

The Rules

Service is decided by a coin toss.

Service:

The player serving must stand with the ball held behind the end of the table.

The ball must be held over the height the table in the open palm of the free hand.

The server must toss the ball upwards (without spin) at least 15cm.

The server cannot obstruct the sight of the ball, the opponent and umpire must have a clear view of the ball at all times.

When serving, the ball must bounce once on the servers side of the table and then the opponents side.

If the ball strikes the net but does not touch the opponents side of the table, then a point is awarded to the opponent.

However, if the ball hits the net, but does go over and bounce on the opponents side, its called a let. Play stops and the ball is returned to the server.

Returning Service:

To make a good return the ball must be returned before it bounces twice on your side of the table.

Hitting the ball: The ball must be hit so it passes over or around the net.

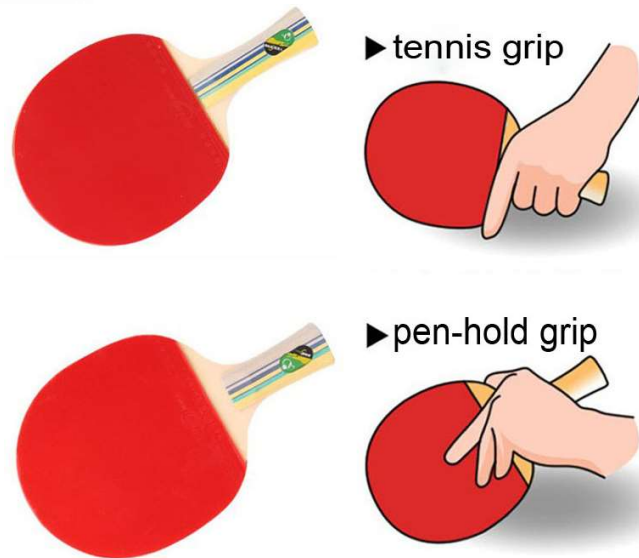
If a player cannot return a hit so that the ball bounces on the opposite side of the table, that player loses the point.

Table Tennis



Lesson Overview

1. Grip & Backhand Push
2. Forehand Topspin
3. Backhand Topspin
4. Serve
5. Outwitting Opponents
6. Assessment



Key Terminology

Backhand – A shot done with the bat to the left of the elbow for a right hander, the reverse for the left hander.

Backspin - Backward spin placed on the ball.

Forehand – Any shot done with the bat to the right of the elbow for a right hander, the reverse for the left hander.

Closed – Holding the bat so that the hitting surface is aimed downward aiming away from you.

Cross-table – A ball that is hit diagonally from corner to corner.

Dead – A ball without any spin.

Drive – The basic topspin shot.

Game – Each game played to 11 unless deuce occurs.

Let – Service ball hitting the net or a distraction that causes the point played again.

Push – A push is a backspin shot usually hit close the net. This is a passive shot used defensively.

Open – Holding that bat so that the hitting surface is outwards with the top edge leaning towards you.

Rally – The period in which the ball is in play.

Spin – The rotation of the ball.

Topspin – Spin placed on a ball to allow it to curve down onto the table.