

# History

Ping Pong (Table Tennis) 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.

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 Federation (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.

## **Key Terms:**

Service/Serve: The first stroke over the net.

Return: Any stroke over the net after the serve.

## **Legal Serve**

The ball must rest on an open hand palm. Then it must be tossed up at least 6 inches and struck so the ball first bounces on the server's side and then the opponent's side.

If the serve is legal except that it touches the net, it is called a **let serve**. Let serves are not scored and are re-served.

**Singles play:** the center lines serve no purpose, so ignore them

**Doubles play:** (alternating return pattern) the server shall first make a service, the receiver shall then make a return, the partner of the server shall then make a return, the partner of the receiver shall then make a return and thereafter each player in turn in that sequence shall make a return.

**Paddle Grip:** Shake Hands grip

## **Scoring**

A match is played best 3 of 5 games (or 4/7 or 5/9). For each game, the first player to reach 11 points wins that game, however a game must be won by at least a two-point margin. NOTE: In class we may modify how we score.

A point is scored after each ball is put into play (rally play). The edges of the table are part of the legal table surface, but not the sides.

Points are scored when a player:

- a. Fails to make a good serve
- b. Touches the table w/ free hand during play
- c. Moves the playing surface
- d. Hits the ball before it touches his/her side
- e. Fails to hit the ball to the other side
- f. Does not follow the alternating return pattern in doubles play

## **Flow of the match**

Each player serves two points in a row and then switch server. However, if a score of 10-10 is reached in any game, then each server serves only one point and then the server is switched. After each game, the players switch side of the table. In the final game (ie 5th game), the players switch side again after either player reaches 5 points.

## Strokes:

**Drive:** The forearm (form a rough 90 degree bend with the upper arm) should be drawn back to the 3 o'clock position, and let the waist turn naturally along with the arm (this is where relaxing is important), swing forward with a slight upward motion bounce. Make sure the paddle is somewhat closed, and remains that way throughout the stroke.

## Strokes:

**Push:** Pushes are the basic backspin shots, used to change the pace of an exchange. Bring the paddle slightly up and back, while keeping the elbow at your waist. Bend the wrist back. Swing forward with a downward motion, and when the paddle reaches the ball snap the wrist forward for extra paddle speed. With an open paddle, graze the bottom half of the ball. An ideal contact point is right after the ball bounces.

## **Strokes:**

**Smash:** Any ball that is high enough and close enough to opponent's side can be smashed, although some opportunities are better than others. Smashing combines waist, forearm, and wrist movement to the fullest extent. A good smash is very hard to return, but it can be done. The ball is contacted at the top of the bounce at its highest point.