

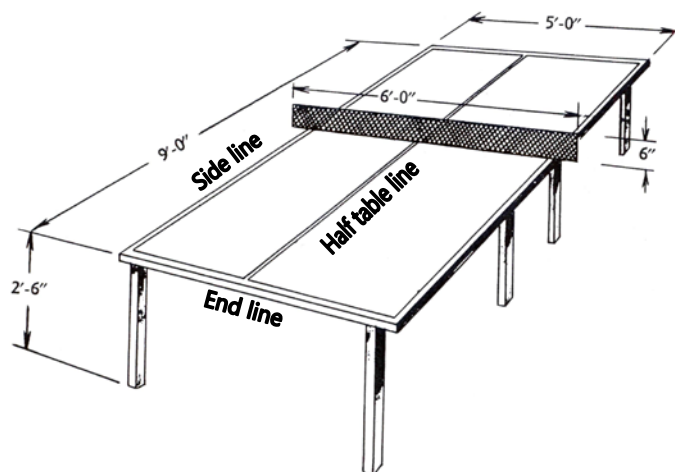
The Chinese University of Hong Kong
Elective P. E. Course — Intermediate Table Tennis

1. Brief History of Table Tennis

The history of table tennis can be traced back to 19th Century England. At that time, the English people simulated tennis on the dining table. They used a straight line as the net in the middle of the table. They began striking the ball forward and backward like tennis. They called such a game “Table Tennis”. When playing this game with the celluloid ball, it sounded like “Ping” and “Pong”, so this game was named “Ping Pong” as well. The first large-scale table tennis competition was held in London in December 1900. The competition attracted some three hundred players. Afterward, table tennis spread throughout the world quickly. The International Table Tennis Federation (ITTF) was established in 1926. The 1st World Table Tennis Championships were held in Berlin, Germany in 1926. The Championships were held every year at the beginning. However, the Championships were re-scheduled to be held once every two years with seven titles in 1957 and onwards. From 2003, individual events were held every odd year, whereas team events were held every even year by the ITTF. In 1988, table tennis was first included in Seoul Olympic Games.

2. Equipment

- 2.1 The Table: 2.74m (9 ft) long and 1.525m (5 ft) wide, and 76cm (2 ft 6 in) above the floor. The half table line is used for doubles only. The half table line divides up the table into the left half table and right half table equally. Doubles players must serve from the right half table crosscourt to the opposite side.
- 2.2 The Net: The top of the net is 15.25 cm (6 in) above the playing surface.



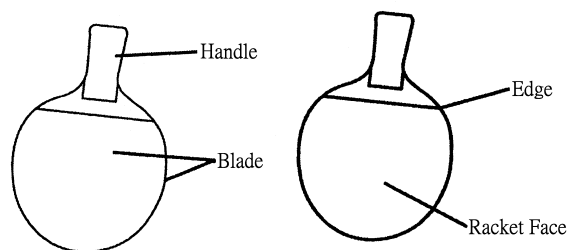
- 2.3 The Ball: The ball is spherical, with a diameter slightly longer than 40mm(V40+). It weighs 2.7g. The ball is made of poly (plastic: ABS) and shall be white or orange, and matt.
- 2.4 The Racket: There are two kinds of blades designed for penhold grip players and shakehand grip players. The racket may be of any size, shape, or weight. 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 fibre, glass fibre or compressed paper.
- 2.5 Rubber: The side of the blade for striking the ball must be covered with ordinary pimples

rubber or sandwich rubber, with pimples inwards or outwards, having a total thickness including adhesive of not more than 4.0mm. One side of the table tennis paddle must have black rubber, and the other side must be a contrasting color. New allowed colors for the non-black side are blue, green, pink, and violet.

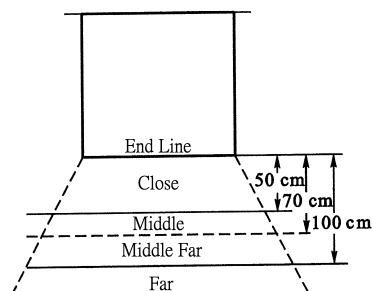
2.6 Adhesive: Inorganic glue (speed glue is prohibited)

3. Common Terminology

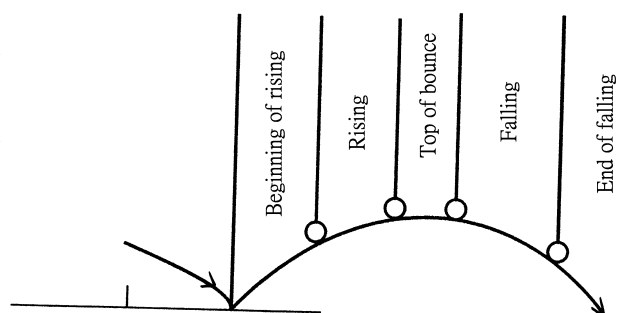
3.1 Different Parts of the Racket



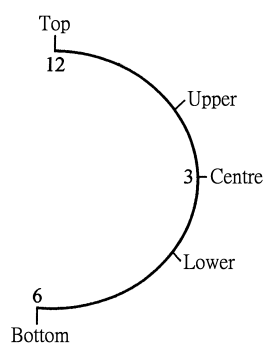
3.2 Play Zones



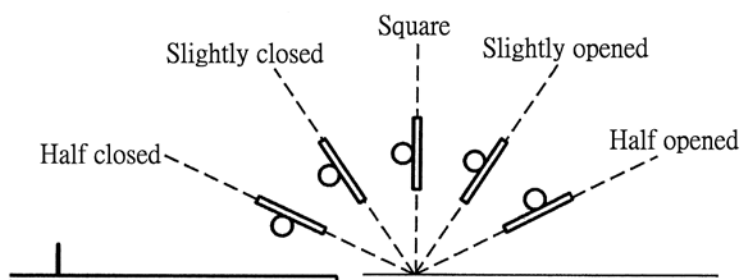
3.3 Time for Contact



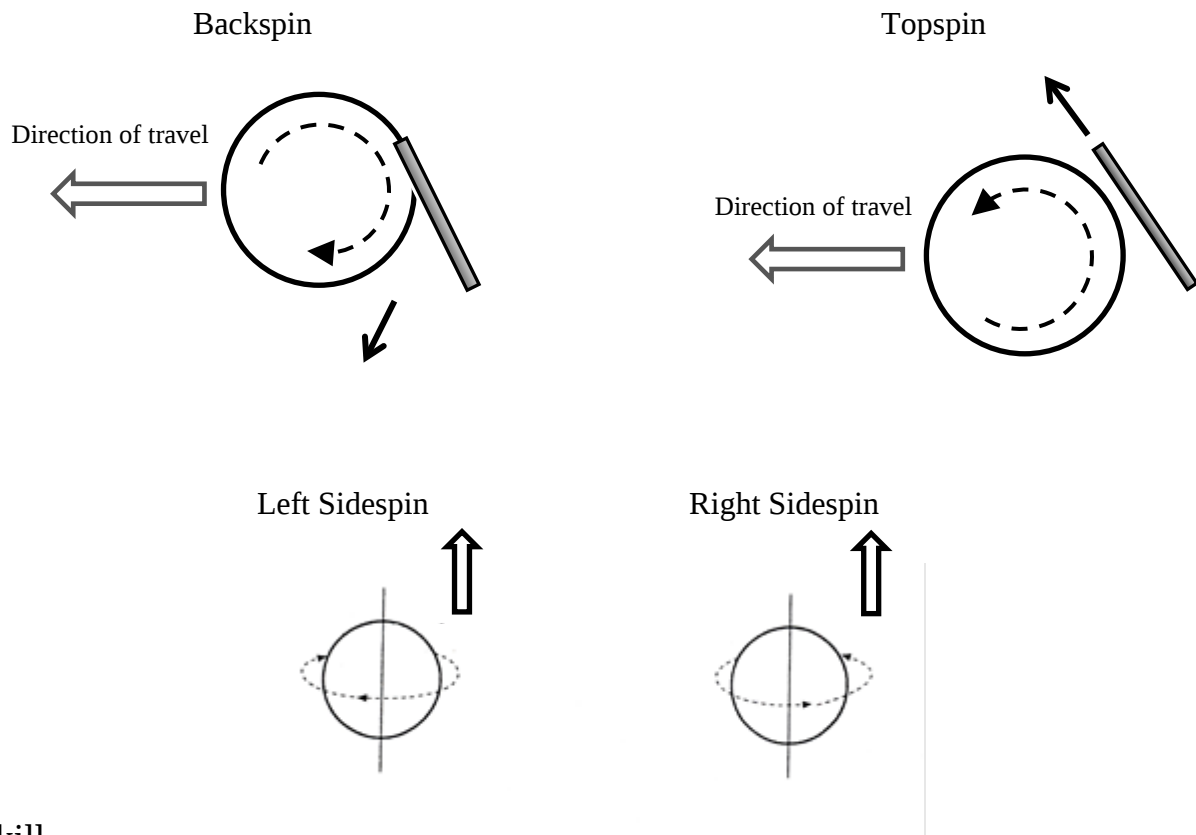
3.4 Contact Point of ball



3.5 Angle of the racket face

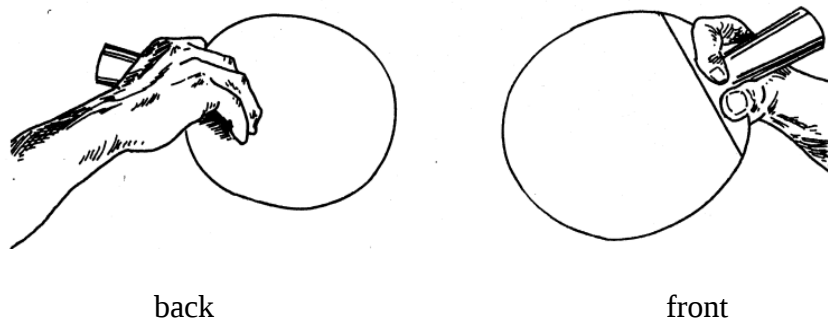


3.6 Basic kinds of Spin

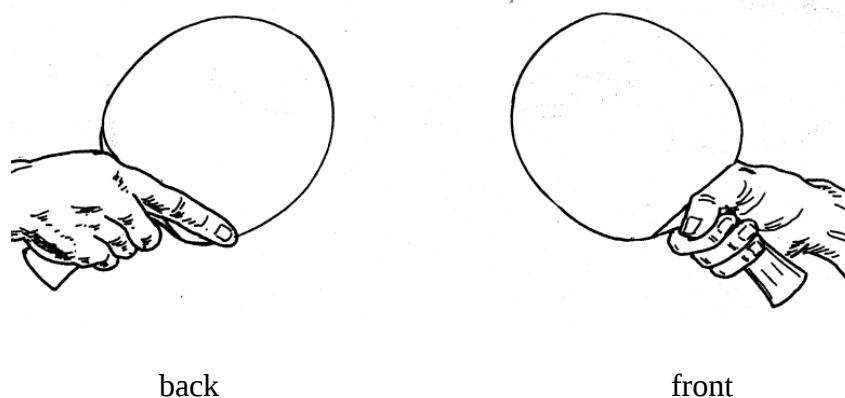


4. Skill

- 4.1 Penhold Grip (Advantage: more freedom of motion with the wrist, easy and quick to adjust from backhand to a forehand stroke)



- 4.2 Shakehand Grip (Advantage: cover more area, easier and powerful backhand stroke)



4.3 Basic Stroke

Four steps for each stroke: ①Backswing ②Forward Swing ③Contact ④Follow Through

4.4 Timing for Various Strokes

<u>Stroke</u>	<u>Time of Contact</u>
Forehand/ Backhand Drive	Top of the bounce
Forehand/ Backhand Loop	Falling
Forehand/ Backhand Block	Rising
Backhand Push and Block	Top of bounce
Forehand/ Backhand Chop	Falling

Forehand Drive (Shakehand)



Forehand Drive (Penholder)



Backhand Drive (Shakehand)



Backhand Push (Penholder)



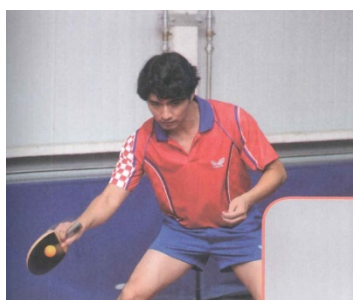
4.5 Forehand Topspin (Penholder)



Ready Position



① Backswing



② Forward Swing

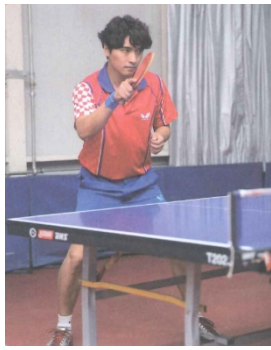


③ Contact



④ Follow Through

4.6 Forehand Topspin (Shakehand)



Ready Position



① Backswing



② Forward Swing



③ Contact



④ Follow Through

4.7 Backhand Slice (Shakehanders)



Ready Position



① Backswing
Tiny movement

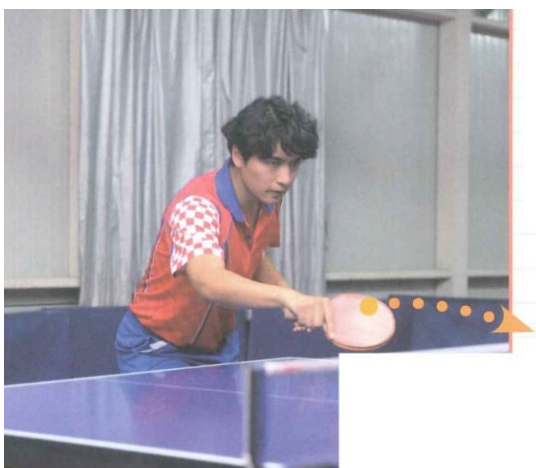


② Forward Swing

Quick action

③ Contact

Racket face half opened, rub against the bottom of the ball.



④ Follow Through

Recover to ready position after hitting the ball.

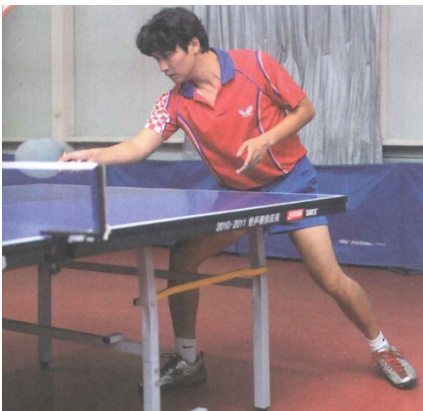
4.8 Forehand Slice (Shakehand)



Ready Position



① Backswing
Tiny movement



② Forward Swing

Quick action

③ Contact

Racket face half opened, rub against the bottom of the ball.

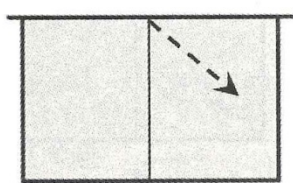


④ Follow Through

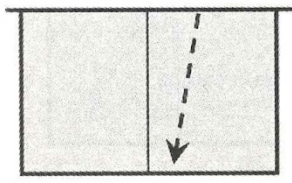
Recover to ready position after hitting the ball.

5. Footwork

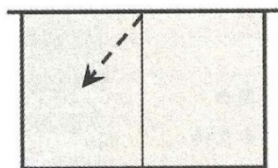
5.1 Single steps



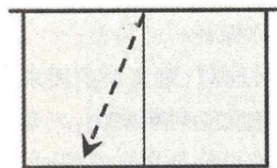
moving to the right (forward)



moving to the right (backward)

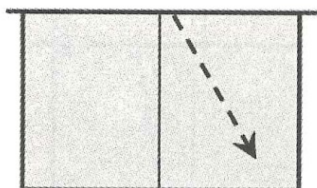


moving to the left (forward)

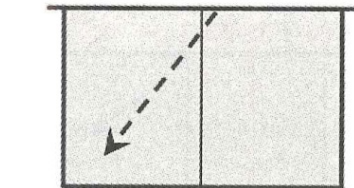


moving to the left (backward)

5.2 Side steps

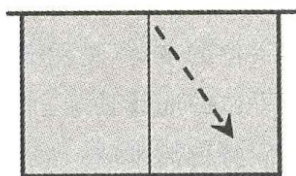


moving from left to right

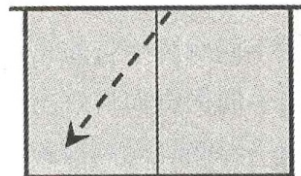


moving from right to left

5.3 Cross steps

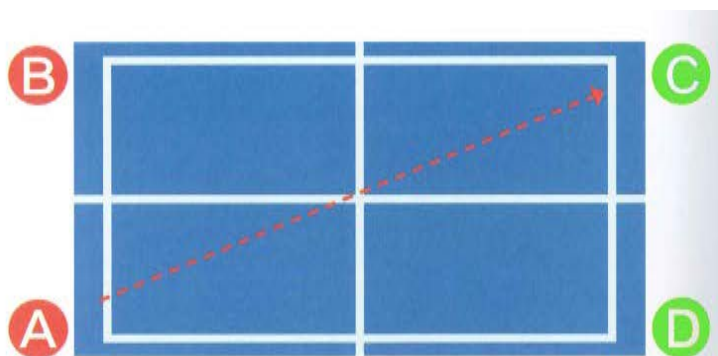


moving to the right

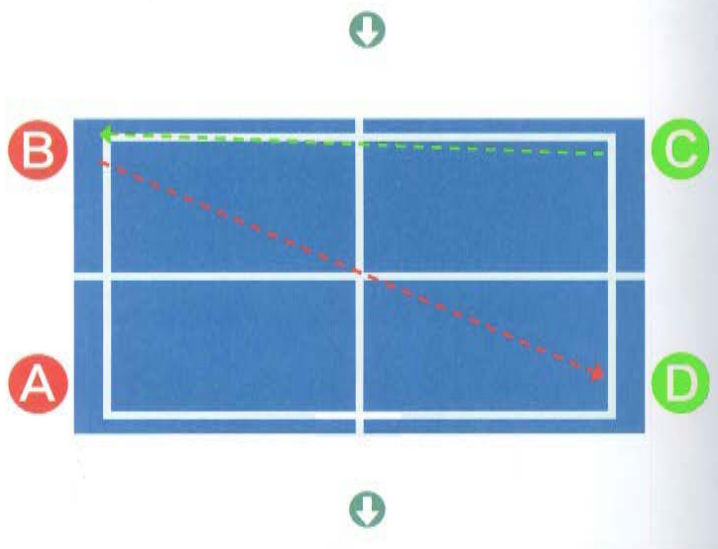


moving to the left

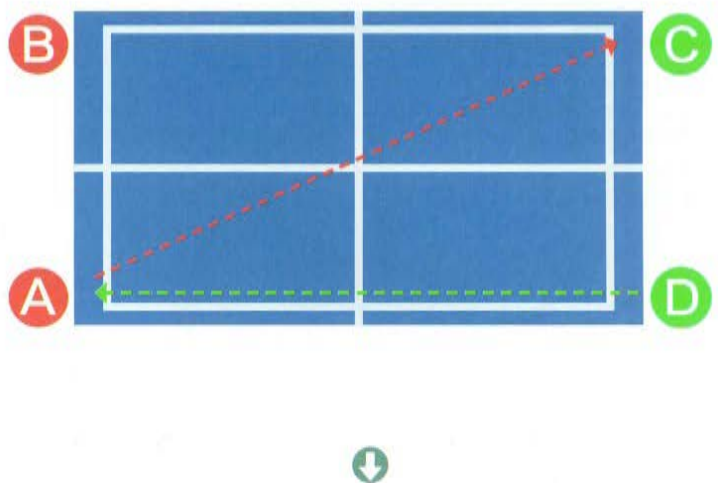
6. Doubles Rules



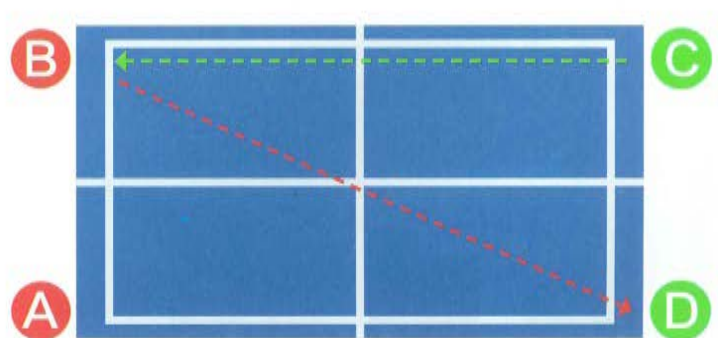
A serve, C return serve.



After C return serve, B hit back.



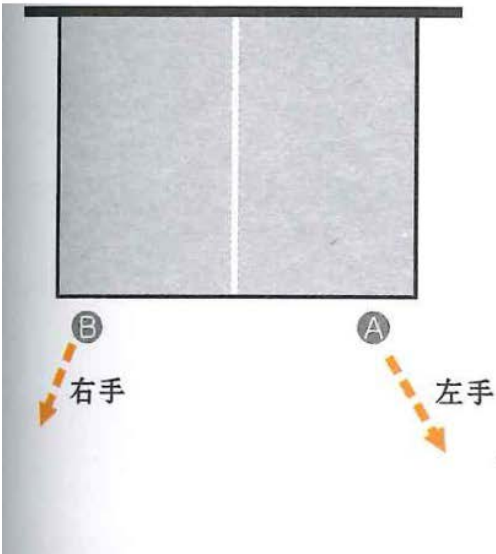
After D hit back, then A return.



C hit back, then B return,
and so on.

7. Basic strategies for Doubles

Figure of “八”



Circle (clockwise)

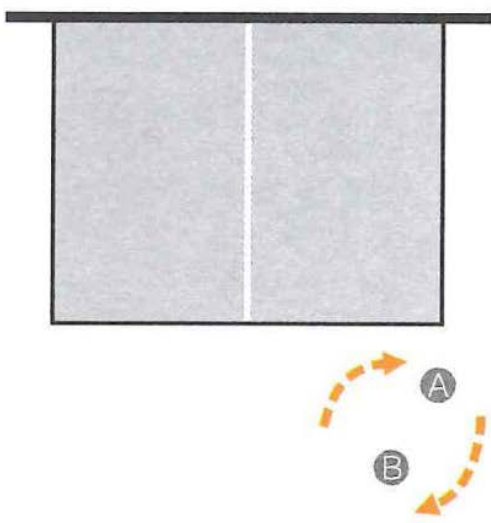


Figure of “T”

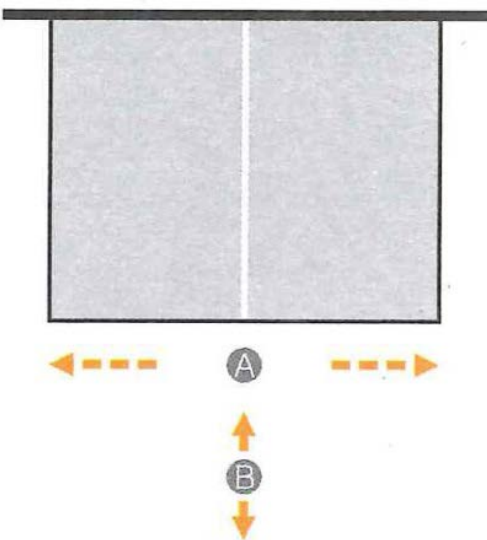
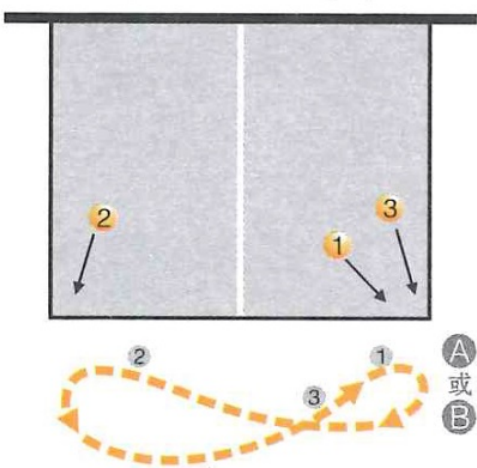


Figure of “∞”



8. Winning Clues

Quick (To hit the ball as soon as possible to shorten the opponent's reaction time)

Determination (To make a quick and confident judgment when returning the ball)

Accuracy (To return the ball with a wide angle on purpose)

Spin (To add spin to the ball)

Variety (To play with various skills and tactics)

9. Basic Tactics

9.1 Fast attack while staying close to the table (high ball speed with a low and long curve – easier to make mistakes)

9.2 Loop drives (low ball speed with a high and short curve – more consistent)

9.3 Loop drives combined with a fast attack (emphasis on loop drives with fast attacks)

9.4 Fast attack combined with loop drives (emphasis on fast attacks with loop drives)

9.5 Defending Cutting (chopping drives with varied force and spin or play a long-and-short game to upset the opponent's footwork)

9.6 Cutting combined with an attack (chopping drives with varied force and spin or playing a long-and-short game to upset the opponent's footwork, creating openings for attack)

10. Scoring and rules

10.1 Usually a match shall consist of the best of seven games, the best of five games, or the best of three games with 11 points for each game.

10.2 A game is normally won by the player first scoring 11 points, unless both players score 10 points "deuce", then it shall be won by the first player gaining a lead of 2 points.

10.3 After deciding the serve, each player serves two points. However, each player serves one point when "deuce" is in operation.

10.4 Each player can ask for a one-minute time out in a set.

10.5 Each player can stop to wipe the sweat off at intervals of six points.

10.6 Each player is given a one-minute break between two games.

11. Format of Play

11.1 Round Robin System : Participants can play among other participants in the same group.

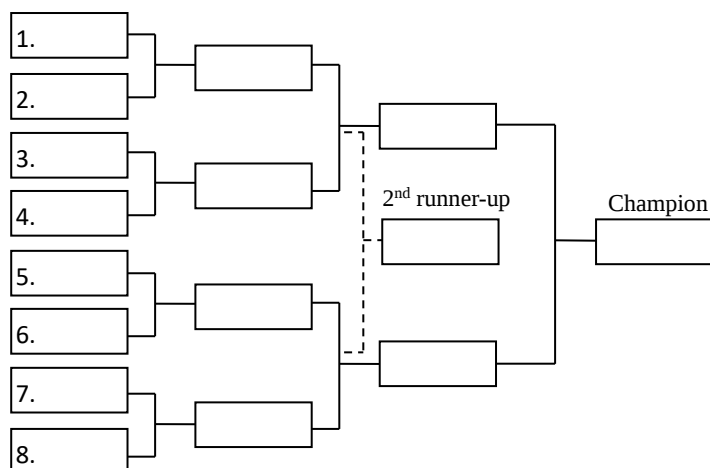
		1	2	3	4	No. of Wins	Net			Position
							set	game	point	
1			(3 rd round)	(2 nd round)	(1 st round)					
2				(1 st round)	(2 nd round)					
3					(3 rd round)					
4										

Formula for total number of matches to be played $S = n(n-1) / 2$

S : total number of matches to be played

n : number of participants

- 1.2 Single Knock-out System : Participant are knocked out and cannot carry on when losing one match.



Formula for total number of matches to be played (no 2nd runner up match) $S = n-1$

Reference and related web-sites

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3. 唐建軍 (2005) 「乒乓球技巧圖解」 北京體育大學出版社
4. 韓志忠 (2006) 「乒乓球教學、訓練、競賽與科研」 人民體育出版社
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6. 那鋒 (2016) 「看圖學打乒乓球」 人民郵電出版社
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8. 程云峰、張虹雷 (2015) 「乒乓球運動」 浙江大學出版社
9. 賈純良、穆亞楠 (2014) 「乒乓球快速入門與實戰技術」 成都時代出版社
10. Hong Kong Table Tennis Association <http://www.hktta.org.hk>
11. International Table Tennis Federation (ITTF) <http://www.ittf.com>
12. Table Tennis Website http://hk.dir.yahoo.com/recreation_and_life/sports/Table_Tennis/