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## Category: History of Table Tennis

### Subcategory: History of Table Tennis

#### **Tip: History of Table Tennis**

Table Tennis or Ping Pong likely began as a social hobby in England toward the end of the 1800's. Dining-room tables and balls of cork made up some of the early equipment that was used. These early pioneers may have referred to their sport as gossima, flim-flam, or ping-pong. Around the turn of the century, the game underwent a few changes in England. One person introduced a celluloid ball to the game, while another added pimped rubber to the wooden paddle. The recreational game lost some of its popularity until various groups around Europe revived it as "table tennis" in the 1920s. The International Table Tennis Association (ITTF) was formed in 1926. The sport soon spread to Japan and other Asian nations. The Japanese dominated the sport for much of the 50s and 60s, however the Chinese soon closed the gap. China alone dominated the sport for much of the 60's and 70's, but after Table Tennis became an Olympic event in the 1980's, other nations such as Sweden and South Korea have joined the top ranks.

#### **Tip: History of Table Tennis Diplomacy of 1971 (USA & China)**

One of the first public hints of improved U.S.-China relations came on April 6, 1971, when the American Ping-Pong team, in Japan for the 31st World Table Tennis Championship, received a surprise invitation from their Chinese colleagues for an all-expense paid visit to the People's Republic. Time magazine called it "The ping heard round the world." On April 10, nine players, four officials, and two spouses stepped across a bridge from Hong Kong to the Chinese mainland, ushering in an era of "Ping-Pong diplomacy." They were the first group of Americans allowed into China since the Communist takeover in 1949. Ping-Pong was "an apt metaphor for the relations between Washington and Peking as each nation signaled, in turn, its openness to change. Despite the public warming trend, Nixon and Kissinger decided to keep their back-channel negotiations with China to themselves. It was not until July 15, after Kissinger's secret mission to Beijing, that Nixon announced that he, too, would make the journey the following year, as the first American president to visit China.

## Category: Ping Pong Rubbers

### Subcategory: Ping Pong Rubbers Tips

#### **Tip: Table Tennis Rubbers**

- Much of the overall speed of your table tennis racket is determined by your ping pong

blade. The table tennis rubber, while contributing to the speed of your racket, will primarily function as your source for spin. All table tennis rubbers can be grouped into five different categories. They are:

- **Inverted** - Inverted table tennis rubbers are able to generate tremendous spin due to their tacky surface. Great for all styles of play from the all-out attacker to the most defensive minded chopper. Inverted is the most versatile rubber type.
- **Short Pips** - Short pip ping pong rubbers are an inverted sheet of rubber turned upside down. The space between the pimples will help to take some of your opponents spin off of the ball. This will allow you to aggressively attack your opponent's shots regardless of the oncoming spin. Short pips are great for hitting, blocking and returning serves. However, they are unable to produce as much spin as an inverted sheet of rubber.
- **Long Pips** - Long pip table tennis rubbers are generally used by players who rely on their opponents to make mistakes. The composition of long pip rubbers is similar to short pip rubbers, but the pips are taller. When your opponent's ball contacts this surface, the taller pips are easily bent, REVERSING the oncoming spin. This will keep your opponent guessing as to what type of spin is on the ball.
- **No Sponge** – No sponge table tennis rubber features a short pips top sheet with the absence of sponge. Still adept at nullifying spin, no sponge rubber will produce sharp, crisp strokes with significantly less spin and at a much slower pace.
- **Anti** – Anti-spin ping pong rubber is an inverted sheet of rubber featuring a very slick top sheet with a "dead" sponge layer. The resulting effect is a rubber sheet that is excellent for blocking, returning serves and great for changing the pace. For those that rarely use both sides of the racket during play, anti-spin rubber would be ideal for the backside. Your opponent will generally find himself confronted with a ball with little rotation, or a 'knuckle' ball. This generally will lead to a ball that you can easily attack. A great addition to your arsenal.

## Category: Table Tennis Balls

Subcategory: Table Tennis Ball Tips

### **Tip: How to adjust 40mm ping pong balls?**

- The 40mm ball replaces the 38mm ball as the official ITTF ball on October 1. How will this change the sport, and how do you adjust to it?
- **Blocking:** Blockers can't use the speed of the ball to re-direct the ball at high speeds. Players must be "more active" when blocking – i.e. blockers must supply their own power, since the 40mm ball won't rebound out as fast.
- **Off-table play:** Since the ball slows down faster due to air resistance, players who play off the table will need more power. They will also have to adjust their instinct for how far they play from the table, since their natural instincts will now have them too far from the table.
- **Service:** There will be less spin on the serve. Therefore, placement will become more important. With the 38mm ball, players often serve crosscourt; with the 40mm ball, players will have to learn to add more variety to their placement.

## Category: Table Tennis Blades

### Subcategory: Table Tennis Blades Tips

#### **Tip: Table Tennis blade wood type characteristic**

• **Arylate:** Arylate is a reinforcing fiber used to expand the sweet spot of the blade and also to provide unsurpassed vibration control. • **Arylate/Carbon:** These blades feature the best of both the Carbon and Arylate benefits. The speed and large sweet spot of Carbon combined with the great vibration control and soft feel of Arylate. Perhaps the ultimate in blade technology. • **Carbon:** Carbon reinforced blades produce great speed along with expanded sweet spots. While fast, the bigger sweet spot provides for a shocking level of control. • **Ayous Wood:** A lightweight, stiff wood that is excellent for close-to-the-table counterdrive play. • **Koto Wood:** Koto wood outer layers produce a faster and stiffer blade. Great wood for players who rely on both looping and countering techniques. • **Bass Wood:** Bass wood has been a mainstay in racket making for over fifty years due to its high degree of control and economical price. It is favored by the close-to-the-table counterdriver as well as players looking to purchase their first professional racket. • **Limba Wood:** The classic European topspin wood. Limba wood adds the soft feel and great control needed by today's modern topspin players. • **Cypress Wood:** The classic Asian attacking wood. Favored by attackers for several decades because of its unique combination of speed and softness. Also known as Hinoki Wood. • **Planchonello Wood:** Planchonello outer layers produce great speed. This wood is most often found in blades designed for the power attacker. • **Yellow Aningre Wood:** Yellow Aningre is the ultimate control wood. Providing a soft feel on contact, this wood is favored by many all-round styles of players.

## Category: Table Tennis Equipment

### Subcategory: Table Tennis Equipment Tips

#### **Tip: Experiment to Find the Right Table Tennis Equipment**

Early in your playing career, experiment with lots of table tennis rackets and sponge. Borrow ping pong rackets from other players to try out. You need to learn what's available, and find out what feels right for you. But once you find a combination that you like, stick with it until you have a very good reason for switching. This doesn't mean you shouldn't try out new types of equipment – testing is OK, just don't get stuck in a cycle of constantly switching your equipment, and never getting really comfortable with anything.

### **Tip: Ping Pong Net Assembly**

- The playing surface shall be divided into two "courts" of equal size by a vertical net running parallel to the end lines.
- The table tennis net assembly shall consist of the net, its suspension, and the supporting posts, including the clamps attaching them to the table.
- The net shall be suspended by a cord attached at each end to an upright post 15.25 cm. (6 in.) high, the outside limits of the post being 15.25 cm. outside the side lines.
- The net, with its suspension, along its whole length, shall be 15.25 cm. (6 in.) above the playing surface. The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be as close as possible to the supporting posts.

### **Tip: Table Tennis Clothing**

Regarding other sports wear, wear shorts and a shirt that allow comfortable movement. Otherwise, dress according to the environment. In a hot environment, dress coolly so your perspiration may evaporate easily.

### **Tip: Table Tennis Etiquette**

Changes sweaty clothes as frequently as possible. For competition, use two table tennis towels at a table: one for your playing hand, the other for your body. In a cool environment, change sweaty clothes and wear a warm-up suit when you are not playing.

### **Tip: Tournament Table Tennis Equipment**

Slippery floors. Have two pairs of table tennis shoes. Most table tennis shoes are designed with a normal floor in mind, and that's where they should be used. Some of the Chinese table tennis shoes are almost too grippy on these same floors, making it hard to move with them (look for shoes with "suction cup" soles). However, these are perfect for those slippery floors. Bring both types of shoes, and you won't be the one ice skating during your match. Second solution: put a slightly wet paper towel on the floor, and step on it between rallies. This will make your shoes extra grippy, but only for a minute or so. It's a hassle, and since the friction between your shoes and the floor isn't a constant, it can be tricky to move. That's why I recommend using two pairs of shoes. (Few top players have to deal with this problem because they rarely play on slippery floors. Many of you have probably seen the special red floors used for the championships events at the U.S. Open, U.S. Nationals, U.S. Open Teams, and many 4-star tournaments. Top internationals from Europe and Asia, of course, play only in top conditions.) Humidity. Use two towels, one for you, one for the ball and racket only. The towel you use for yourself will get damp rapidly, and will be useless in drying off your racket or the ball. Have extra towels to replace these when/if they get damp. Related tip: if your racket is dirty (and thereby loses some of its grippiness), wash it off quickly

during a match by simply blowing on the surface to slightly dampen it, then wiping it with a towel. Food & Drinks. Bring fruit, light sandwiches, and other food items that are high in carbohydrates, but not too high in sugar. Eat small amounts throughout the tournament rather than periodic large meals, although you should have a relatively large, high-carbohydrate breakfast. Drinks such as Gatorade.

## Category: Table Tennis Equipment Rules

Subcategory: Tips on Table Tennis Equipment

### **Tip: Table Tennis Ball Rules**

The ping pong ball shall be spherical, with a diameter of 40 mm. The ball shall weigh 2.7 gm. The table tennis ball shall be made of celluloid or similar plastic material and shall be white or orange and matte.

### **Tip: Table Tennis Equipment Rules:**

Players shall not choose ping pong balls in the playing area. Whenever possible players shall be given the opportunity to choose one or more table tennis balls before coming to the playing area. The match shall be played with one of these table tennis balls, taken at random by the umpire. If a table tennis ball has not been chosen before players come to the playing area, the match shall be played with a ball taken at random by the umpire from a box of those specified for the competition. If a ball has to be replaced during a match, the replacement shall be provided according to the procedures of Rules. Unless otherwise authorized by the umpire, players shall leave their ping pong racquets on the table during intervals.

### **Tip: Table Tennis Racket Rules**

The ping pong racket may be of any size, shape, or weight but the ping pong blade shall be flat and rigid. At least 85% of the blade by thickness shall be of natural wood. An adhesive layer within the blade may be reinforced with fibrous material such as carbon fiber, glass fiber, or compressed paper but shall not be thicker than 7.5% of the total thickness or 0.35 mm, whichever is the smaller. A side of the blade used for striking the ping pong ball shall be covered with either ordinary pimples rubber with pimples outward having a total thickness including adhesive of not more than 2 mm. or sandwich rubber with pimples inwards or outward having a total thickness including adhesive of not more than 4 mm. Ordinary pimples ping pong rubber is a single layer of non-cellular rubber, natural or synthetic, with pimples evenly distributed over its surface at a density of not less than 10 per sq. cm. and not more than 50 per sq.cm 4.3.2 Sandwich rubber is a single layer of cellular rubber covered with a single outer layer of ordinary pimples rubber, the thickness of the pimples rubber not being more than 2 mm. The covering

material shall extend up to but not beyond the limits of the blade, except that the part nearest the handle and gripped by the fingers may be left uncovered or covered with any material and may be considered part of the handle. The blade, any layer within the blade, and any layer of covering material or adhesive shall be continuous and of even thickness. The surface of the covering material on a side of a blade or of a side of the blade if it is left uncovered shall be matt, bright red on one side and black on the other. Slight deviations from uniformity of color or continuity of covering due to fading, wear, or accidental damage may be ignored provided they do not significantly change the characteristics of the surface. At the start of a match and if he changes his racquet during a match, a player shall show his opponent and the umpire the racquet he is about to use and shall allow them to examine it. If a player breaks his table tennis racquet during a game, he shall replace it immediately with another racquet which he has brought with him to the playing area or one which is handed to him in the playing area. A racket shall not be changed in an individual match unless it is accidentally damaged so badly that it cannot be used. If a player changes a racket during an individual match without notification, the umpire shall suspend play and report to the referee. Table Tennis Rackets complying with all requirements of the rules for Hard Bat ping pong rackets shall be legal in all USATT tournaments except the US Open and North American Open Team Championships. Hard Bat rules are shown at [www.hardbat.com/](http://www.hardbat.com/) If a player strikes the ball in play with a side of the blade whose surface does not comply with the requirements of the Rules, his opponent will be awarded a point.

## Category: Table Tennis Game Rules

Subcategory: Table Tennis Rules

### **Tip: Ping Pong Game Rules:**

A ping pong game shall be won by the player or pair first scoring 11 points unless both players and pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

### **Tip: Table Tennis Expedite Rules:**

Except where both players or pairs have scored at least 9 points, the expedite system shall come into operation if a game is unfinished after 10 minutes play or at any earlier time at the request of both players or pairs. If the table tennis ball is in play when the game is interrupted, play shall restart with service by the player who served in the rally that was interrupted. If the ping pong ball was not in play when the game was interrupted, play shall restart with service by the player who received service in the immediately preceding rally. Thereafter, each player shall serve 1 point in turn. If the receiving player or pair makes thirteen successive good returns, the receiver shall score

a point. Once introduced, the expedite system shall remain in operation for the remainder of the match.

**Tip: Table Tennis Let Rules:**

If in service the ball, in passing over or around the ping pong table net assembly, touches it, provided the serve is otherwise good or is obstructed by the receiver or his partner. If the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball. If the failure to make a good service or a good return or otherwise to comply with the Laws is due to a disturbance outside the control of the player. If play is interrupted by the umpire or assistant umpire. To correct an error in the order of serving or receiving or ends. To introduce the expedite system. To warn or penalize a player. Because the conditions of play are disturbed in a way which could affect the outcome of the rally.

**Tip: Table Tennis Point Rule:**

Unless the rally is a let, a player shall score a point: If his opponent fails to make a good service. If his opponent fails to make a good return. If, after he has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his opponent. If the ball passes beyond his end line without touching his court, after being struck by his opponent. If his opponent obstructs the ball, except as provided in Rule 9.1. If his opponent strikes the ball twice successively. If his opponent strikes the ball with a side of the racquet blade having an illegal surface. If his opponent, or anything he wears or carries, moves the playing surface. If his opponent, or anything he wears or carries, touches the net assembly. If his opponent's free hand touches the playing surface. If, in doubles, his opponent strikes the ball out of sequence established by the first server and first receiver. As provided under the expedite system. If the umpire assesses a penalty point against his opponent.

**Tip: Table Tennis Rules**

The ping pong table shall be in surface rectangular, 274 cm. (9 ft.) in length, 152.5 cm. (5 ft.) in width. It shall be supported so that its upper surface, termed the playing surface, shall lie in a horizontal plane 76 cm. (2 ft. 6 in.) above the floor. It shall be made of any material and shall yield a uniform bounce of about 23 cm. (8 3/4 in.) when a standard ball is dropped from a height of 30 cm. (12 in.) above the surface. The ping pong table playing surface shall be dark colored and matt, with a white line 2 cm. (3/4 inch) wide along each edge. The lines along the 152.5 cm. (5 ft.) edges or ends shall be termed end lines, and they shall be regarded as extending indefinitely in both directions. The lines along the 274 cm. (9 ft.) edges or sides shall be termed side lines.

**Tip: Table Tennis Serve Rules**

Service shall start with the ping pong ball resting freely on the open palm of the server's stationary free hand. The server shall then project the table tennis ball near vertically upwards, without imparting spin, so that it rises as least 16 cm after leaving the palm of the free hand and then falls without touching anything before being struck. As the ping pong ball is falling, the server shall strike it so that it touches first his court and then, passing directly over or around the net assembly touches the receiver's court. In doubles the ball shall touch successively the right half court of the server and receiver. From the start of service until it is struck, the ping pong ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by any part of the body or clothing of the server or his doubles partner. As soon as the ball has been projected the server's free arm shall be removed from the space between the server's body and the net. It is the responsibility of the player to serve so that the umpire or the assistant umpire can see that he complies with the requirements for a good service.

## Category: Table Tennis Paddles

Subcategory: Table Tennis Paddles Tips

### **Tip: Ping Pong Racket "Feel"**

The game of table tennis is very much a game of feel and each wood type has its own unique feel that is inherent to the wood. Therefore, we have provided you with this vital piece of information. The "feel" is measured by the amount of response or sensation the racket provides at the point of impact. A racket with a 'hard' feel will not offer much response. A 'medium' feel will have a noticeable response while a 'soft' feel will have the most. From a performance standpoint, a 'hard' feel is great for hitters and power play. A 'soft' feel is great for blocking and generating better spin, as the ball remains on the racket longer. A 'medium' feel is the most prevalent and offers the best of both worlds. It is suited for all styles of play.

### **Tip: Ping Pong Racket Speed Rating**

Many different woods are used in modern blade construction. Each wood type has its own unique feel and speed that is inherent to the wood. The speed rating of a racket indicates the integrated pace of the ball relative to other rackets.

### **Tip: What classification of table tennis paddles should I choose?**

- [OFF+] For all out offensive play without compromise.
- [OFF] For direct offensive play with much spin, speed and power.
- [OFF-] For medium offensive play with much spin, speed and power.
- [ALL+] For offensive all-round play mixing shots with topspin shots of variable spin.
- [ALL] For all-round players who mix attack and control shots in rallies

[ALL-] For all-round players who emphasize control and consistency from all distances •  
[DEF] For traditional defense with emphasis on the chop from a far distance

### **Tip: What is table tennis reglue effect?**

Not all rubbers are designed for use with speed glue. Some rubbers when reglued will provide better results than others. Therefore, we have given each of our rubbers a 'high', 'med', 'low' or 'not recommended' rating based on how well they will react to speed glue. Generally, the softer the sponge the higher the "reglue effect" will be. This effect will dissipate over time. Some glue will last only a few hours while others will last a number of days, depending on which type you use. The rubbers will remain attached to the blade surface even after the glue effect is gone.

### **Tip: What weight of table tennis rackets good for me?**

- **WEIGHT**-Most table tennis blades weigh between 70 and 100 grams before rubber is added. As with a tennis racket, golf clubs or baseball bat, the ideal blade weight for you is based on style and strength.
- **Light Blades**-(under 77 grams) allow quickest racket acceleration. They provide a higher ratio of spin to speed. Medium to very fast light blades are favored for quick attack styles (topspin close to the table play).
- **Medium weight blades**-(77 to 89 grams) balance some of the extra power and solid feeling of the heavier "power" blades preferred by many combination attacker/blockers, with some of the advantages of lighter blades.
- **Heavier weight blades**-(over 90 grams) are often more stable when hit off center and once accelerated, produce a higher speed to spin ratio for topspin attacking shots. Fast, heavy blades-have the greatest power producing potential if accelerated to maximum speed at ball contact.

## Category: Table Tennis Tips

Subcategory: Table Tennis Tips

### **Tip: Before you buy a ping pong paddle**

**Professional Paddles** (\$75 - \$200) If you want to play like the Pro's then you need to use what the Pro's use. Most professionals purchase a single blade (and use it for a number of years), but change each side of rubber after about 50 hours of play. Speed glue is another important component if you want maximum speed and spin.

**Club Paddles** (\$30 - \$75) The main distinctions between club and professional paddles are speed, spin, and control. Pro paddles allow for wicked spins and curves, while club paddles help keep the ball in play with control rubber and are less expensive. Paddles in this category are usually prefabricated and have the same rubber on both sides.

**Home Paddles** (\$5 - \$30) If you know the kids are going to use the paddles for wacking more than ping-pong balls you might want to go with the cheapest and most

inexpensive paddles on the market. Some of these paddles are made of plastic, while others have same color rubber on both sides.

### **Tip: How to apply tactics in a ping pong match?**

There are basically two ways to play tactically early in a match. You can either feel your opponent out to see what he can do and then adjust your tactics based on this ("The Explorer"); or you can force your game on the opponent right from the start, making tactical adjustments as you go on ("The Dominator"). The Explorer uses a variety of tactics early on as he tests his opponent. He uses all his shots - pushes, blocks, loops hard and soft, counter drives, etc. – and puts the ball all over the table at various speeds. He uses all of his serves and receives as he judges the best tactics to use in the match. Some players in this category fall into the trap of over-adjusting to an opponent, and end up letting the opponent do what he wants. Being an Explorer doesn't mean you simply adjust to the opponent's shots; it means you are willing to risk falling behind early on as you search for the best tactics. Ideally, the explorer will find a way to use his strengths against the opponent's weaknesses. The Dominator comes in with his best shots right from the start, trying to force the opponent to adjust to his shots. Some players in this category fall into the trap of not adjusting to an opponent's adjustments, and often lose due to this lack of flexibility. Being a Dominator does not mean you simply throw your best shots at the opponent and hope for the best; it means you start off with your best game, and then make tactical adjustments. Are you an Explorer or a Dominator? Whichever you are, perhaps you should experiment with a little of the other. To be at your best, you need some of both.

### **Tip: How to blocking?**

One of the most common reason players have trouble blocking against heavy topspin is because they hold the racket too high. This would seem to make it easier to keep the ball down, but what really happens is that players end up holding their racket at different heights for different blocks, and so cannot really ingrain the proper racket angles. Instead, make sure to hold the racket pretty low, and take the ball off the bounce. This will allow a player to get a feel for the proper racket angle against a heavy topspin loop. It will also make sure you take the ball quickly, which not only makes the shot more effective, but catches the ball before the ball can jump because of the topspin, and so increases consistency.

### **Tip: How to do shadow Practice to help your skill?**

Spend a few minutes each day shadow practicing. Using a regular ping pong racket, a weighted racket, or just an imaginary one, shadow practices your drives, loops and footwork especially. Yes, you may look silly (close your office door!), but your opponent will look even sillier that night when you show up with looser muscles and in better shape, with grooved stroke.

**Tip: How to find out your opponents weakness?**

It's wise to approach a match with the idea of using your strengths, but don't forget to test your opponent as well. You don't want to lose a match because you didn't find a glaring weakness in your opponent's game! Often you can win a match by matching your weakness against an opponent's even bigger weakness. So test your opponents – serve long & short, test their forehand, loop at different speeds, try pushing, etc. Don't risk not knowing your opponent's weaknesses!

**Tip: How to finding your ping pong game?**

Many players try to imitate better players too much. While copying what the top players do is usually good, some players end up doing things that just don't come naturally for them. I have fallen into this trap at times. The key to getting better and continuing to enjoy the sport is to imitate some things, but to truly try to find a game that matches your personality, physical ability and table tennis talents. For example, if you are a patient person, perhaps a consistent medium-speed looping game is what you would be best at. If you are more aggressive, perhaps you should work on developing a great backhand or forehand kill. The idea is to truly imagine what you want to be and then try to figure out how to get there. If you have good touch, but are a little slow, continue to develop your footwork, but realize that your backhand and touch are going to be what wins for you, not running around to play forehand and invariably getting off balance. If you truly want to make this game something you enjoy for your whole life, develop a style that you enjoy and that works for you, and then work on improving that game, not some other game that some better player happens to have.

**Tip: How to imagine the score to help your mental game?**

Is there a certain score where you play best? When leading? Behind? Leading 10-6? Down 10-6? Then either 1) Imagine the score is always that score; or 2) learn to match that psychology no matter the score. If you are good when you are behind, when you are up 10-8, imagine, you are down 10-8 – and vice versa if you are better when you are ahead.

**Tip: How to increase table tennis forehand looping power?**

If you are the type of player who has trouble generating power when looping, try out these two tips, and you'll be surprised at the improvement. First, keep your legs farther apart. Second, contact the ball more from your side. By following these two tips, you'll automatically put more body weight into the shot. If your basic technique is roughly correct but you don't have good power, these two steps will probably be a huge help.

### **Tip: How to keep score in table tennis game?**

Preliminary matches are often the best of 5 games. CHAMPIONSHIP matches are often the best of 7 or 9 games. 2. After deciding the serve (flip of coin), each player will serve TWO points each. 3. If a player serves a net ball (called a 'let serve'), the point is replayed. (There are no limits to the number of let serves a player may serve.) 4. The server in singles can serve anywhere: short, long, straight, or cross-court. Only in doubles do you have to serve diagonally from your right court to the opponent's right court. 5. If you volley the ball while it is still above the table surface, you lose the point. 6. If you move the table, or touch it with your free hand, during the rally, you lose the point. 7. If a you or your clothing touches the net or post during the rally, you lose the point. 8. If you hit the ball twice in succession, you lose the point. 9. If your shot hits a wall, the ceiling, or misses the opponent's side of the table, you lose the point. 10. Change ends of the table after each game. 11. The player who serves at the beginning of a game is the receiver at the beginning of the next game. 12. After the first player scores the 5th point in the final game of the match, change ends. If you forgot to change at 5, then change as soon as you realize it. 13. If your opponent distracts you by talking or yelling while the ball is in play, play a let. 14. At 10-10, the score is called "Deuce". A player must then win by 2 points. Alternate serves until one player has a 2-point lead. 15. Shake hands after every match to show good sportsmanship.

### **Tip: How to locking up your opponents?**

The easiest and simplest way of beating a player is to "lock him up." This basically means forcing him to do what he doesn't want to do. The classic case is to force a player with a weak backhand to go backhand to backhand. Another example would be take away an opponent's strong loop and force him to instead block by getting the first loop each rally. How do you "lock someone up"? Often, the best bet is to base much of your tactics toward this goal. It often takes a lot of thinking and a lot of work. You've got to figure out what your opponent want to do. Then you have to figure out how, using your own weapons, you can force him to do what he doesn't want to do. Too often players think only about what they want to do, and forget about forcing their opponents to do what they don't want to do.

### **Tip: How to move faster during a ping pong game?**

Most players look to see where their opponent hits the ball before deciding if they have to move or not. You'll be much faster if you assume you will have to move, and flex your knees in preparation for moving, even before you know which way you are moving. Since you should be moving to nearly every ball - how often does the opponent just happen to hit the ball right into your forehand or backhand pocket? - How fast you are able to do this makes a big difference. Assume you will have to move to every ball and you'll move much faster.

**Tip: How to playing the "Weird" Style?**

You've probably all had the experience of playing someone who plays "different." They might use a "weird" surface – long pips, antispin, hardbat, etc. Or they might have "weird" shots – sidespin, dead balls, etc. Regardless, keep in mind that there is a reason why these surfaces or shots are not as common as other surfaces or shots – so use your head and take advantage of their weaknesses, rather than complain about the "weirdness."

**Tip: How to preparing for a table tennis tournament?**

The week before a big ping pong tournament it is best to try to work on the "control" aspects of your game more than the physical parts. For example, instead of working on footwork, spend more time on serve, receive, and blocking. The practice in the week leading up to the tournament isn't going to affect your speed much one way or another, while serve, serve return and other control-type techniques can still be more significantly improved. You should still do some footwork drills, but make the drills shorter than normal, with more variety and more game-like footwork drills (such as more random-type footwork drills). One final suggestion: try playing more matches against someone who raises your confidence level, but still pushes you to play your best.

**Tip: How to read ping pong spin?**

To learn to read spin, try focusing just on the contact period - ignore the rest of the motion. Imagine taking a mini-video of the split second of contact. If you do this regularly, pretty soon you'll be able to isolate in your mind the actual direction of the racket at contact. From that, you can read the type of spin. You can also read spin by the way the ball comes off the paddle, travels through the air, and from both bounces on the table. Imagine how the spin will affect the ball, and figure out what to watch for.

**Tip: How to use depth tactically during a table tennis game?**

Learn to control the depth of your loops and other shots. Big, powerful players often jump all over deep balls that come out to them, but struggle against shorter ones. Smaller players often jump all over short balls, but struggle with ones that go deep. Every opponent is different, but if you learn to control the depth of your shots, you'll have a big tactical weapon.

**Tip: How to win table tennis game:**

You can't win unless you can find tactical match-ups where you are better than your opponent. For example, you might find your block is better than your opponent's loop, or that your varied loop is better than your opponent's blocking or counterattack. The idea behind this is pretty obvious, but few players actually think this way when playing. Get into the habit of learning quickly in a match what tactical match-ups you can do where

you are better than your opponent and then find strategies to force these match-ups.

**Tip: Learn something new each time you play**

One of the interesting things one learns when talking to top ping pong players is that they say they are still learning. Some even make it a goal to learn something new each time they play. Do you learn something new each time you play?

**Tip: Learn to play close to the table**

Many players enjoy playing from away from the table, and some (especially defensive players) base their game on this. However, for most players, you want to stay close to the table whenever possible. Otherwise, you "give up" the table. By backing off the table, your opponent has more time to react to your shots, and you have to cover more ground to cover the wide angles and in and out movements. Basically, you are at the mercy of your opponent. If you have trouble staying at the table tennis table during a match, try this remedy. When you practice, put a barrier behind you to make sure you stay within an arm's length of the table. You might even exaggerate it some, and really jam yourself at the table (with the barrier right behind you) so that you'll learn to do this. It will pay off in the long run.

**Tip: Never, Ever, EVER!!!**

Do that thing you did in your last tournament that cost you a match, and that you promised yourself that you would never do again.

**Tip: What are my table tennis player styles?**

- PIPS-OUT ATTACKER - Pips-out Attackers generally stand within three feet of the table. The contact point on all strokes is as early as possible, top of the bounce, or on the rise. This is a forehand-dominated style with the player exhibiting a strong quick pivot move to use the forehand from the backhand side. The success of this style is based on speed, not spin, thus pips-out rubber is ideal. Example: David Zhuang
- POWER LOOPER - This is a forehand-dominated style featuring a strong point winning forehand loop stroke. Players of this style end each point as quickly as possible. They will use a backhand loop to open a point, but then step-a-round and use their forehand loop to end the point. Example: Brian Pace
- ALL-ROUND ATTACKER This athlete typically exhibits a wide variety of attacking strokes executed with almost equal strength from both sides, and the ability to adapt his game to attack the opponent's weaknesses. Players of this style can produce topspin attacking shots from any position or distance from the table. Example: Cheng Yinghua
- COUNTER DRIVER - Often referred to as "walls", this style plays close to the table. Using forehand and backhand counter-drives and blocks, this style seeks to force their opponents into making errors. Example: Geng Lijuan
- MID-DISTANCE AGGRESSIVE LOOPER - This style prefers to stay within six

to eight feet from the table. Their longer topspin strokes carry considerable power and spin, from either the forehand or backhand. Example: Zoran Primorac • **ATTACKING CHOPPER** - This style can best be thought of as an attacker who uses underpin to set up their attacking shots. Players of this style most often use two different racket surfaces and will flip the racket to produce great variation in their defense and their attack. Example: Derek May • **CLOSE-TO-THE-TABLE DEFENDER** This style is built around a chop/blocking game executed from close to the table. Players of this style use underpin blocks to force weak topspin shots from their opponents. They will then attack the weak topspin with a well placed drive or loop. Example: Gao Jun • **DEVELOPING PLAYER**- This person has not yet played long enough to develop a set style. However, he/she wishes to purchase a Professional Quality Racket to give him/her the best opportunity to advance. We recommend starting out with a medium speed blade and a mid-level rubber. This combination will allow you to learn any style. The rubber can be upgraded in the future as necessary

**Tip: What is a hard bat ping pong paddle?**

A ping pong blade covered with short pips rubber with no sponge. Often used in honor of the earlier days of the sport, this paddle and style of play are considered to be the purest form of the sport. A separate branch of hardbat players exists and even has its own competitions and rating system.

**Tip: What is ping pong rubber sheet?**

One of hundreds of coverings, available in various thicknesses and with differing properties, that can be glued to the blade to help provide shots of varying speed and spin. Most rubber sheets are attached to the blade with a layer of sponge in between.

**Tip: What is sidespin?**

Usually used in combination with topspin and under spin, sidespin imparted on a ball causes it to rotate on its vertical axis.

**Tip: What is Sweet Spot means?**

The most solid area in the center of the table tennis blade. The ball does not bounce off of the ping pong paddle as well near its outside edges. Higher quality paddles will have larger sweet spots.

**Tip: What is table tennis robot?**

A machine set up on one side of the table to help a player practice on a particular shot. Newgy Robots can be remotely adjusted to deliver balls of differing speed, rate, spin, and placement.

**Tip: What to think during a ping pong match?**

Too often players worry about their stroke techniques while playing a match. The end result is they try to consciously control their shots. The more they try to do this, the worse the shot gets; and the worse the shot gets, the more they try to consciously control the shot. The end result is disaster! Instead, think of only two things in a match. First, think about tactics – how you will use your shots. The shots themselves will take care of themselves – or at least will do better on their own if you let them go than if you try to consciously control them and make too many "fixes" in mid-match. Second, if a shot feels wrong, then the way to fix it during a match isn't to try to over-analyze it. Instead, think about the feel of the shot, and try to get the right feel. Save the stroke analysis for after the match – it rarely helps during a match.