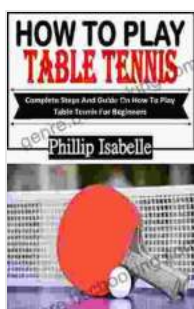


Complete Steps and Guide on How to Play Table Tennis for Beginners

Table tennis, also known as ping-pong, is a fun and challenging sport that can be enjoyed by people of all ages. It's a great way to get exercise, improve your hand-eye coordination, and socialize with friends. If you're new to table tennis, don't worry! This guide will teach you everything you need to know to get started.



HOW TO PLAY TABLE TENNIS: Complete Steps And Guide On How To Play Table Tennis For Beginners

by Lyn Millner

★★★★☆ 4.4 out of 5

Language : English
File size : 369 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 21 pages
Lending : Enabled



Equipment

To play table tennis, you will need the following equipment:

- A table tennis table
- Two paddles

- A ball

You can find table tennis tables at most sporting goods stores or recreation centers. You can also Free Download paddles and balls at these stores or online.

Basic Rules

The basic rules of table tennis are as follows:

- The game is played on a rectangular table that is divided in half by a net.
- Players take turns hitting the ball over the net with their paddles.
- The ball must bounce once on each side of the table before it can be hit again.
- A player loses a point if they fail to return the ball over the net, hit the ball into the net, or hit the ball off the table.
- The first player to reach 11 points wins the game.

Holding the Paddle

There are two main ways to hold a table tennis paddle: the shakehand grip and the penhold grip. The shakehand grip is the most common grip, and it is the grip that we will be teaching in this guide.

To hold the paddle with the shakehand grip, place your hand on the handle so that your thumb is resting on the top of the paddle and your fingers are curled around the bottom of the paddle. Your index finger should be extended along the side of the paddle.

Serving the Ball

The serve is the first shot in a table tennis game. To serve, stand behind the end line of the table and toss the ball into the air. Hit the ball with your paddle so that it bounces once on your side of the table and then over the net. The ball must land on the opposite side of the table between the sideline and the center line.

Basic Strokes

There are four basic strokes in table tennis: the forehand drive, the backhand drive, the forehand push, and the backhand push. The forehand drive is the most powerful stroke, and it is used to hit the ball hard and fast. The backhand drive is a less powerful stroke, but it is more controlled. The forehand push and the backhand push are used to return soft shots.

Forehand Drive

To hit a forehand drive, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand with the shakehand grip. When the ball bounces on your side of the table, swing your arm forward and hit the ball with the face of the paddle. Follow through with your swing so that the ball goes over the net and onto the opposite side of the table.

Backhand Drive

To hit a backhand drive, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your non-dominant hand with the shakehand grip. When the ball bounces on your side of the table, swing your arm backward and hit the ball with the back of the paddle. Follow

through with your swing so that the ball goes over the net and onto the opposite side of the table.

Forehand Push

To hit a forehand push, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand with the shakehand grip. When the ball bounces on your side of the table, gently push the ball over the net with the face of the paddle. Do not swing your arm; instead, use your wrist to generate power.

Backhand Push

To hit a backhand push, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your non-dominant hand with the shakehand grip. When the ball bounces on your side of the table, gently push the ball over the net with the back of the paddle. Do not swing your arm; instead, use your wrist to generate power.

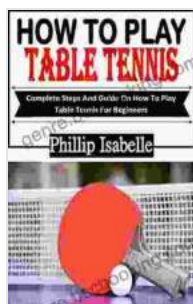
Tips for Beginners

Here are a few tips for beginners:

- Start by practicing against a wall. This will help you to develop your basic strokes and get a feel for the game.
- Once you have mastered the basic strokes, start practicing against a partner.
- Don't get discouraged if you lose. Everyone loses when they first start playing table tennis.

- Have fun! Table tennis is a great way to get exercise and socialize with friends.

Table tennis is a fun and challenging sport that can be enjoyed by people of all ages. With a little practice, you can master the basic strokes and start playing like a pro. So what are you waiting for? Grab a paddle and start playing today!



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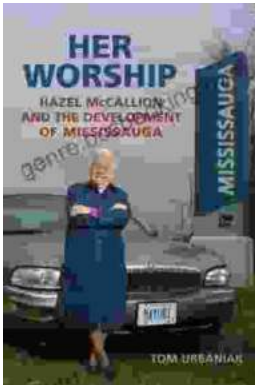
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