

Chapter 35: Table Tennis

" history:

- ÷ developed in the 19th century? (England?)
- ÷ name 'ping pong' is reserved for recreational play (table tennis is the sport)
- ÷ table tennis is the world's 2nd largest participation sport; #1 racquet sport in the world

" equipment:

- ÷ clothing: should be comfortable and allow movement; shoes should be rubber-soled
- ÷ blade: (racquet) made of wood; can be reinforced with carbon fiber, glass fiber, etc.
 - striking surface must be pimped rubber; can have 2 different surfaces if different colors
 - single layer of sponge rubber under striking surface ok
- ÷ table: 9' long and 5' wide; 2'6" above the floor
- ÷ net: 6" above the table and 6" wider than the table

" rules:

- ÷ singles game is won by first player to 11 points (must win by 2)
- ÷ change of serve takes place after every 2 points have been scored; at 10-10, the serve changes each point
- ÷ players exchange table ends after each game; also change when one player reaches a score of 5 in the deciding game of a match (best of 5 or 7 games)
- ÷ service:
 - delivered by projecting the ball from the free hand (which begins above the playing surface)
 - ball must rest in the palm and have no spin
 - as ball descends, it is struck so that it hits the server's court first, then goes over the net
 - the handle and ball must be behind the endline on the service
 - service must be returned on the first bounce
- ÷ scoring: a point is scored by the side that makes the last successful return prior to the end of the rally; failure to make a good serve is a point for the receiver
- ÷ doubles: service is delivered as above, but must go from right side to right side (like tennis)
 - team that loses the serve rotates to receive (figure 35-2 page 525)

" skills and techniques:

- ÷ grips:
 - hand shake grip: versatile and popular; racquet is grasped like shaking hands; index finger is pointed along the bottom of the blade and the thumb on the other side
 - forehand grip: short handle of the racquet is gripped close to the blade; forefinger and thumb brace opposite sides of the blade
 - backhand grip: same as forehand
 - penhold grip: same grip used for forehand and backhand; grip racquet like a pen
- ÷ serving:
 - topspin: as the ball is descending, the racquet is swung forward and upward with closed face
 - backspin: ball struck with downward, forward motion
- ÷ stroke techniques:
 - push shot: meet the ball as it touches the table and gently hit it back over
 - forehand topspin shot: hit when ball is at maximum bounce; upward and forward motion
 - loop shots: long, high, grazing of the ball for considerable topspin

- backhand drive shot: similar to forehand, but shorter; racquet rotates downward as ball struck
- forehand chop shot: defensive stroke; chopping motion gives backspin
- backhand chop shot: similar to forehand chop; shorter motion (difficult)
- drop shot: move the racquet like a drive shot, but stop the motion and barely hit ball over net
- smash shot: use on HIGH bounce; hit forward and downward