The History of Table Tennis

Table tennis began in the 1880’s when the Victorians were looking for a game that could be played indoors. The game was modeled after the outdoor game of tennis. Table Tennis, also known as ping-pong [a name patented by Parker Brothers], has changed and evolved over the years to develop into a fun and exciting game.

The changes in rules and equipment have made table tennis a competitive and recreational game that is enjoyed by many across the world. In 1926, the International Table Tennis Federation [ITTF] was formed, and controlled all rules and standards of the game. Table tennis became an Olympic sport in 1988 when the Olympic Games were played in Seoul, South Korea. Today table tennis is a lifetime sport that is enjoyed by people all around the world.

Object of the Game
- To outscore your opponent by winning the most rallies; playing to 11 points.

Players
- A team consists of one (singles) or two (doubles) players.

To Start Play
- Volley to see which team begins with the serve.

Service
- Serves must go diagonal over the net.
- Serves must bounce on the receiver’s side of the table before being played.
- Each team will get two [2] service opportunities and then alternate every 2 serves.
- If a serve hits the net and lands in play a reserve will be allowed. (let)
- If a serve hits the net and goes out, the service attempt is lost and the point is awarded to the other team.

Ball Movement
- You are not allowed to touch the table with your free hand while the ball is in play.
- The ball must bounce before the receiver is allowed to make a return play on the ball...NO volley play [loss of point].
- Lines are in play.

Scoring
- Games go to 11 points and you must win by 2 points.
- Rally scoring
- If a game is tied at 10-10, deuce is called. The first player/team to have a 2 point lead wins.
Table Tennis Study Guide

Skills
- **Backhand**: Table tennis shot made with the back of the paddle. This shot is the opposite of the forehand.
- **Drop shot**: A shot meant to fall close to the net. When executed properly, the table tennis ball bounces twice on the table before the opponent can return it.
- **Forehand**: Table tennis shot made with the front of the paddle.
- **Grips**:
  - *Shake-hand grip* …most common grip used…grasp paddle as though you were shaking hands
  - *Penholder grip* …common with the greatest players…grasp paddle as though you were holding a pen.

- **Kill**: An aggressive shot hit with too much speed for the opponent to return it.
- **Lob**: A shot that is hit high in the air with both sidespin and topspin. This shot is meant to be difficult for the opponent to return with a smash.
- **Block**: A defensive shot accomplished by blocking the path of the ball.

Vocabulary
- **Ace**: a service that completely eludes [passes] the receiver.
- **Advantage [ad]**: Next point made after a deuce score. It is “advantage out” if the receiver wins it and “advantage in” if the server wins. The player wins the match who first wins a point after gaining “advantage”
- **Deuce**: when the score is even at 10-all. To win, a player must score 2 consecutive points
- **Let**: Playing the point over because a service shot has hit the net or because of an outside distraction.
- **Volley**: illegal stroking of ball while it is in the air and before it has touched the table