

TABLE TENNIS

HISTORY :

Table Tennis is also known as Ping Pong. It is an indoor game. The place of its origin is not known. It was first started in the last decade of the 19th century in Great Britain. Earlier, its name was Gossima. After that, it acquired the name of Ping-Pong—an imitation of the sound made by the ball striking the table. Often, it was played as an after dinner recreational, rather than a sport. It took its current name from 1900 with advent of Celluloid balls, imported from the United States by Englishman James Gibb. The Europeans called this sport as Table Tennis and International Table Tennis Federation (ITTF) was formed in Berlin in 1926. The first world championship took place in 1926 only. The Hungarians, Czechs and English dominated the game until the 1950 and then the Japanese, Chinese and Koreans took over this game. In 1933, the United States Table Tennis Association came into existence. In India, the Table Tennis Association was established in 1938. The game became the part of the Asian Games in 1958. The Japanese and Chinese took over, bringing most of the technical and tactical innovations to the game up to 1979. Although the Swedish men have regularly been winning since 1980 Women's Table Tennis has been dominated exclusively by the Asians since 1971. Table Tennis became an Olympic Sport in Seoul, in 1988. It is a very popular indoor game, that is now played all over the world. It enjoys a great popularity in India as well. India has produced many world-class players. In India, the game is controlled by the Table Tennis Federation of India (TTFI).

POINTS TO REMEMBER

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| 1. Shape of the table-tennis table | Rectangular |
| 2. Length of table-tennis table | 274 cm |
| 3. Breadth of table-tennis table | 152.5cm |
| 4. Height of table-tennis table from floor | 76 cm |
| 5. Height of the net from the playing surface | 15.25cm |
| 6. Length of the net | 183cm |
| 7. Circumference of the table-tennis ball | 40 mm |
| 8. Weight of the table-tennis ball | 2.50 gm to 2 gm |
| 9. The material of which the table tennis ball is made up | Celluloid plastic |
| 10. Colour of ball | White, yellow and matty |

LATEST RULES OF TABLE TENNIS

1. The table-tennis table shall be rectangular in shape. Its length is used to be 274 cm and width 152.5 cm. Its top surface, which is known as play-surface, is 76 cm high above the floor and would be horizontal and evenly levelled. The table can be made-up of any material. The surface of the table shall be dark in colour, which could be deep green, it will be marked with a 2 cm wide, white stripe at each corner.

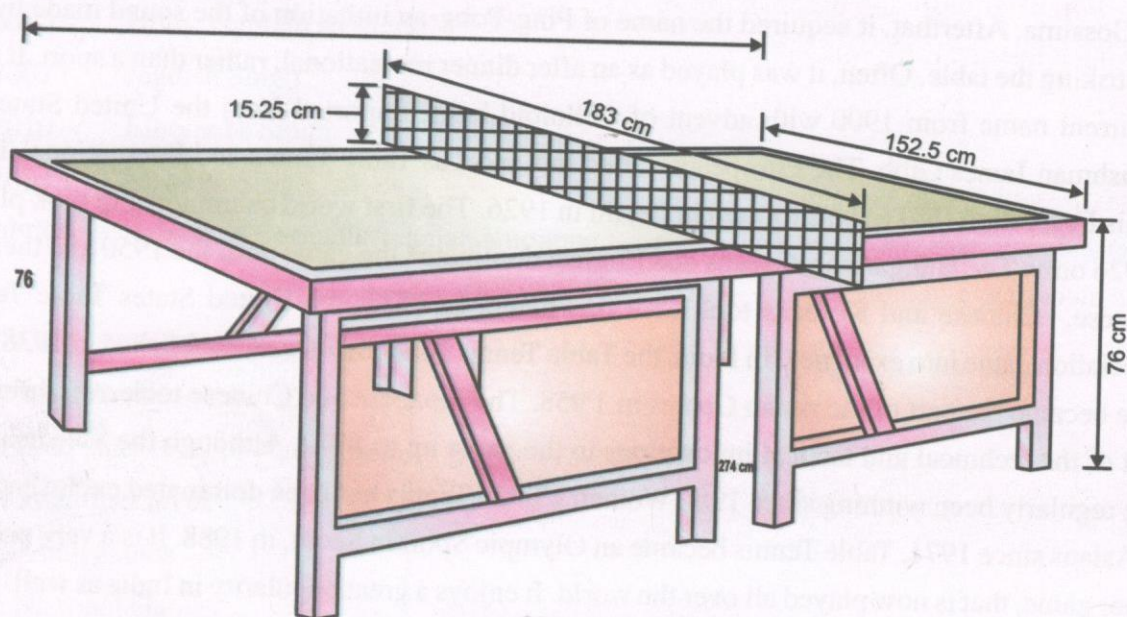


Table Tennis Table

2. For Doubles, the play-surface is divided into two parts with a three-metre wide white line which goes along the two parallel sidelines and it is at the equidistance. It is called as centre-line.
3. This game is of 11 points. In singles game, the server can do two continuous services. Though, he may score or not, after that service goes to second player.
4. In doubles game the server does the service and the receiver gives good return. The partner of server will do a good service and turn by turn every player will give good return turn by turn.
5. In the service at time of moving hand forward the ball will be considered in the play until it touches an area twice it touches the player or touches his clothes.
6. In the service, the contacting hand with the ball will be open. Fingers will be joined together and thumb will remain free and server will bring the ball in the playing surface level and will start the service in the air in such a way, that ball may be visible to the referee and let the ball jump at least six

inches higher. Then attack the ball in such a way first of all making the contact with server and crossing over the net and then again touch the area of attacker.

7. It is let, when the ball touches the net and goes to opponent's side or when the receiver or its partner is not ready and service is done.

8. The player will lose his point, if he is unable to do a good service or from any opponent, there is no good return or fails to give good return of a good service.

FUNDAMENTAL SKILLS

Forehand push and backhand push : After having a good foundation of feeling the ball and having a relaxed grip, you will start to learn the “timing”. Timing is when to hit the ball. The best exercise is to practice the forehand push and the backhand push.

Forehand flick : The flick (or flip) technique is previously considered as the “advanced skills in table tennis”. However, in this modern table tennis era, the Chinese coach has moved this skill to the fundamental skills. If you can not aggressively return the ball, you will quickly be dominated in this modern age of table tennis.



Backhand flick : The backhand flick is now a days considered as the standard technique. Using backhand flick to return all the topspin or sidespin short serve. Backhand push is rarely used in the real match today. There are 2 types of backhand flick: Banana Flick and Strawberry Flick.

Backhand loop the underspin ball : Chinese table tennis focuses a lot on the use of the lower part of your body. When you master all of the basic skills, you should quickly incorporate your body (hip, waist, legs, abdomen) into your stroke.

Forehand attack the semi-long ball : Table tennis tactics, in fact, turn around the service and service-return. Best players use the semi-long ball a lot nowadays. Short ball is weak, and the long ball is easily attacked. A semi-long ball will let you attack right after your serve. That's the reason why Chinese coach has introduced the forehand attack the semi-long ball into the basics training.

Learn Forehand fast serve : Forehand fast serve is an indispensable tool to survive in this modern table tennis. Unlike several training courses which did not focus enough on the quality of a long and fast serve. Look at the new trends in table tennis: Tomokazu Harimoto and Miu Hirano's playing style. They incorporate the fast serve efficiently in the new trending "Counter Attack Playing Style".

Service : The service can be done in following ways :

(i) Flat, (ii) Chopped service, (iii) Top spin, (iv) Side spin, (v) Back hand spin.

Western grip or shake hand grip : While taking this grip, the three fingers should be kept around the handle of the racket. The thumb should be kept along the edge of the handle and on the forehand side. The index finger should be kept along the edge of the blade or face, near the handle on the backhand side.

TERMINOLOGIES

Looper : A style of play where the primary shot is the loop.

Open : Holding the racket such that the racket's hitting surface is aimedward, with the top edge leaning towards you.

Paddle : Same as racket.

Penholder : A type of grip giving the best possible forehand but the most awkward backhand of the conventional grips.

Pips : The small conical bits of rubber that cover a sheet of table tennis rubber.

Pips out : A type of racket covering. It consists of a sheet of pips out rubber on top of a layer of sponge. The pips point outward, the opposite of inverted.

Point : A unit of scoring in table tennis.

Push : A push is an underspin shot executed over the table, and usually close to the net. This is a passive shot that is used when it is impossible to attack a ball.

Racket : Same as bat.

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

Rating : A number that is assigned to players after their first tournament. The better the player the higher the rating should be.

Receive : The return of a serve.

Serve : The first shot, done by the server. It begins with the ball being thrown up from palm of hand and struck by the racket.

Shakehand : The most popular grip. It gives the best balance of forehand and backhand.

Sidespin : Spin placed on a ball to allow it to curve left or right in the air. Usually utilized in combination with the topspin of a loop.

Smash : A putaway shot. Ball is hit with enough speed so the opponent can not make a return.

Spin : The rotation of a ball. Topspin: Spin placed on a ball to allow it to curve down onto the table.

Stroke : Any shot used in the game, including the serve.

Top Spin : Spin placed on a ball to allow it to curve down onto the table. Twiddle: Same as twirl.

Twirl : Turning of the paddle, used for confusing opponents on which side of the paddle is being used. Not as deceptive now due to the two color law, namely black on one side and bright red on the other side. Usually utilized with combination bat.

Umpire or Referr : An official who keeps score and enforces rules during a match.

ARJUNA AWARD WINNERS

1961	Vohra
1965	GR.Deewan
1966	U. Sundararaj
1967	F.R. Khodaiji
1969	Mir Kasim Ali
1970	G Jagannath
1971	K.F. Khodaiji
1973	N.R.Bajaj
1976	S. Shailja
1979	Indu Puri
1980	Manjeet Dua
1982	V. Chandrasekhar

1985	Kamlesh Mehta
1987	Monalisa Barua
1989	Niyati Shah
1990	M.S. Walia
1997	Chetan Baboor
1998	Subramaniam Raman
2002	Mantu Ghosh
2004	Achanta Sharath Kamal
2005	Soumyadeep Roy
2006	Subhajit Saha
2009	Poulomi Ghatak
2013	Mouma Das
2016	Shri Soumyajit Ghosh

DRONACHARYA AWARD WINNERS

2012	Bhawani Miikherjee
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TOURNAMENTS

1. Asian Games Table Tennis Championship
2. World Table Tennis Championship
3. National Table Tennis Championship
4. All India University Table Tennis Championship
5. Olympic Table Tennis Championship
6. Commonwealth Games Table Tennis Championship