ball, the movement accelerates.



SHOTS THAT GIVE THE BALL LATERAL EFFECTS:

- technical procedure by which lateral effects are given to the ball (to the right or to the left), depending on the movement of the arm, prior to hitting the ball
- contact with the ball takes place in the posterior part or sometimes, in the postero-lateral areas
- at the moment of (tangential) contact with the ball, the movement accelerates

THE MIDDLE GAME

Constitutes the ABC of table tennis. The strokes are passive, there is no attempt to take the initiative. The efficiency of the strokes is given by the speed, intensity of the cuts and the direction of the balls towards the opponents' vulnerable points. The middle game can be classified according to: a. the effect on the ball: the cut middle game (from the forehand and from the backhand) which is based on the use of "cut" strokes and the uncut middle game (with the forehand and backhand), which is based on the use of "straight" strokes b. the moment of contact between the paddle and the ball: the half-stroke middle game, when the contact with the ball takes place immediately after it bounces off the table, on the ascending trajectory.

METHODS AND PRACTICAL ACTIVITIES LEARNED

SPORTS ICEBREAKERS

- Ping Pong Names
- Fast Reflex Game



TEAMWORK ACTIVITIES

- Team Rally Challenge
- Silent Coordination

INCLUSION ACTIVITIES

- Mixed Teams
- Fair Play Reflection

REFLECTION ACTIVITIES

- Emotion Ball
- Learning Circle
- How to motivate athlete



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COACHING, WELLBEING AND MOTIVATION

In the Ping Pong Point project we discovered that motivation does not only come from medals, but from the energy of the team, the encouragement of the coaches and the feeling that each participant can evolve through sport, regardless of experience or personal obstacles.

COACH-ATHLETE COMMUNICATION

In table tennis, good communication can completely change the game – and in PPP we learned that a good coach does not just explain techniques, but also listens, supports and builds trust in the team.

MANAGING EMOTIONS

Every match comes with emotions, pressure and adrenaline, and through PPP activities the participants learned how to transform stress into concentration and mistakes into lessons for the future.

FAIR PLAY AND RESPECT

For us, fair play means more than rules – it means respect, support and the joy of playing together, regardless of culture, experience or result.

MENTAL HEALTH IN SPORT

Through PPP, we saw that table tennis not only trains reflexes, but also the mind, helping participants reduce stress, gain self-confidence, and feel part of a positive community.



THE BENEFITS OF TABLE TENNIS

PHYSICAL HEALTH:

Table tennis helps participants to be more active, improve their physical condition and adopt a healthier lifestyle.

MENTAL HEALTH:

Through sports, participants can reduce anxiety and stress, while developing a sense of well-being and greater self-confidence. Coordination: The fast movements and constant changes in the game contribute to the development of coordination between the body and the mind.



CONCENTRATION:

Each point requires attention and focus, helping athletes improve their concentration power.

Stress Reduction: The sports activity and positive energy during the game help participants to relax and eliminate accumulated tension.



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INCLUSION THROUGH TABLE TENNIS

With NEET youth: Table tennis can become an opportunity for NEET youth to socialize, gain confidence and actively engage in the community.

With vulnerable youth: Sport provides a safe space where vulnerable youth can express themselves, collaborate and develop personally.

With people from disadvantaged backgrounds: Table tennis is an accessible sport that offers equal opportunities to participants, regardless of their social or economic situation.



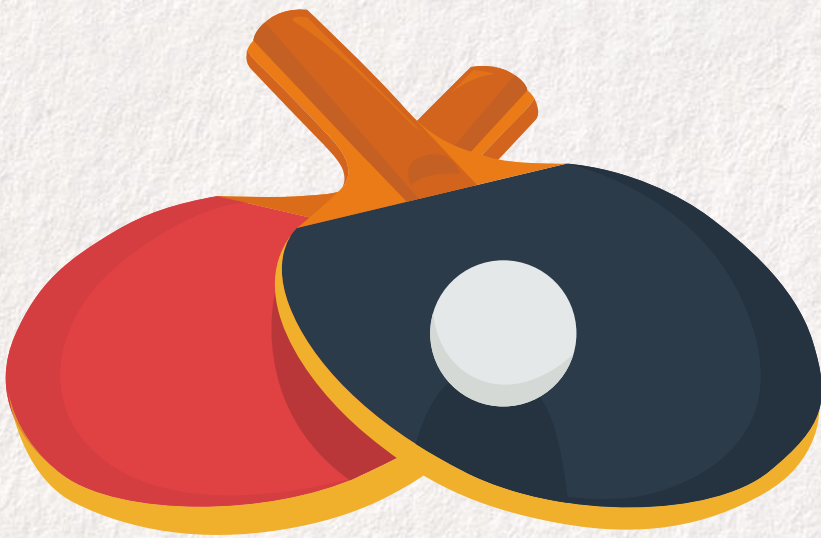
WHAT THE PARTICIPANTS LEARNED WITHIN THE PING PONG POINT PROJECT

Within the Ping Pong Point (PPP) project, participants acquired important skills in the field of sport, as well as in personal development, social inclusion and international cooperation.

The job shadowing experience in Türkiye, non-formal education activities and collaboration between partner organisations contributed to the development of participants according to the ASKB model.

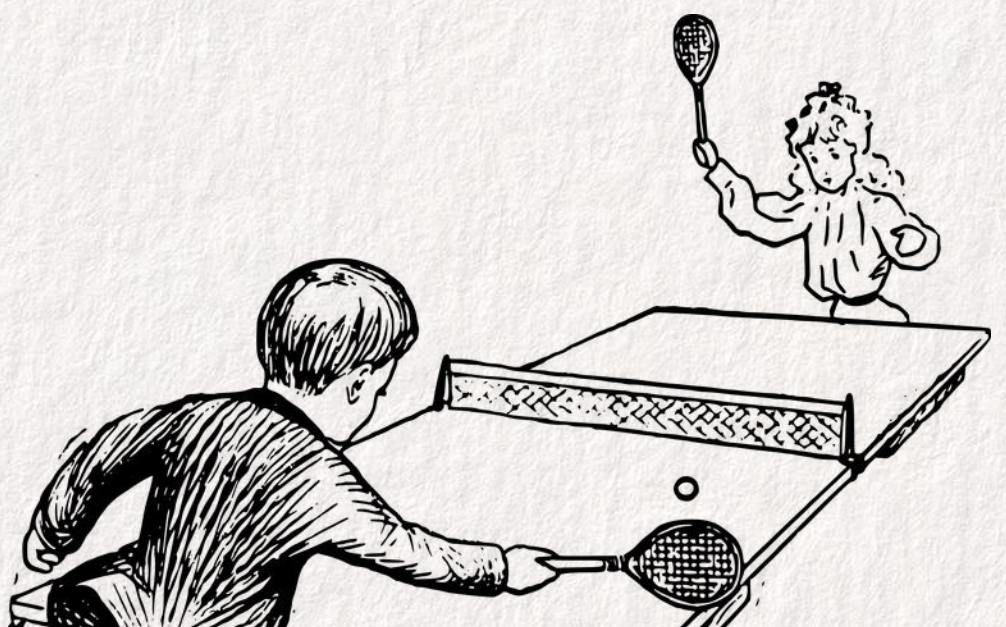
ATTITUDES

- a positive attitude towards sport and a healthy lifestyle;
- more self-confidence;
- respect for colleagues, opponents and coaches;
- openness to cultural diversity and social inclusion;
- team spirit and international cooperation;
- empathy and support for people with fewer opportunities;
- fair play and respect for European values in sport.



SKILLS

- communication and teamwork skills;
- basic and advanced table tennis techniques;
- coordination, reflexes and concentration;
- ability to manage emotions and stress;
- time-management and organizational skills;
- digital skills through the use of online tools;
- ability to analyze sports games and strategies;
- leadership skills and cooperation in sports activities





KNOWLEDGE

- modern training methods in table tennis;
- sports techniques such as topspin, backspin and forehand;
- the importance of nutrition and recovery in sport;
- non-formal education and inclusion through sport;
- organisation of Erasmus+ Sport mobilities;
- intercultural communication and European cooperation;





BEHAVIORS

- active involvement in sports and educational activities;
- more open communication and effective collaboration;
- respect for rules and promotion of fair play;
- more initiative and participation in the community;
- behaviours based on inclusion and equality;
- using sport as a method of socialisation and integration;
- increased interest in participating in Erasmus+ projects;
- promotion of a healthy lifestyle among colleagues
- responsible attitude towards physical and mental health;
- a desire to continue practicing table tennis and engaging in sports activities

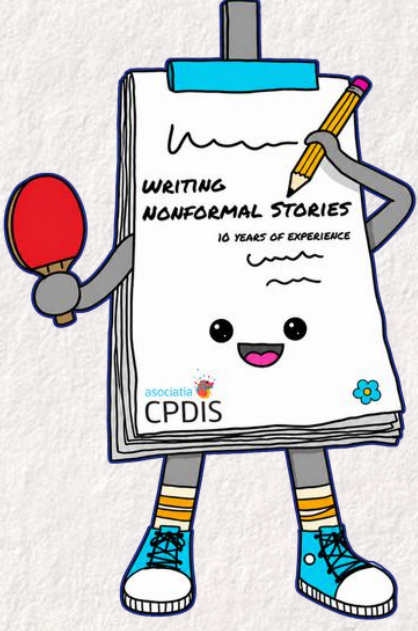




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