

# Table Tennis

## History

Table Tennis originated about 1900 as a parlor game called Ping-Pong (“ping” sound made by the ball hitting the racquet and the “pong” sound made by the ball hitting the table.) The United States Table Tennis Association was established in 1933. Table tennis is considered to be the world’s second largest participation sport. It is the number one racquet sport in the United States. Table tennis became an Olympic sport in 1988.

## Values

Table tennis is an excellent club or home game. It is a great activity that will improve ones eye and hand coordination. The game of table tennis requires minimal equipment, a table that is nine feet long and five feet wide, two racquets and a ball. Ping pong can be played almost anywhere and by all age groups. Table tennis causes little or no damage or injury because a small racquet and light-as-a-feather ball are used.

## Rules-Singles

A game is won by the player who first scores 21 points, unless both players have 20 points, in which the one who first scores two (2) points more than the opponent is the winner. A flip of a coin determines who gets first service. The change of service takes place after five (5) serves. If the score is tied at 20 the players alternate serves.

## Doubles

The only difference between singles and doubles is the serving order. In singles the ball may be served anywhere on either of the table, in doubles the ball is served from the right side of the table to the diagonal side.

## Strategy

It is very important to recognize as early as possible the kind and amount of spin imparted to the ball by the opponent. Different shots produce different spins; consequently, the appropriate counter shot must take this into account. Becoming skilled in this facet of the game requires considerable study and practice.

## Definition

**Ace** – a point scored on a shot that is impossible for the receiver to return.

**Angle shot** – moving a shot diagonally across the table.

**Backhand** – hitting the ball with the back of the hand facing the direction of movement.

**Blade** – the racquet face minus any covering.

**Block** – a quick return performed by holding the racquet directly in the ball’s path and blocking it soon after it bounces.

**Chop** – hitting the ball downward on the back of the ball, giving the ball a backspin. Used primarily on defense when not close to the table.

**Deuce** – tie game at 20-all.

**Drop shot** – a shot that barely crosses the net.

**Fingerspin** – spinning the ball with the fingers on the serve (illegal).

**Forehand** – hitting the ball with the back of the hand turned toward the body.

**Rally** – the serve and all intervening legal returns; it ends when a point is won.

**Slice** – striking the ball in such a manner as to impart a spin to it

**Smash** – executing a “kill shot,” usually after receiving a high bounce.