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

1. Brief History of Table Tennis

The history of table tennis can be traced back to the 19th Century England. At that time, the English people simulated tennis on the dinning 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 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. Afterwards, 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.

Event \ Title	Men's Singles	Women's Singles	Men's Doubles	Women's Doubles	Mixed Doubles	Men's Team	Women's Team
ITTF 2015 World Table Tennis Championships	✓	✓	✓	✓	✓		
ITTF 2016 World Table Tennis Championships						✓	✓
London Olympic Games 2012	✓	✓				✓	✓
Rio Olympic Games 2016	✓	✓				✓	✓

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 left half table and right half table equally. Doubles players must serve from right half table crosscourt to the opposite side.
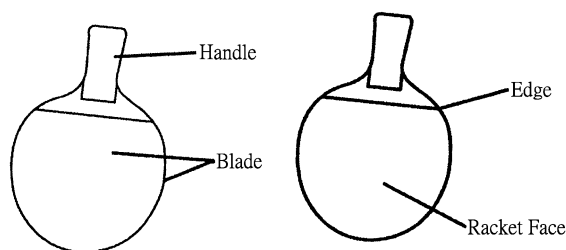
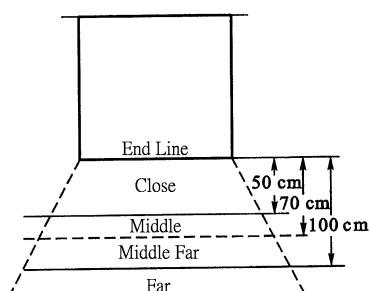2.2　The Net:　The top of the net is 15.25 cm (6 in) above the playing surface.
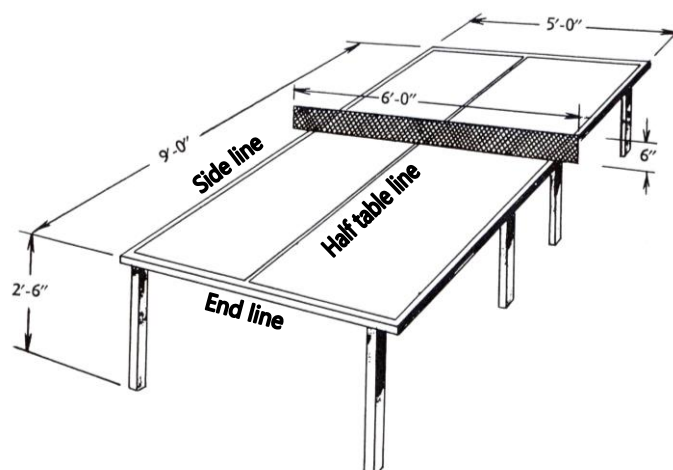
2.3   The Ball: The ball is spherical, with a diameter slightly longer than 40mm(V40+). It weighs 2.7g. The ball is made of poly (plastic: cellulose acetate) and shall be white or orange, and matt.

2.4   The Racket: The racket may be of any size, shape or weight. There are two kinds of blades designed for penhold grip player and shakehand grip players.

2.5   Rubber: The side of the blade for striking the ball must be covered with ordinary pimpled rubber or sandwich rubber, with pimples inwards or outwards, having a total thickness including adhesive of not more than 4.0mm.

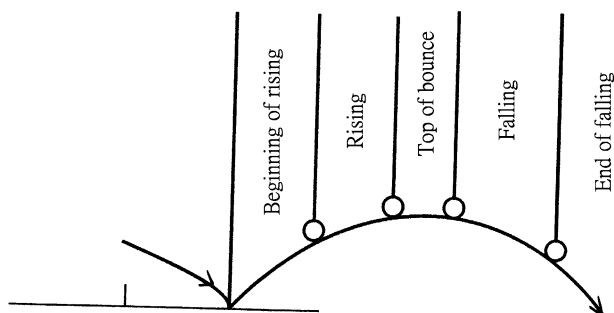2.6   Adhesive: Inorganic glue (speed glue is prohibited)

3. Common Terminology

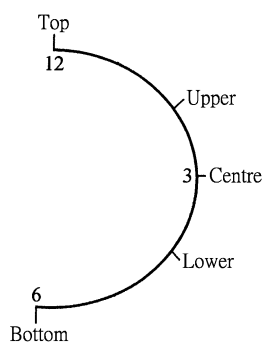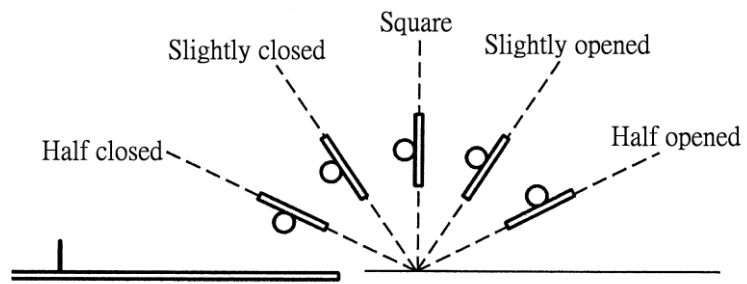## 3.1 Different Parts of the Racket

Handle

Edge

Blade

Racket Face

3.2 Play Zones

End Line

Close

50 cm

70 cm

Middle

100 cm

Middle Far

Far

3.3 Time for Contact

Beginning of rising

Rising

Top of bounce

Falling

End of falling

3.4 Contact Point of ball

Top

12

Upper

3 — Centre

Lower

6

Bottom

3.5 Angle of the racket face

Square
Slightly closed — Slightly opened
Half closed — Half opened

3.6 Basic kinds of Spin

Backspin

Direction of travel

Topspin

Direction of travel

Left Sidespin

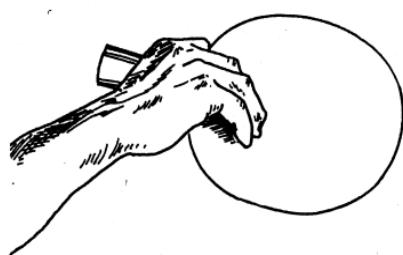Right Sidespin
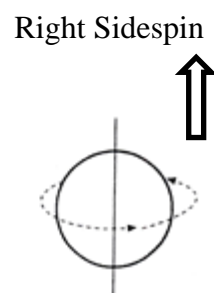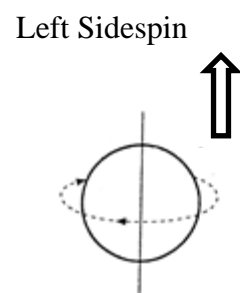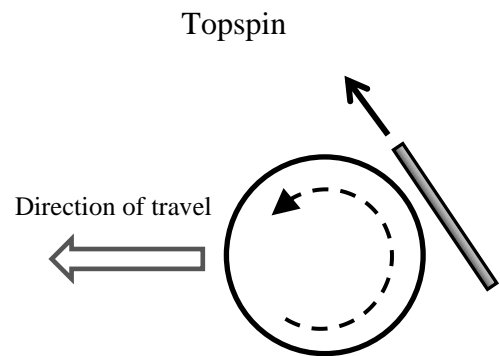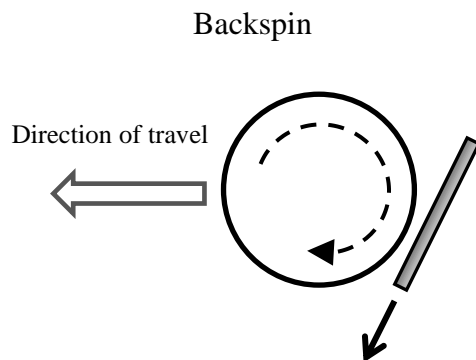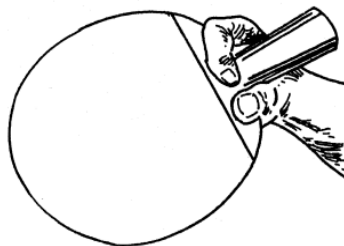
4. Skill

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

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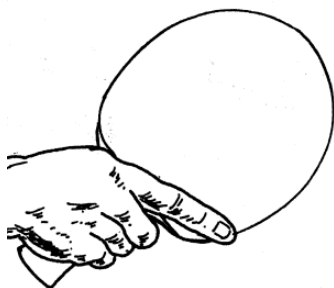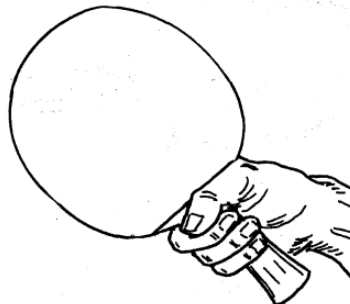
    4.2   Shakehand Grip   (Advantage: cover more area, easier and powerful backhand stroke)

                    back   front

4.3 Basic Stroke

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

4.4 Timing for Various Strokes

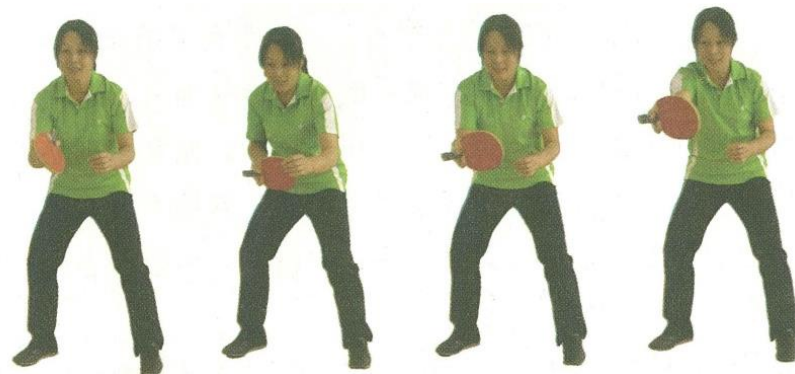| Stroke	Time for Contact
FH/BH Drive	Top of the bounce
FH/BH Loop	Falling
FH/BH block	Rising
BH Push and Block	Top of bounce
FH/BH Chop	Falling

Forehand Drive (Shakehander)

Forehand Drive (Penholder)

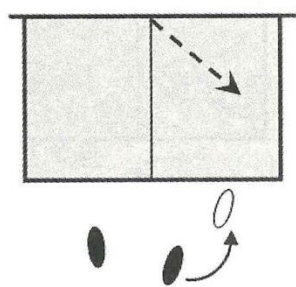

Backhand Drive (Shakehander)
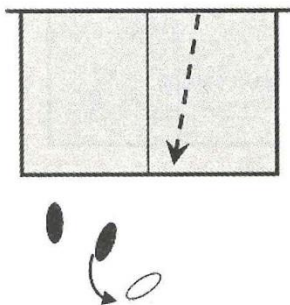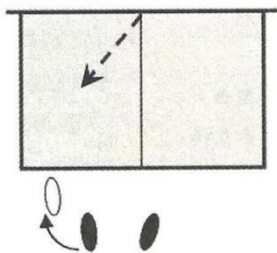

Backhand Push (Penholder)
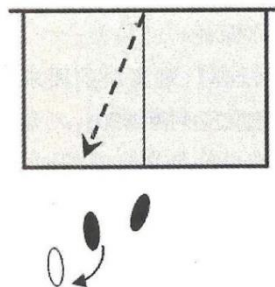
4.5 Footwork
i) Single steps

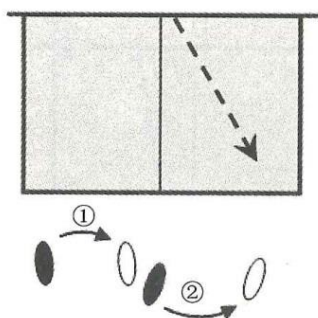moving to the right (forward)　　　　moving to the right (backward)
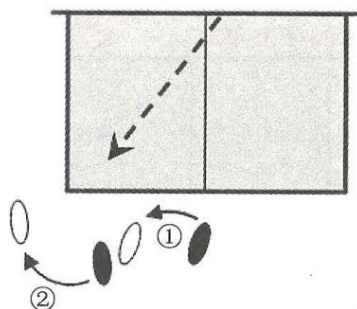
moving to the left (forward)　　　moving to the left (backward)
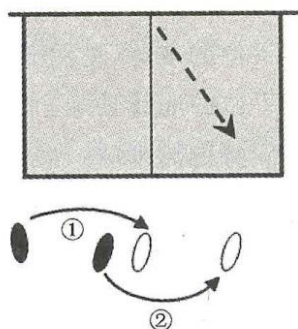
ii) Side steps
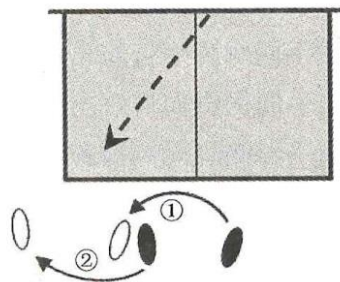
moving from left to right　　　　moving from right to left

iii) Cross steps

moving to the right　　　　moving to the left

5. 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 wide angle on purpose)

Spin (To add spin to the ball)

Variety (To play with various skills and tactics)

6. Basic Tactics

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

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

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

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

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

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

7. Scoring and rules

7.1 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.

7.2 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.

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

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

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

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

8. Format of Play

8.1 Round Robin System：Participant can play among other participants in the same group.

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

8.2 Single Knock-out System： Participant are knocked out and cannot carry on when losing one match.
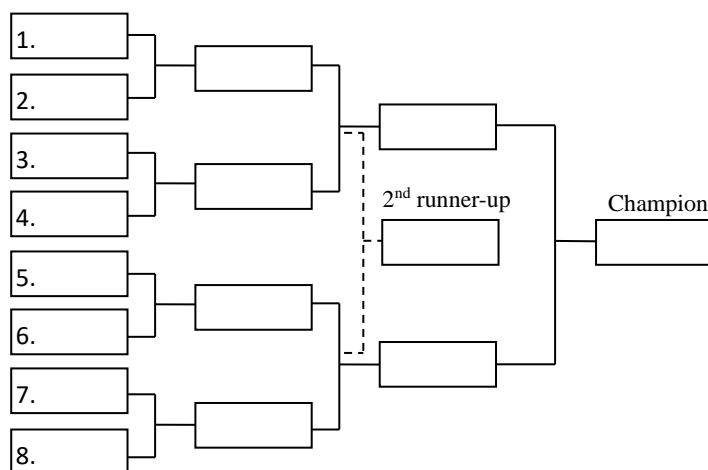
Formula for total number of matches to be played (no 2nd runner up match)　　S = n–1

Reference and related web-sites

1. Glenn Tepper, (2003) "Table Tennis ITTF Level 1 Coaching Manual" International Table Tennis Federation

2. 王梅生、安瑛 (2005)　「體育課程──乒乓球教學」　北京體育大學出版社

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

5. 王丹虹、林學政 (2010) 「乒乓球入門」　福建科學技術出版社

6. 那鋒 (2016)　「看圖學打乒乓球」　人民郵電出版社

7. 張星杰、蔣國強 (2016) 「手把手教你打乒乓球」　人民郵電出版社

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/