



TABLE TENNIS

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Outline

- Introduction
- Brief History of Table Tennis
- Equipment
- Fundamental skills and techniques
- Rules of the game





Introduction

Table Tennis is a common sport that could be played inside the gymnasium, esp. when it is windy outside. But this can also be played outside if there is no gymnasium or a room available. This game can be played in singles wherein there are two players competing. This can also be played in doubles wherein there are two teams competing.

The objective of the game is to hit the ball by a racket and return it to the opponent over the net. Each player is given five consecutive times to start the game. The common name of this game is *pingpong*.

History of Table Tennis

Table Tennis is a relatively new sport. It was first conceived by a British officer in 1881. He used a dining table and filed a set of books at the middle of the table. He knitted web into a cork ball from wine bottle and used cigar boxes cover as a racket. In 1901, the game was also known as “whiff-whaff”, “flim-fam” and “gossima” which were the trade names of balls given by the Jacques and son, Parker brothers who are the manufacturers of sporting goods. Later, the game was named “ping-pong”, derived from the sound made by the ball when it hits the racket and table. In 1903, Arnold Parker, a champion table tennis player formulated the first law in table tennis.

The game lost its popularity in 1904 because the cost of the racket and the ball went high. When it regained its popularity in 1922, different national associations were formed in 1926, one of which was the International Table Tennis Federation (ITTF) which was established in Berlin. Its main objective was to formulate laws in table tennis, and sees to it that the game is played as a contest for human skills,, and the constant change in the equipment are being disseminated and strictly followed by all.

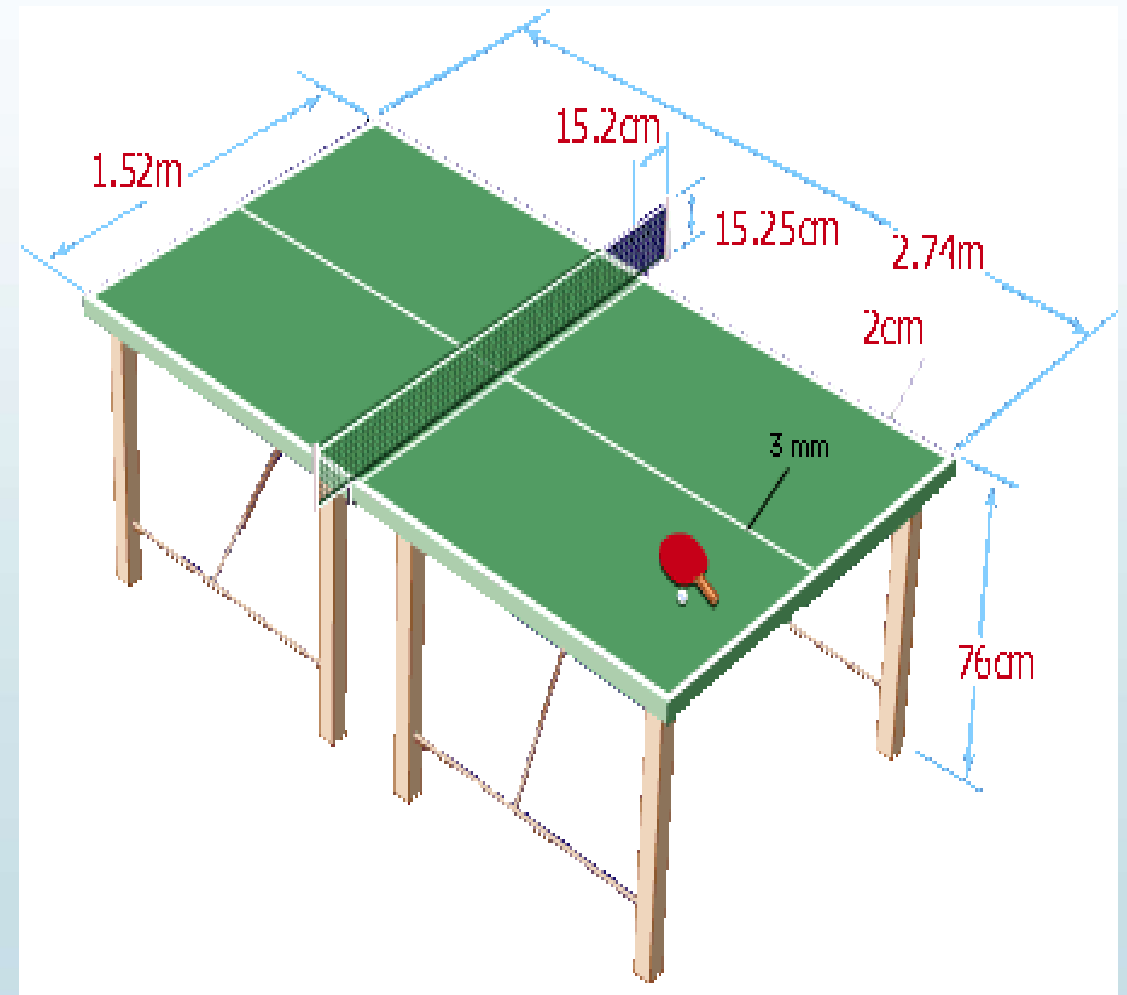
Table Tennis became the number one racket game in China, Japan And United States. Early years of international competitions were dominated by European countries and is the major sport in England, Hungary and Czechoslovakia.

In the Philippines, it also fast becoming a popular sport. It is now included as one of the events in athletic sports meets.

Equipment

Table

- ❑ constructed of $\frac{3}{4}$ -inch (1.9cm) thick fine plywood; 9 ft. (2.74 m.) in length and 5 feet (1.52 m) in width.
- ❑ Playing surface: should be dark (usually green and non-reflecting) and should lie in horizontal plane 2 ft. 6 in. (76cm.) above the floor. Sidelines and endlines are white and should be $\frac{1}{2}$ to $\frac{3}{4}$ in. (2 cm.) wide. The centerline is also white, but only $\frac{1}{8}$ to $\frac{1}{4}$ inch (3mm) wide.



The net

- ❑ light in texture and stretched across center of table and attached to the outside by vertical standards.
- ❑ Net should be from 6 to 6 $\frac{3}{4}$ inches above the table.



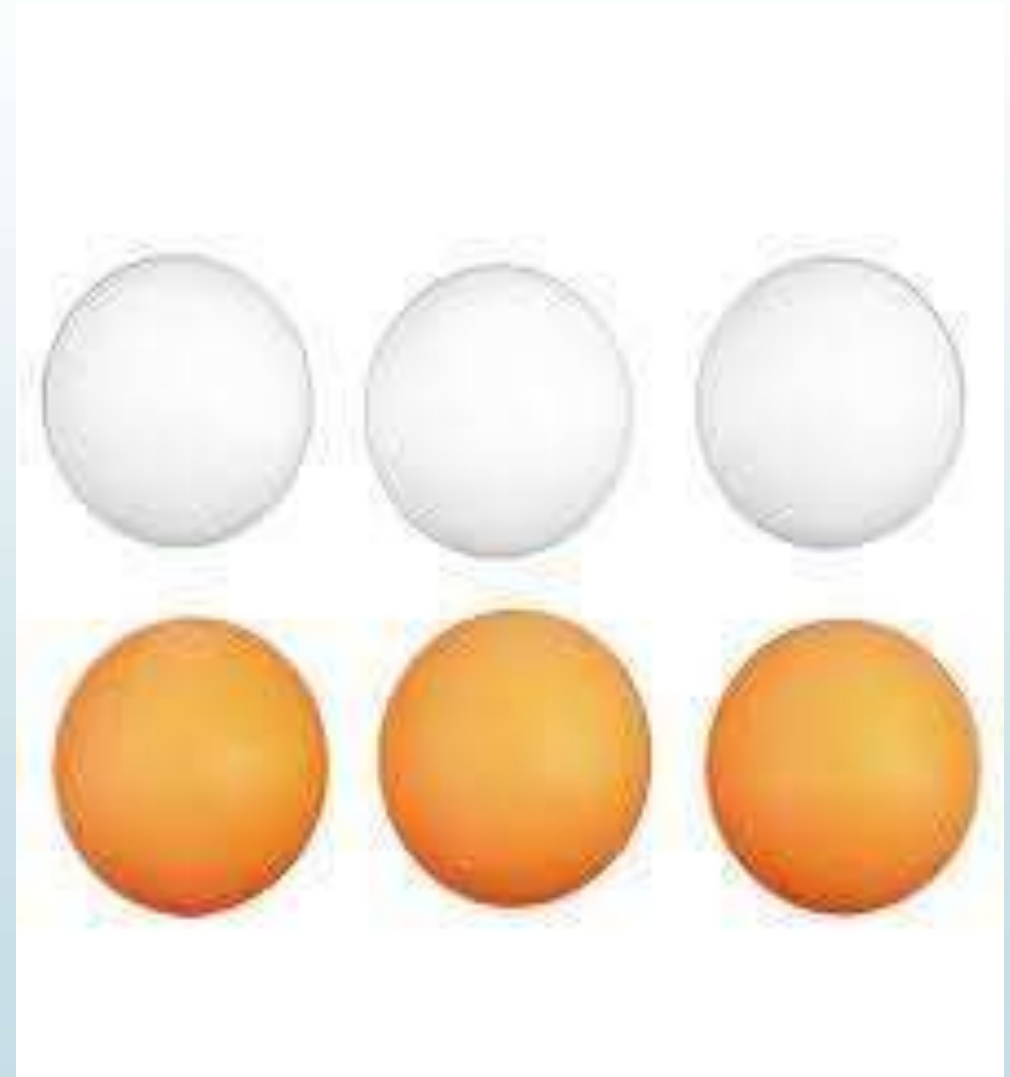
Racket or Paddle

- ❑ a wooden rubber faced racket (*as mandated by the rules*)
- ❑ The striking surface of the racket must be covered with a pimpled rubber facing inward and outward.
- ❑ A single layer of cellular (sponge) rubber may be located underneath the rubber surface.
- ❑ The two surface of the blade shall be black on one side and bright red on the other side.



Ping-pong Balls

- ❑ is small, celluloid, spherical, white or yellow in color, 40 mm in diameter, and 2.5 g. in weight.
- ❑ is fragile but quite hard to break unless stepped on.
- ❑ The ITTF approved standard ball has a uniformed bounce.
- ❑ If it is dropped from a height of 12 inches (30.5 cm) on a plywood, it should bounce up to $8\frac{3}{4}$ to $9\frac{3}{4}$ inches (22 to 25 cm)



Fundamental skills and techniques

A. Grip and Racket Control

Holding the racket determine how you play the game. Two basic grip is recommended.

1. *Orthodox or Shake-hand Grip*

>This is popularly used worldwide. Grasps the racket as if to shake hands with it. It gives you the best forehand and backhand.



2. Penhold Grip

>This is similar to holding a pen between the thumb and forefinger. The forefinger and thumb reach over the shoulders of the blade, with the other fingers spread over the back. Only one side of the racket is used for both forehand and backhand shots.



B. Stance and Footwork

Proper stance and footwork in serving or receiving are just as important in learning table tennis as they are in tennis, badminton, or any sport skill that requires a constantly alert player.

Beginner's Stance in Serving – Face slightly to the right side with feet well apart and the left foot forward. Be in position about 1 ½ to 2 ft. directly behind the center line of own court.

Stance in Receiving – Position is about 2 to 2 ½ feet directly in the back of the center line of own court. Feet are well apart, knees slightly bent and body inclined forward in ready position.

For Forehand Strokes – The left foot and left shoulder point approx. toward the table.

For Backhand Strokes - The right foot and shoulder should point approx. toward the table.



C. Serving

1. *Topspin serves*

- With either a forehand or backhand stroke, the ball is put into play by projecting it upward from the flat free hand. As the ball hit the racket, which is swung forward and upward meets descending it, and the racket face is closed (facing upward from the tabletop and net).



2. Backspin serves

>The ball is struck with a downward, forward motion of the racket. The racket face is open (facing upward from the tabletop and net).



D. Strokes

1. Push shot
 - Is the basic defensive shot.
2. Forehand/Backhand Drive
3. Forehand/Backhand Chop
 - This is primarily a defensive stroke.
4. Smash Shot
 - Is used on a higher-than-the-net bounce --- the higher the better. It is high straight forward and downward without spin on the opponent's court. This is an offensive stroke.





OFFENSIVE STROKES

SPEED DRIVE

- A direct hit on the ball propelling it forward back to the opponent. This stroke differs from speed drives in other racket sports like tennis because the racket is primarily perpendicular to the direction of the stroke and most of the energy applied to the ball results in *speed* rather than *spin*, creating a shot that does not arc much, but is fast enough that it can be difficult to return. A speed drive is used mostly for keeping the ball in play, applying pressure on the opponent, and potentially opening up an opportunity for a more powerful attack.

LOOP

- Perfected during the 1960s, the loop is essentially the reverse of the

speed drive. The racket is much more parallel to the direction of the stroke ("closed") and the racket thus *grazes* the ball, resulting in a large amount of topspin. A good loop drive will arc quite a bit, and once striking the opponent's side of the table will jump forward, much like a kick serve in tennis. A loop drive might not be as difficult to return as a speed drive; however, because of its topspin, it is more likely to rebound off the opponent's racket at a very high angle, setting up an easy smash on the follow-up. As the loop drive requires a lot of

of topspin, players generally use their entire body to generate the movement required. Variations in spin and speed add to the effectiveness of this shot.

COUNTER-DRIVE

- The counter-drive is usually a counterattack against drives, normally high loop drives. The racket is held closed and near to the ball, which is hit with a short movement "off the bounce" (immediately after hitting the table) so that the ball travels faster to the other side. A well-timed, accurate counter-drive can be as effective as a smash.

FLICK

- When a player tries to attack a ball that has not bounced beyond the edge of the table, the player does not have the room to wind up in a *backswing*. The ball *may still be attacked*, however, and the resulting shot is called a flick because the backswing is compressed into a quick wrist action. A flick is not a single stroke and can resemble either a drive or a loop in its characteristics. What identifies the stroke is the backswing is compressed into a short wrist flick.

SMASH

- The offensive trump card is the smash. A player will typically execute a smash when his or her opponent has returned a ball that bounces too high or too close to the net.
- *Smashing* is essentially self-explanatory—large backswing and rapid acceleration imparting as much speed on the ball as possible. The goal of a smash is to get the ball to move so quickly that the opponent simply cannot return it. Because the ball speed is the main aim of this shot, often the spin on the ball is something other than topspin. Sidespin can be used effectively with a smash to alter the ball's trajectory significantly, although most intermediate players will smash the ball with little or no spin.
- An offensive table tennis player will think of a rally as a build-up to a winning smash; only a calculated series of smashes can guarantee a point against a good opponent. However, most players will be able to return at most one or two smashes consistently. Provided that the opponent is not too close to the table or too far away from the ball, a smash can be lobbed, chopped, blocked or even counter-looped, albeit with some difficulty. A player who smashes generally works out a series of smashes (and possibly drop-shots) to rush the opponent out of position, put him off balance, or both. Smashers who fail to do this find it difficult to win a point against an excellent defense.



DEFENSIVE STROKES

PUSH

The push (or "slice" in Asia) is usually used for keeping the point alive and creating offensive opportunities. A push resembles a tennis slice: the racket cuts underneath the ball, imparting backspin and causing the ball to float slowly to the other side of the table. While not obvious, a push can be difficult to attack because the backspin on the ball causes it to drop toward the table upon striking the opponent's racket. In order to attack a push, a player must usually loop the ball back over the net. Often, the best option for beginners is to simply push the ball back again, resulting in pushing rallies. Against good players, it may be the worst option because the opponent will counter with a loop, putting the first player in a defensive position. Another response to pushing is flipping the ball when it is close to the net. Pushing can have advantages in some circumstances, such as when the opponent makes easy mistakes.

CHOP

- A chop is the defensive, backspin counterpart to the offensive loop drive. A chop is essentially a bigger, heavier push, taken well back from the table. The racket face points primarily horizontally, perhaps a little bit upward, and the direction of the stroke is straight down. The object of a defensive chop is to match the topspin of the opponent's shot with backspin. A good chop will float nearly horizontally back to the table, in some cases having so much backspin that the ball actually *rises*. Such a chop can be *extremely* difficult to return due to its enormous amount of backspin. Some defensive players can also impart no-spin or sidespin variations of the chop.

BLOCK

The block is a simple shot, but nonetheless can be devastating against an attacking opponent. A block is executed by simply placing the racket in front of the ball right after the ball bounces; thus, the ball rebounds back toward the opponent with nearly as much energy as it came in with. This is not as easy as it sounds, because the ball's spin, speed, and location all influence the correct angle of a block. It is very possible for an opponent to execute a perfect loop, drive, or smash, only to have the blocked shot come back at him just as fast. Due to the power involved in offensive strokes, often an opponent simply cannot recover quickly enough, and will be unable to return the blocked shot. Blocks almost always produce the same spin as was received, usually topspin.

LOB

- The defensive lob is possibly the most impressive shot, since it propels the ball about five metres in height, only to land on the opponent's side of the table with great amounts of spin. To execute, a defensive player first backs-off the table 4–6 meters; then, the stroke itself consists of lifting the ball to an enormous height before it falls back to the opponent's side of the table. A lob is inherently a creative shot, and can have nearly any kind of spin. Top-quality players use this to their advantage in order to control the spin of the ball. For instance, though the opponent may *smash* the ball hard and fast, a good defensive lob could be more difficult to return due to the unpredictability and heavy amounts of the spin on the ball. Thus, though backed off the table by tens of feet and running to reach the ball, a good defensive player can still win the point using good lobs. However, at the professional level, lobbers will lose the point most of the time, so the lob is not used unless it is really necessary.



Rules of the Game

- The objective of the game is to hit the ball with the racket or paddle held in the hand over the net. The ball must strike on the server's side of the court before striking the top of the table on the opponent's court.
- Striking the ball before it bounces is not allowed.
- Whoever commits a mistake loses a point and your opponent gains a point.
- A player or pair first scoring eleven (11) points is the winner of the game, unless both players or pairs score 10 points, the game shall be won by the first player or pair subsequently gaining a lead of two points.
- A match is won in a three out of five games.



The Service

A good service is delivered by projecting the ball from the free hand and the projection starts from above the playing surface. The ball must be resting on the palm of free hand, which is flat, and the thumb free of the fingers. As it starts to descend, the ball is struck so that it touches the server's court first and then, passing directly over or around the net, touches the receiver's court.

A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.



A Point

A point is awarded to the opponent in the following circumstances:

1. Failure to make a good service, unless a let is declared.
2. Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared.
3. If the player, the racket, or anything that the player wears or carries touches the net or its support while the ball is in play.
4. If the player's free hand touches the playing surface while the ball is in play.
5. If, before the ball in play has passed over the endlines or sidelines, not yet having touched the playing surface on the player's side of the table after being struck by the opponent, it comes in contact with the player or anything the player wears or carries.
6. If a player strikes the ball twice in succession.
7. If the server (or partner) stamps a foot during the service.



A Let

A let ball, which is then replayed, is called in the following cases:

1. If the served ball, in passing over the net, touches it or its support, provided that the service would otherwise have been good or volleyed by the receiver.
2. If a service is delivered when the receiver is not ready , provided always that the receiver may not be deemed unready if an attempt to strike at the ball is made.
3. If either player is prevented by an accident not under his or her control from serving a good service or making a good return.



Scoring

A point is scored by the side that makes the last successful return prior to the end of a rally. In an unsuccessful return the ball is missed, struck with the side of a racket blade having an illegal surface, hit off the table, sent into the net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.



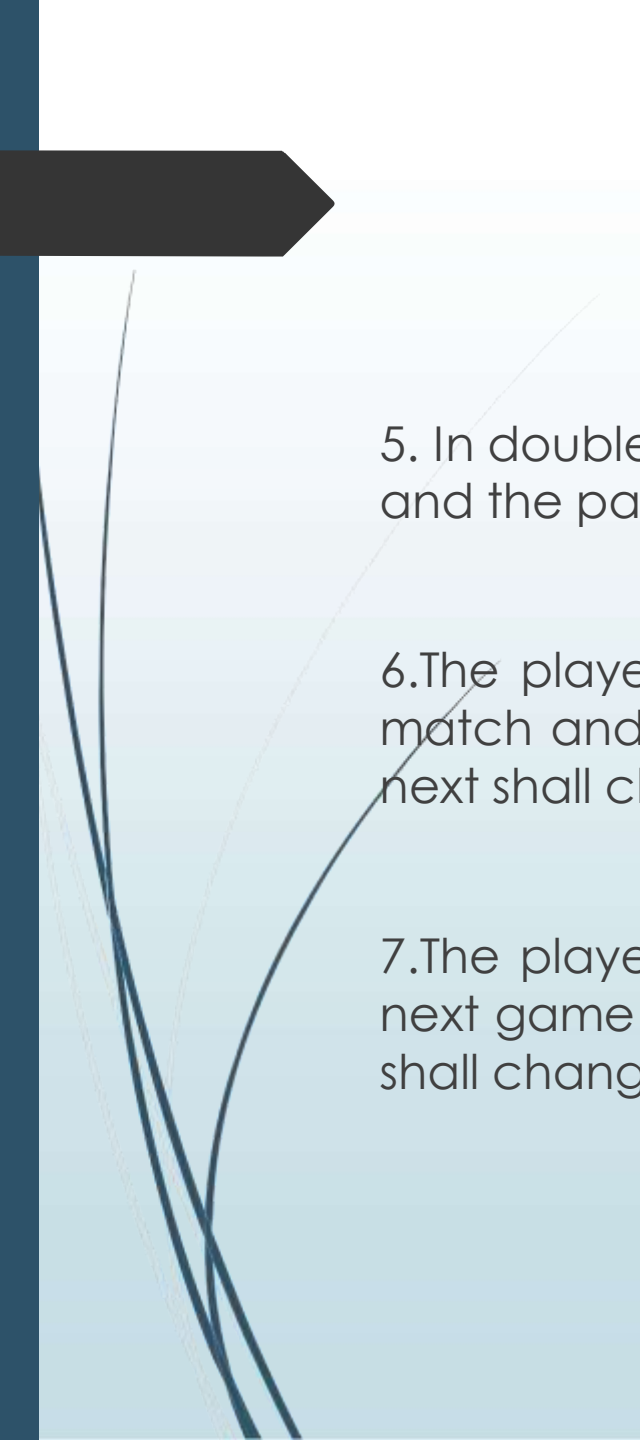
In Play

The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:

1. it has touched one court twice consecutively.
2. It has, except in service, touched each court alternately without having been struck by the racket immediately.
3. It has been struck by either player more than once consecutively
4. It has touched either player or anything that the player wears or carries, except the racket or racket hand below the waist.
5. On the volley it comes in contact with the racket or the racket hand below the wrist.
6. It has touched any object other than the net and supports.

The Order of Serving, Receiving, and Ends

1. The right to choose the initial order of serving, receiving, and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end
2. When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.
3. After each two points have been scored, the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points or the expedite system is in operation, when the sequences of serving and receiving shall be the same but each player shall serve for only one point in turn.
4. In each game of doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match, the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.



5. In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.

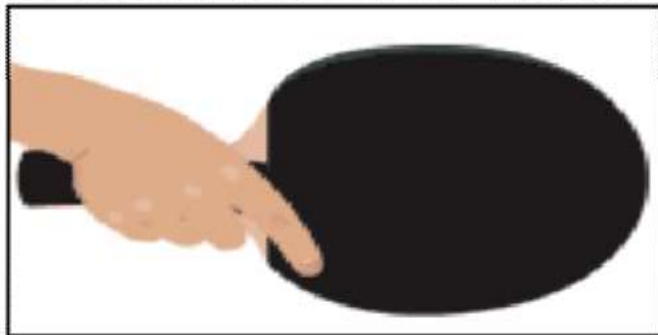
6. The player or pair serving first in a game shall receive first in the next game of the match and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first one pair scores five points.

7. The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores five points.



**TWO MAIN WAYS TO HOLD A
TABLE TENNIS PADDLE OR
BAT.**

SHAKEHANDS GRIP FRONT



SHAKEHANDS GRIP BACK

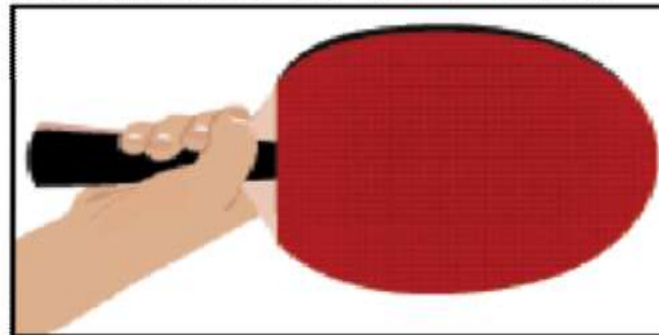


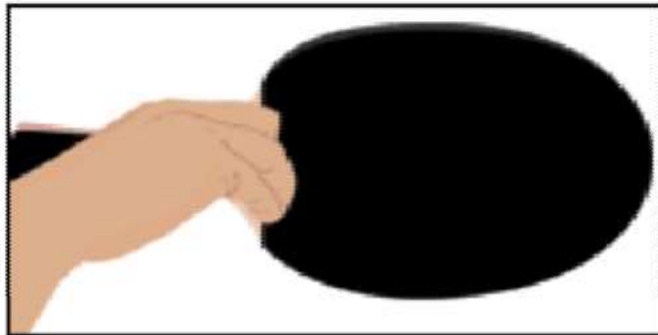
TABLE TENNIS BALL



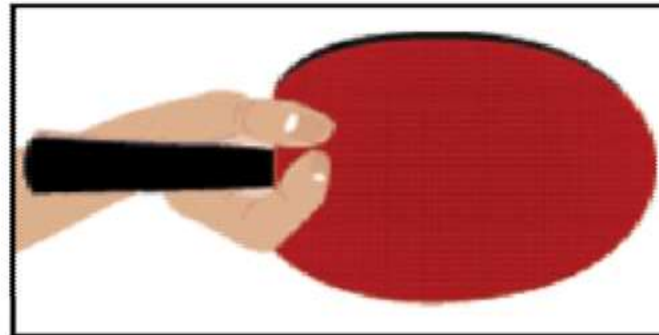
Width: 40mm

Weight: 2.7g

PENHOLD GRIP FRONT



PENHOLD GRIP BACK



- The **shakehands grip** generally favoured by Western players and is so named because you hold the paddle as if ready to perform a handshake.
- A slight variation on this is the Seemiller grip which was pioneered by America's Danny Seemiller.
- The **penhold grip** - popular among players from Asia, is so named because you hold the paddle as you would a pen.
- Traditionally, penhold players use only one side of the paddle, however, the Chinese have developed a new technique where both sides of the paddle are used (the reverse penhold backhand).