## I'm not a robot



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Then you're in the right place. I've been playing table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have grown to love table tennis more seriously, as well as
pointing you towards additional videos, websites and pages you'll find useful. You'll learn everything from how the sport started through to how you can level up your skills. Welcome to the most comprehensive beginners guide to table tennis in the world. Table tennis is a fast-paced, competitive racket sport played around the world, requiring quick
reflexes and incredible hand-eye coordination. Players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their opponents can't hit it back at them. Most commonly, the sport is played 1v1 (Singles) or 2v2 (Doubles). My written description doesn't do the sport any real justice. You should just watch this video
instead: The game we now recognise as table tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded wine bottle corks for balls. It's a little different now. The ITTF (International Table Tennis Federation) was formed in 1926 and became the sport's governing body, defining a standard set of rules and
creating the modern sport known as table tennis. Officially, the sport is called table tennis, although many people still refer to the game of ping pong. It's a catchy name and still used worldwide so everyone will know you're talking about the same thing. Nowadays, table tennis is a popular pastime for hundreds of millions of people. The sport is
exceptionally popular in countries like China, Germany, Japan, Korea & Sweden. Discover More: What is Table Tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis providing awesome constant in between moving countries, changing jobs and making new friends. Here are my 5 top reasons why I
think you'll also fall in love with table tennis: Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play (I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go and play wherever there's a spare table, we're a welcoming bunch. Making Friends: Speaking of being a welcoming bunch, I'll
guarantee a warm welcome to every table tennis club in the world. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst it may look like a chilled out sport, the reality is far different. Table tennis is all about fast, accurate, constant movements and applying your whole body into each shot. Playing can be a
serious workout (if you want it to be). Personal Styles: Every player develops their own unique style for the game, supported by equipment that opens up new and unusual shot types. Learn the basics then decide what kind of player you want to be! Play at Your Pace: Not everybody wants to be world champion. Table tennis is just as fun played
casually in a bar with a drink, as it is investing every ounce of effort at a tournament. You also don't need to be an awesome player either. My good friend Alvaro has put together his top reasons to play table tennis as well if you want to learn more. Before you dive into playing more of this wonderful sport, I've got 5
important rules to share with you. A vast majority of players around the world follow these rules, so it's considered polite to understand these before you start playing. If you have any doubts, it's always worth checking with your opponent's
side of the table, and they are unable to return the ball onto your side. Winning A Game - Modern table tennis games are played up to 11 points. Each player is responsible for serving twice consecutively, until 10 - 10 when each player is responsible for serving twice consecutively, until 10 - 10 when each player is responsible for serving twice consecutively.
how many games result in winning a match. Agree with your opponent before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw! Toss The Ball - When it is your turn to serve, you must throw the ball straight upwards at least 6 inches. It must always be above and behind the edge of the table. You can
only hit the ball once it starts dropping. Serve Anywhere - When playing a singles match (1v1), you can serve anywhere on the table. If you're playing doubles (2v2) this is slightly limited as you must serve diagonally. Discover More: Detailed Guide to Table Tennis Rules, Table Tennis Doubles Rules and Serving Rules There are perhaps hundreds of
myths or misconceptions about table tennis. Likely due to rules being passed through families, or through online "experts". These often end up causing arguments at the table, so let's solve 3 of the most common myths right here: This is a common rule in tennis, but it does not apply in table tennis. You only win the point if your opponent contacts the
ball whilst it's still over the surface of the table. It would be a harsh rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet away. If the ball is outside the playing surface, you can grab it while it's still in the air without any penalty. Table tennis rallies are only a few seconds long so this rule comes in
very handy to avoid having to pick the ball up from the floor every time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table with your racket-holding hand or arm. You CAN
stand on the table, or brush against it with your leg. Not that I would recommend this! You CAN'T touch the table with your free hand (for balance or otherwise) You CAN'T cause the table to move in any way. This myth can be easily busted, as long as it's your racket-holding hand and it's still holding the racket. Yes, the ball can ricochet off your hand
or thumb as long as the racket is there as well. Whilst you'll never be able to do this consistently, it can create some crazy weird angles & spins when it accidentally happens. Unintentional double hits are legal in table tennis. So if you hit the ball twice accidentally as part of the same movement, the point carries on as normal. Now, if the ball hits your
other hand or anywhere else on your body, that's a point lost. Let's take a short break to enjoy some of the craziest table tennis equipment everyone
needs, although there are more basic types of table tennis equipment a lot of players own. The most personalized piece of kit any table tennis racket is an extension of your arm and allows you to play a virtually unlimited number of shot types. A modern table tennis racket is made up of 3 individual components - Blade, Forehand
Rubber and Backhand Rubber Most experienced players will buy each element separately and combine them together to create a racket with the perfect characteristics for their game. As a beginner, choosing a table tennis rubber, or selecting the right table tennis blade can be a tricky process. I personally recommend the Killerspin JET400 to anyone
I'm coaching, which comes premade and is perfect for anyone beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm wide in diameter and weighing about 2.7 grams. Most commonly these are white, but can easily be found in orange as well. That's particularly useful if playing in a space with a white wall! It's
important not to ignore the quality of the small, hollow ball you're playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible balls that are awful for playing table tennis. You should be looking for balls sold by a reputable table tennis brand. These can get quite expensive, so look for budget "training" balls if you need to save some to save some to save some the playing table tennis.
money. Learn more with our guide to choosing the right ping pong ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite often, your table and net are separate. The officially standard table is made of wood (MDF), 274cm long and 152.5cm wide. However, it's definitely possible (and fun) to play table tennis on any
flat surface. Most tables are either two separate halves that can be pushed together to make a whole table, or both halves are attached to the same undercarriage so they can't be separated. The net is designed to be 6 inches tall and slightly flexible so that the ball can graze the top without pinging off. Although it overhangs the table by 6 inches,
you'll often find players trying to play some awesome shots around the net. If you're trying to play at home, but the size of a normal table is just too big, check out our favorite mini/midi tables that take up much less space. Finding a place to play table tennis can be challenging at times, with a limited amount of tables available. They can be quite
expensive and difficult to store, so it's unlikely you'll randomly find one in a field or in your friend's apartment! I'm always up for playing a game of table tennis, so here are my top 5 recommended places you should try to find a place to play. This is the first thing you should check as a table tennis beginner. Can you join any clubs local to where you
live? Hop onto google and see if you can find any clubs within a radius you can travel to. Check their training times and often it's worth reaching out to let them know you're coming. A lot of clubs have specific beginners sessions, so allow them to recommend the best time for you to join. Local clubs are where you'll meet lifelong friends, practise
against many different styles and get a solid workout. They're my favorite place in the world. This is where I started my table tennis career. Whilst the equipment often isn't the quality you'll find at a local club, it's a cheap and inexpensive way to play the sport with a friend. Most recreational centres have a couple of tables available for hire, along
with rackets & balls if you don't have your own. There are also lots of meetup / event groups that organize practise or social sessions at local sports centers. Your first step is to check if there are any local facebook groups you can join. Table tennis is (in my opinion) one of the best bar sports in the world. The ping pong table forms a great focal point
for great conversation and some serious competition. More and more bars are cropping up with table tennis bar such as the famous Bounce in London which I've frequented many times. Bounce, London. Photo: Secret London Getting your own table is much less
expensive than you might think. If you have a living room, garage or garden space that might be big enough for a table at home allows you to practise all the time, as well as challenge all your friends to a match (which you'll win after practicing so much!). Check out our guide to the room
size needed for table tennis. Lots of cities and municipal areas have initiatives to provide table tennis tables in public parks. These are often concrete, outdoor tables with metal nets but as we mentioned earlier, you can play table tennis wherever you want! You'll often need your own bats & balls, but this is a great free way to play with your friends if
you don't have enough space for a table at home. Don't wait for someone else to start playing, dive right in today. I promise you won't regret it after just one night at a local club. If you're in the USA, we have a more detailed guide to some of the many
amazing downloadable mobile and computer ping pong games. Before you start playing, you might be curious about the social 'norms' for what to wear when playing table tennis. Fortunately, you don't have much to worry about. Most players will wear a simple sports top / t-shirt along with either shorts or a skirt. The only important thing to be
conscious of is to avoid wearing white. This is because the ball is white and white clothing can make it difficult for your opponent to see the ball. Shoes are perhaps the most important part of your table tennis outfit. As the movements required are short, sharp side-to-side steps, it's critical you wear shoes that are: Grippy Supportive Non-Marking
Soles I highly recommend investing in a good pair of table tennis shoes, which will last you a long time for your table tennis journey. Here's a list of my top recommended table tennis shoes, which will last you a long time for your table tennis journey. Here's a list of my top recommended table tennis shoes. Jun Mizutani and Mima Ito. Photo: Reuters Some players will also choose to wear wristbands or a headband to manage any sweat or hair that might interfere with
your shots. These are down to personal preference. Want to get a more detailed guide? Check out our total guide on what to wear when playing table tennis. Most players when they first pick up a racket will grab it a bit like a baseball bat, holding the handle within their fist. Others have some weird and wacky ways of holding the racket. These grips
are totally fine when you're playing casually but at some point you just won't be able to improve any further. It becomes a huge limitation on the kind of shots you can hit. There are 3 common, effective grips that people across the world use. With these, your improvement is literally unlimited. These grips are: The grip you choose might depend on
where you're from, and any coaches you have access to locally. The most common grip, globally, is the shakehand grip. It's used by a majority of the world's top players and is the easiest to learn. Discover More: The 3 Grips of Table Tennis Now you're holding your racket properly, we can talk about some of the core shots you'll need to play table
tennis. As coach, I always teach four shots as the core foundation to anyone's game. Mastering these four shots will create instant improvement and have you winning more matches in no time. Players who can play each shot consistently have few weaknesses and become very hard to beat. The Forehand Drive is the most basic and common shot in
table tennis that all players must master. It's a consistent stroke played on a player's dominant (racket) side with a lot of flexibility on where you aim the ball. As a beginner, having a consistent stroke played when a ball is coming
how to play the Backhand Drive The Forehand Push is a defensive shot that is less commonly played than the other 3 basic types of shot. A push shot is used to prevent your opponent from attacking and taking positional advantage in the point. They should stay low over the net and short on the table so your opponent can't attack. On the forehand
side, most players should aim to play a forehand drive or attacking shot where possible. Use the forehand push is an extremely common defensive shot, which all beginners must master. Contacting underneath the ball and keeping the
ball low over the net is critical to prevent your opponent from attacking your return. Use this shot to maneuver your opponent around the table, making the point uncomfortable for them and exposing any weaknesses. Learn More: Learn how to play a Backhand Push Spin is the craziest thing about table tennis. When you play against experienced
players, it's the feeling when you hit the ball and the ball goes flying off in a random direction. It's an incredible weapon that all table tennis players need to master. Created by brushing against the ball, you can cause any effect you want against the ball and the ball and the ball and the ball goes flying off in a random direction. It's an incredible weapon that all table tennis players need to master. Created by brushing against the ball, you can cause any effect you want against the ball and the ball
on the ball, try and spot where your opponent's racket finished pointing towards. That's where the ball is going to go! So, you need to counteract that by aiming your racket in the opposite direction. Head to a table with a friend and try adding all kinds of spin on the ball. The more you practise spotting spin, the easier it will get. I promise! There are
very few shortcuts to becoming a good table tennis player. At some point, you'll need to put in long and hard hours training, developing your technique so you can consistently play effective shots during matches. However, as a beginner there are a few tips and tricks that will make an immediate difference to your win / loss ratio! I was taught this
early on by my first ever coach, who helped me create a strong set of serves that regularly win me lots of points. When you think about it, this is quite intuitive for two reasons: It's the only shot you're guaranteed to play during a match. It's the only shot where you have full control of the ball. Win more games by developing some fast, spinny serves
and target your opponent's weaknesses. Make one of your first priorities to learn how to serve in table tennis. How many players have you seen go for big, flashy attacking shots that balloon off the end of the table or flop straight into the net? That's such an easy way to lose a point. One of the most effective tactics as a beginner is just learning to
consistently place the ball back on the table and avoid playing risky shots. Choose your attacks wisely. One of the biggest mistakes I see beginners make is wanting to buy the fastest, spinniest rubbers to go on their new racket. These rubbers to go on their new racket. These rubbers to go on their new racket.
using these rackets and I've seen more than a few people fall out of love with the game. Buy a racket, like the Killerspin JET400, that gives you good spin, speed and control without being too difficult to manage. Playing this sport requires a relaxed control of your entire body, focussed on delivering great shots that target your opponent's weaknesses
That's really hard to do when you're angry, or thinking about how your opponent got an edge in the last point. Staying cool, calm and collected will help you perform better and more consistently. Yes, this is definitely a bit of a cheat, but as a coach I think it's super important. You can't always be 100% focussed on competitive matches or training
specific shots. Find time to have fun with the sport. Try out some trick shots, stick multiple tables together, try to lob every ball, stick a barrier down to play on the floor or play with sandpaper/hard bats. Messing around isn't just fun, but it helps you become more creative and get more familiar with creating unusual spin/angles. It makes you a better
player. Watching and enjoying major table tennis events is a little more difficult than some of the more major sports. It's rare to see a table tennis match on television, or hear about a tournament winner in the news. In fact, most beginners can't name the best players in the world, never mind naming the best players in their country. Most people will
have heard about the Chinese domination of table tennis. At the professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't win the major, global championships. Let's discover some of the top current players that you should definitely follow. Ma Long Serving. Photo: Xinhua We ranked Ma Long as our
greatest table tennis player of all time. He's won a staggering 5 Olympic Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly hard to beat since making his world debut in 2006. Still playing as part of the formidable Chinese team, you don't want to miss his matches. Fan Zhendong. Photo: Edges and Nets
Staying in China, I couldn't put together this list without mentioning Fan Zhendong. He's currently, comfortably, the best player in the world right now. Although he was beaten by Ma Long in the Tokyo Olympics, he's been dominating most of the major tournaments including the WTTC Finals and WTT Cup Finals. Just like Ma Long, he has an
explosive, attacking style that's incredible to watch. Huge Calderano. Photo: ITTF Hugo Calderano is a trailblazer. The first table tennis player from Latin America to reach the top 10 in world rankings, peaking at world number 3. Whilst not the technically perfect player, he more than makes up for it in steel, grit and determination. An incredible
competitor who's been dominating Pan American events over recent years. Mima Ito Serving Like the men's game, the women's game is dominated by a revolving door of Chinese players. That's why Mima Ito is so exciting. Hailing from Japan, she's ultra competitive with the best players in the world with a direct, driving style playing close to the
table. Aged just 21, she's a player worth watching for future world titles. Think you could become a professional table tennis gains a lot of visibility every 4 years. It's not easy. The table tennis gains a lot of visibility every 4 years. It's
the peak of any table tennis player's career with just one singles gold medal available. There are also Doubles and Team events played. The Olympics has been dominated by the Chinese who have won 32 of the 37 gold medals available since the inaugural event in 1988. In an even more astounding statistic, just 2 non-Chinese players have event in 1988.
reached the final of the Women's singles. None have won. Will that domination continue? Well, there continues to be new, world-beating Chinese players emerging every year since 1926. Each year, they rotate between playing an individual
event and a team event. For example, the 2021 WTTC was held in Houston, USA consisting of Mens/Womens Singles and Doubles events. In recent years, the event has been dominated by Chinese competitors, much like the Olympics. In
a slightly convoluted change to the table tennis calendar, the WTT series of events was launched in 2019. Designed to bring more entertainment and engagement to the sport, they host 4 "Grand Smashes", 2 "Cup Finals", 8 "Champions" and up to 20 "Contender" events each year. These events provide a consistent chance to watch top-class table
tennis. There are a few places you can watch table tennis broadcasts, with online streaming the main format as matches aren't often available on TV channels. The main recommended place to watch events, streams and match highlights is at. Alternatively, there are some amazing table tennis YouTube channels that are worth subscribing to. We'd
also love to welcome you to the online table tennis community at forums like r/tabletennis, Table Tennis Daily and OOAK. Want to Read More? We highly recommend the Expert Table tennis game to the next level? Well, you are where you want to be!
 Whether you're just beginning, an aspiring pro, or even a professional looking to refine your skills, mastering the essential equipment, rules, and techniques is the secret to unlocking your reflexes, strategy, and precision. In this
ultimate guide, we'll break down everything about how to play table tennis, the gear you can't play without, the rules to keep you on track, and the techniques that will transform your game. So, are you ready to become a table tennis champion? Let's get started!
                                                                                                                                                                                                                                                                                 Before getting into the game, it's crucial to understand how to play the game,
what its rules say, and of course, knowing the equipment that enables you to play. A high-quality table tennis table, a solid racket, and a standard ball are your foundational tools. But the game doesn't stop there, knowing how to properly grip your racket, and a standard ball are your foundational tools. But the game doesn't stop there, knowing how to properly grip your racket, and a standard ball are your foundational tools.
vital as your strokes for positioning yourself for success in every rally. A detailed overview of the key equipment, tips, and techniques is discussed as under: To play table tennis or ping pong, like many other sports, you'll need a table, a racket or paddle, and a ball as the key equipment. These equipment/tools with their specs are: The table tennis
table, aka playing surface, is the central tool in table tennis. A regulation table is 2.74 meters long, 1.525 meters wide, and 0.76 meters high, with a net dividing it in half. A table tennis racket or paddle is one of the main tools used in the game. It's typically made of wood with multiple layers wrapped with a rubber covering on one or both sides for
striking the ball. A table tennis ball is another essential tool you'll need in the game. A standard table tennis ball is made of lightweight plastic, measures 40mm in diameter, and weighs 2.7 grams. Before jumping into the play, it's important to understand the core rules of the game: Matches in table tennis are typically played in the best-of-any
odd number of sets, particularly best-of 3, 5, 7 format. It means that the player first winning two, three, or four sets/games respectively wins the match. A Table tennis game begins with the service that is decided on, either by a flip of a coin, spinning the racket, or hiding the ball under the table. The winner can decide on who to serve or to select
which end of the table. A game is played for 11 points and is won by the player or pair, first scores 11 points. If the score level is at 10 points each, the play continues until one player achieves a 2-point lead to win the game. While serving, the ball must be tossed up at least 16 cm, struck by the paddle, and bounced once on both sides of the table
Players alternate serves every two points. In singles, the serve can land anywhere. In doubles, the serve must go from the right side. In table tennis, points are scored in varying ways, most commonly when the opponent fails to return the ball, hits it out of bounds, or commits a fault. The playing area refers to the space allocated
for the game. It should necessarily be a flat surface, either indoors or outdoors. Ensure there is enough where the players should be able to move comfortably during rallies. A proper grip on the paddle is essential for controlling the ball and
executing the shots. There are two main types of grip in table tennis: The shakehand grip is one of the most common ways of holding the racket. In this grip, the paddle is held as if shaking hands with it, with the thumb and index finger resting on opposite sides of the paddle. The penhold grip is another important method of bat grip used by
players. In the penhold grip, the racket is held like a pen, with fingers wrapping around the blade. Try both grips to find which one feels natural and provides better control. Table tennis is a game of both offensive and defensive strokes. The game begins with a serve; the players then employ various shots as per the situations of the play.
Foundational strokes in the game include: The forehand drive is a strong stroke executed with the racket's forehand drive is a strong stroke executed with the paddle for hitting the balk in a forward motion. The backhand drive is similar to the forehand drive. In this drive, however, the players employ the backhand side of the paddle for hitting the balk in a forward motion.
racket to strike the ball. The push shot is a controlled and defensive stroke where the player slowly pushes the ball in a forward direction, in a bid to keep it short and low. The topspin and the backspin are the advanced shots used in the game. These strokes involve spinning the ball either in a forward or backward direction, making it harder for
the opponent to return. The game begins with a serve, by striking the ball from behind the baseline. A legal service must hit the server's side of the table first before crossing over the net to the opponent. Toss it up vertically at least 6
inches or 16 cm, and then hit it as it lands. Strike it so that it shall bounce first on your side before bouncing over the net and landing on the receiver's side. Practice spinning the ball during your serves to make it harder for your opponent to predict its trajectory. In table tennis, it's crucial to maintain good movement and footwork to position
yourself to return the shots effectively. Here are the steps to get the desired movements and position: Stay slightly crouched with your knees bent and weight on the balls of your feet for efficient footwork during the game. Position yourself about one arm's length away from the table to ensure quick movement. Move side-to-side to cover the whole
playing surface, rather than moving back and forth. Quick reactions and efficient footwork will give you an edge over your rivals during rallies. After the serving, the rally begins. Players on each side hit the ball alternately until one: fails to return it properly, hits it out of bounds, or violates any of the rules. A good rally involves varying your
shots with speed, spin, and placement to keep your opponent guessing throughout the game. During gameplay, a player might encounter various challenges. Some of these common pitfalls are: A player might encounter various challenges. Some of these common pitfalls are: The game begins with a service providing an
edge to the server over the opponent. Ensure to properly follow the rules during service. Focus on how the spin affects the ball's movement during a rally, and adjust your racket's angle accordingly. Table tennis, like any other game needs practice to improve and to excel in the game. Here are a few basic tips to get started: Playing with
others is one of the best ways to improve your table tennis skills. It exposes you to a variety of playing styles and strategies, helping develop your adaptability and sharpen your reflexes. Regular matches with friends or club members provide the opportunity to practice specific techniques, like serving, returning shots, or positioning, in a more dynamic
and unpredictable environment. Target drills are essential for improving precision and consistency in your shots. Focusing on specific areas of the table, such as the corners, and sidelines, or setting up cones or markers on the table can help you develop control over your shots,
increasing your ability to execute precise strokes and making your game more effective under pressure. Solo practice is another great way to work on your technique without a partner. Using different techniques such as a robot or hitting the ball against the wall, will help you to work on various types of shots without needing a second person. It
allows you to focus on your timing, control, and footwork. Practicing repeatedly will help you develop muscle memory and improve consistency and speed. Table tennis is a game of precision, strategy, and skill. Every match offers an opportunity to improve. By focusing on the essentials like your equipment, rules, technique, and strategy, you'll be
able to understand how to play table tennis more confidently and skillfully. With practice, patience, and persistence, you'll begin seeing improvements in your game, whether you're playing for fun or pushing yourself to a competitive level. Now that you have the tools and knowledge to succeed, grab your paddle, find a table, and start honing your
skills. The game is waiting—are you ready? Hey, I'm Kifayat Shah, a passionate enthusiast for table tennis. My passion for this incredible sport began in school, where hours at the table filled me with joy and excitement. To share this enthusiasm and create a hub for players of all levels, I launched RacketInsiders.com. Here, you'll find everything from
the rules of the game, to tips, techniques, equipment reviews and player profiles, all designed to inspire and support your table tennis journey. Let's learn and play together! Do you want to learn how to play table tennis journey. Let's learn and play together! Do you want to learn how to play table tennis journey.
teach you the proper fundamentals of table tennis technique in ten simple steps. It's the fastest way for beginners to learn how to play table tennis coach from London and I've spent the last five years teaching table tennis to beginners in schools, clubs
privately and (very publicly) in The Expert in a Year Challenge. Over those five years, I have been refining my coaching process and deconstructing the sport of table tennis into its most essential chunks. I've certainly made plenty of mistakes along the way but I've learnt from each and every one of them and now I've reached a point where I am happy
with my coaching system and ready to share it with the world. Table tennis is a highly complex sport but at its simplest, it can be broken down into just a few key parts. Focus exclusively on these and you'll be a proficient table tennis player in no time (10 days to be precise). That isn't to say you'll be an 'expert' in 10 days (if there is one thing I learnt
from The Expert in a Year Challenge it's that mastery takes time) but you should be at a level where you can have to Play Table Tennis in 10 Days is the best start you can have.
Introduction What are the fundamentals of table tennis? Answering that question can be tricky, and I'm sure different ideas on this, but I like to include the following (and ignore everything else, for now); Grip Stance Footwork Forehand Drive Backhand Drive Backhand Drive Backhand Drive Backhand Push Forehand Push Serve Return of serve Match Play
That's ten skills you'll need to master and I recommend you tackle them in that order. The first three (grip, stance and journed to lay at the beginning. Many players (and even coaches) skip over these and jump straight into hitting balls. Do so at your peril! Weak foundations can cause your whole game to fall down or
prevent you from being able to continue building and improving later on. I like to think of this as the Mr Miyagi phase of learning. The middle four (forehand drive, backhand drive, backhand push) are the four basic table tennis strokes and will make up the bulk of your game. Mastering the correct technique is really important here
if you are to develop consistency and accuracy with your shots. The final three (serve, return of serve and match play) are the finishing touches that will allow you to convert your newly learnt skills into points in a match. It is no good being excellent at rallying if your abilities don't transition into a competitive situation. When I say 10 days... I mean 10
days! If you think an hour-long practice is going to be enough to master each of these skills I'm afraid you're mistaken. I am expecting you to require at least 5 hours per skill before you reach a good level of competency. That's roughly 50 hours in total. You could do 5 hours a day over two weeks (10 days). I believe that to be the ideal way to learn. A
sort of 'crash course' in table tennis. Alternatively, if you don't have two weeks free, you could break it down into smaller chunks: An hour a week over a year. You should come up with a realistic plan for your 50 hours of training NOW! Before you start. You will also need to find a partner, partners, or
club to practice with. Finally, you need to buy a table tennis bat. It can be tricky choosing a bat and the big brands don't help by sticking professional player's faces on completely useless bats. To help you to understand what to look for in a good table tennis bat I have written the following article: The Best Table Tennis Bat for Beginners. Once you've
got all of that sorted it's time to begin the training... Day 1 - Grip The first fundamental table tennis; shakehands and penhold grip is a traditional Asian grip where the bat is held like a pen between the thumb and index finger. The penhold grip has some
advantages (it allows for more wrist movement and therefore more spin) but it is also more difficult to learn. Penhold players either use one side of the bat for forehand and backhand or they have to master the tricky reverse penhold backhand stroke. There are still penhold players at the top of the world rankings (Xu Xin) but the style does seem to be
decreasing in popularity, even in China. The shakehands grip is the traditional European grip that is now being used increasingly by Asian players as well. I have used the shakehands grip since I started playing table tennis over 15 years ago and therefore I will be teaching this style of grip. There are many minor variations within the shakehands grip
and everybody holds the bat slightly differently. I made the following video after spending 10 weeks experimenting with my grip during the beginning of 2015. That video has received a lot of positive feedback and it gives a much better explanation of my current thoughts on the grip than my original blog post (which I wrote in 2013). I am thinking of
calling this grip 'the relaxed shakehands grip' as I believe that there is a significant difference between this grip and the shakehands grip I was using for the first 15 years of my career as a player. It's not that my old grip was inherently wrong (after all, it was never corrected by any coaches) I just feel that the relaxed shakehands grip has a number of
benefits that make it more suited to the modern game of table tennis. I encourage you to spend some time developing your own version of the relaxed shakehands grip. You want to get comfortable with it before you move on to playing shots. You should practice bouncing and controlling the ball with your shakehands grip. There are loads of
coordination drills you can do to work on your ball control while helping your brain to save your grip is the only connection between your ball control while helping your brain to save your grip is the only connection between your ball control while helping your brain to save your grip is the only connection between your ball control while helping your brain to save your grip... Table Tennis University is a brilliant resource for online table tennis coaching. They have two FREE video
courses aimed at new table tennis players and both cover the topic of grip. Basics Mastery - with Tao Li In the Basics Mastery course (which is ordinarily worth $97) a young beginner student is instructed in addition to Coach Li's demonstrations. The course contains 12 coaching videos covering all of the basics. Lesson #1 is an 8-minute video
explaining how to correctly hold your racket. To access the content all you need to do is join Table Tennis University as a FREE member and then enroll in the Basics Mastery course. Table Tennis For Beginners - with Tom Lodziak This course covers the basic skills and techniques you need to play the sport of table tennis. It's ideal for beginners as
well as more experienced players who want to refresh their knowledge. Lecture #2 is a 7-minute video focused on developing the correct grip. To gain access all you need to do is join Table Tennis University as a FREE member and then enroll in the Table Tennis For Beginners course. Day 2 - Stance Before you start hitting balls it's important to get
possible and you want your feet to be at least 1.5 shoulder widths apart, perhaps even further. Standing and moving around in this kind of position can feel a little tiring, it's much easier and more comfortable to stand bolt upright with your feet closer together, but it's important that you develop the strength needed to maintain this position. Here is a
video of Ryan Jenkins running through the basic stance. Another term you may of heard is the 'ready position'. Sometimes stance and ready position are used almost interchangeably. Ready position are used almost interchangeably.
to achieve this is through deep breathing; breathing from your stomach. Take a big breath in, inflate your stance and engage in
some belly breathing. This will help to keep you relaxed and low. Once you understand the basics of stance you can test yourself with some balance and agility drills. A great way to continue drilling in this new stance is to play one-on-one catch games using a table tennis ball with a partner. You could even do some ball control skills in your new stance
(for example: hitting a ball against a wall while staying low and relaxed). Here's a previous article I wrote on stance and the ready position. Additional help with your stance... Tom Lodziak's Table Tennis For Beginners course covers the topic of stance and is available for FREE at TableTennisUniversity! Lecture #3 is a 7-minute video focused on
developing the correct grip. To gain access all you need to do is join Table Tennis University as a FREE member and then enroll in the Table Tennis For Beginners course. Day 3 - Footwork The final important aspect to cover before you start hitting balls is your footwork. Many players are taught all the strokes first, from a stationary position, and then
 otwork and movement is added in further down the line. This seems like a bad idea to me. Table tennis is an active sport where you need to play shots and then move. I believe that we would be much better taking a leaf out of boxing's training methods. Punching is obviously really important in boxing but so is footwork. You need both and they are
inextricably linked. That's why even beginner boxers are taught footwork once they have learnt the punches. They don't start by punching from a standing position, flat-footed, and then try and incorporate footwork once they have learnt the punches. They don't need
to move very far, all you need to do is make small adjustments with your feet. Watch the video below of Wang Wen Jie (coach on the Swedish club Askims BTK) and you'll get an idea of what I mean. This is going to feel very unnatural at first as very few other activities require this kind of movement. That is why you have a whole day to work on
mastering this type of footwork. You should concentrate on getting comfortable with the side-step footwork first, especially with lots of fast changes of direction. You can practice this going around a table tennis table in circles (if you have one). Then you can move on to faster footwork patterns or trying to cover large distances with one step. Table
tennis is a very explosive sport and if you look at any of the top players you will notice that they all have massive legs. This kind of movement is hard work! I would recommend keeping your bat in your footwork and also remembering to stay in your relaxed and low stance. This will keep you to stay balanced when moving
and make the practice more realistic to the experience of actually playing table tennis. Additional help with your footwork... Tao Li's Basics Mastery course (available for FREE at TableTennisUniversity.com) contains a 9-minute training video looking at the side shuffle footwork. You can find that here. Also, Lecture #4 of Tom Lodziak's Table Tennis
For Beginners course is specifically focused on teaching the basic movement techniques necessary for table tennis. Day 4 - Forehand Drive It's finally time to start hitting some balls! I know it can be tempting to skip over the first three days and start playing straight away but I would really advise against it. You will pick up the four basic table tennis
strokes so much faster having spent three days getting really comfortable with your grip, stance and footwork. Back in 2012, I wrote the blog post How to Play a Forehand Drive in Table Tennis. Since then it has received over 25,000 views. Nothing has changed either. The technique I teach now is pretty much exactly the same as what I was teaching
in 2012. The key is to focus on control, consistency and accuracy. I will be saying this many times during the course. Don't get carried away trying to play too fast or hit the ball really hard. When you are first starting out consistency is king. Here's a video of Coach Tao Li going through most of the basics of the stroke. This video is Lesson #3 taken
from Tao's 12-part "Basics Mastery" table tennis training course - available for FREE at TableTennisUniversity.com! My one piece of advice would be... don't over think when you are learning this stroke. You want your forehand drive to be natural and relaxed. If you are consciously thinking about your technique and which parts of your body should
be moving where you are going to end up playing like a robot. The key is quantity. You need to rally, rally, rally, rally, rally be to play 100 controlled shots in a row without a mistake. Once you have reached that level you know that the
stroke has begun to transfer into your subconscious. Additional help with your forehand drive instruction. For a slightly different perspective, I would recommend checking out Lecture #5 of Tom Lodziak's Table Tennis For Beginners course. Day 5 - Backhand Drive Some people find learning the backhand
drive easier than the forehand drive. Others find it more difficult. The technique is very different so that isn't surprising. The principle, however, is exactly the same. You want to develop a stroke that is controlled, consistent and accurate. You should be aiming for that 100 shot target and trying to get as comfortable and natural with the technique as
possible. Here is a video of Ma Long (the current world #1) demonstrating his backhand drive technique. The video includes the forehand and backhand drive it starts at 4:09. Ma Long is an excellent example of the perfect technique for these drive strokes. You may have noticed Ma
Long pointing out his use of the thumb on the backhand. Many players have their thumb slightly higher on the relaxed shakehands grip (from Day 1) because the slight pinch technique between the thumb and index finger gives you the ability to
use your thumb on the backhand. However, you don't want to be having a big grip change between your forehand and backhand strokes. While you can often get away with this in practice and rallying it can really hold you back in match play. While Ma Long does slightly adjust the position of this thumb between forehand and backhand strokes his
grip remains pretty much unchanged. If you need more detail check out my blog post How to Play a Backhand Drive. Once you feel comfortable with the backhand drive technique you should practice combining the forehand and backhand brive.
play. Additional help with your backhand drive... Tao Li's Basics Mastery course (available for FREE at TableTennisUniversity.com) contains two lessons focused on teaching the backhand drive technique. I highly recommend you watch those! Also, Lecture #6 of Tom Lodziak's Table Tennis For Beginners course features an 8-minute video looking at
the backhand drive in detail. Day 6 - Backhand Push Once you've got the hang of the forehand and backspin strokes). You need to be able to play a topspin game and a backspin game. Many recreational players can only do one or the other. I like to start
with the backhand push first because it is a much easier stroke to learn. You should be able to pick it up quite quickly and be achieving long rallies almost straight away. Here is a wideo (Lecture #7) from Tom Lodziak's Table Tennis for Beginners course outlining the main coaching points of the backhand push. For a more detailed look at the coaching
points and common errors for the backhand push, click here. You've heard me say it before but I'm going to say it again, focus on control, consistency and accuracy. Try and reach a point where you feel like you could play backhand pushes forever without ever making a mistake. Once you get to that point it's time to start thinking about increasing the
amount of backspin on your pushes. Most players can push but very few are able to generate heavy backspin on their pushes. This requires you to open up your bat angle, get right underneath the ball, and brush it with a fine contact using a lot of wrist acceleration. A good game to play is to play push-to-push with a partner while both of you are
trying to put so much backspin on the ball that the other person pushes into the end line) but for now the best use of your time is learning how to generate heavy backspin and keep your consistency high. If you have a
heavy backspin push you will also find it much easier later on to develop a heavy backspin serve. Day 7 - Forehand Push The forehand push technique seems to work well with our arm and elbow while the forehand push
simply doesn't. You will probably find it easier and more convenient to play a backhand push up to 75% of the time. You can still play a backhand push to a ball in the middle of the table and even slightly in the forehand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time. You can still play a backhand push up to 75% of the time.
able to! Here is a demonstration from Stefan Feth (Head Coach at the World Champions Table Tennis Academy in California and former German national team player). I really like Stefan's emphasis on making the push spinny, low, fast and long. If you can push in this way then you are turning your push into a weapon (especially at the lower levels of
play) instead of just using it to keep the ball on the table. He also talks about making contact at 6 o'clock, meaning that you should try to get completely underneath the ball instead of underneath it. In reality your bat probably won't be
completely horizontal but that is how it should feel in your head when you are playing a good push. The forehand push will require plenty of practice before you start to get the hang of it. Keep going! Avoid the temptation to skip over this because it is difficult. If you are still struggling try and watch a player with a good forehand push. It can be very
hard to explain how to push well but you can learn a lot just by watching. Once you've got it make sure you spend some time combining the two push shots together in both a regular and random fashion. Once you can do that you have mastered the four basic strokes and can move on the time final stage of training. Additional help with your forehand
push... Lecture #8 of Tom Lodziak's Table Tennis For Beginners course features an 8-minute video looking at how to play a forehand push correctly. It's a tricky stroke to master so I recommend watching as many instructional videos as possible. Day 8 - Serve The majority of beginners use a plain serve that has very little spin or a bit of topspin. There
isn't anything wrong with this but you will become a bit predictable if you do the same serve every single time. There are loads of different types of serve in table tennis, some are very complex. You don't need to worry about the majority of them at this stage. You can also choose whether you prefer serving with your forehand, backhand or a
combination of both. Some people find one side easier than the other. I believe your best bet is to develop a super fast serve must be as fast as possible. Here are a couple of
articles that will help you to master these serves... Developing a Super Heavy Backspin Serve How to Serve Faster in Table Tennis The 'ghost serve' is a particular type of heavy backspin serve where the ball has so much backspin on it that it actually bounces back into the net. You don't need to worry about that at the moment but the principle of
generate a huge amount of backspin is helpful. Below a video of a young player attempting the ghost serve. This first serve isn't a 'ghost serve' because it only bounces twice before dropping off the end of the table. However, this is pretty much what you want to try and do with your heavy backspin serve, so copying that first one is a good idea. The
ball stayed pretty low and had plenty of backspin. Serve like that and an inexperienced opponent will almost certainly put the ball straight into the net. If they have played a bit of table tennis (or work out how to return it) they will start pushing that serve back. That's OK. You can then get into a pushing rally and out-push them with your consistency,
placement and variation. And here's an example of the fastest ever table tennis serve by Japanese wonderkid Asuka Sakai. While you don't need to attempt to copy this technique you should notice how Asuka is; Letting the ball drop very close to the end line on his side of the table.
These are two vital ingredients in the recipe for creating a super fast serve. Don't expect to be serving like Asuka Sakai just yet (he has spent years working on his serves) but master those two points and will be able to serve fast enough to catch out the majority of recreational players and beginners. Especially if you are varying your serves; some fast
ones and some with heavy backspin. You will be able to continue working on these two serves during days 9 and 10 so don't worry if you don't feel 100% confident with them just yet. Additional help with your serves... Tao Li has a brilliant premium course called Service Mastery available for $47 at Table Tennis University. It teaches the following
advanced service techniques; Forehand serve Forehan
Serve Returning serves can be a very tricky business. There are countless combinations of spin, speed and placement that can cause serves to do all sorts of things. When receiving a serve you typically need to try and work out what type of serve your opponent is using, track the placement of the serve, adjust your positioning, decide on the best
possible shot to use to return the serve, and then actually execute your return successfully. This is why the majority of beginners and intermediate players really struggle returning serves. It is often the weakest part of their game and fill them with dread and indecision. But it doesn't have to be like that! The most important part of returning a serve is
working out which type of spin is on the ball. Once you know that you can decide which shot you need to play to return it. If they have put backspin on the serve you need to push it back. It's that simple. It all comes down to 'reading' the spin on the ball. But what about sidespin? Most of
the time you can actually just get away with driving a sidespin serve as you would a topspin serve. Aim for the center line and even with plenty of sidespin, the ball should still land on the table. You should be trying to drive your opponent's serve if you can. This is a more attacking stroke and will put you in a better position for the rally. Only if you see
the serve is backspin do you need to think about pushing it. At the beginner level, most players aren't getting that much spin on their serves. This makes them much easier to return. It is only as you progress and start to come up against stronger players that you need to learn a bit more about reading and returning the different kinds of spin and
adjusting your strokes. Day 10 - Match Play Now it's time to put everything together into match play. Here is the ball is backspin. Return = You should try and play a drive stroke unless the ball has backspin. Rallying = If the ball is topspin, drive it. If the ball is backspin, push it.
Winning points = The majority of your points should come from out-rallying your opponent. However, we all have different strengths and weaknesses and it would be foolish not to adjust your matches and deciding how you like to play. Do you prefer
to serve or receive? Why? Are you better at drives or pushes? Are you stronger with your forehand or your backhand? Is your positioning and footwork a strength or a weakness? Once you have a good understanding of your abilities you can tweak my basic strategy and come up with some tactics of your own. For example, if you are better at driving
than pushing then you might want to serve 75% super fast and only 25% heavy backspin you will likely get stuck in a pushing rally which isn't ideal if you are weak at pushing. However, it's still good to serve heavy backspin some of the time. Or, if you are much stronger on the forehand than the backhand then you might
want to think a bit more carefully about your placement. When rallying you could aim more into your opponent's forehand and this stops them from having an angle into your wide backhand. When serving fast you might want to avoid going wide to your opponent backhand as in this situation their most likely return would be into your backhand. There
are loads of complex match strategies and tactics online but at this stage I would encourage you to stay away from them until you are comfortable with the basics and can beat the majority of other beginners with your consistency. It's not worth going for risky shots, or trying to play strokes that turn backspin into topspin, at this stage as you will
likely make so many unforced errors that your opponent will win off of your mistakes. Focus your efforts on improving your consistency and placement so that you can be the one winning off of other's errors. What Next? Firstly... Congratulations! If you've mastered those 10 fundamental aspects of the sport of table tennis you will now be able to play
the game competitively. You are still a long way from being an "expert" but you should be able to beat pretty much every non-table tennis player you come up against. The next step for you is to; Continue perfecting these 10 fundamental skills (it can take years to attain complete mastery). Move on to some of the more advanced table tennis strokes.
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Introducing... Table Tennis University! I hope you've managed to enroll in Tao Li's FREE Basics Mastery course. Once you have completed that, if you enjoyed it and found it beneficial, I would highly recommend Tao's comprehensive Table Tennis University course. It was created to follow on naturally from the basic lessons and it covers everything
you need to know to become an elite, well-respected table tennis player in the shortest time possible! If you've been at this on your own you're nowhere near where you could be. You're wasting time and probably developing bad habits while you're have to become an elite, well-respected table tennis player in the shortest time possible! If you've been at this on your own you're nowhere near where you could be. You're wasting time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have to be a standard time and probably developing bad habits while you're have the probably developing bad habits
and how to practice, on what you should do and probably more importantly, shouldn't do. In these professionally recorded HD videos, you'll be fully-locked-and-loaded withat ensures your guide, you'll be fully-locked-and-loaded withat ensures your success. It doesn't matter if you're a beginner or if you're a beginner
all the tactics and strategies to take your game to a level you didn't believe was possible. If you're serious about becoming a top table tennis player, you'll know you've made the right decision. Enroll TODAY! If you have enjoyed following this information and have been using it in your training please drop me an email and let me know how you got on.
I would love to hear from you and answer any further questions you may have. You can reach me via ben [at] experttabletennis.com. Then you're in the right place. I've been playing table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have grown to love table tennis and helped hundreds of others find their
passion for ping pong. This page covers everything you need to know to start taking your table tennis more seriously, as well as pointing you towards additional videos, websites and pages you'll find useful. You'll learn everything from how the sport started through to how you can level up your skills. Welcome to the most comprehensive beginners
guide to table tennis in the world. Table tennis in the world. Table tennis is a fast-paced, competitive racket sport played around the world, requiring quick reflexes and incredible hand-eye coordination. Players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their opponents can't hit it back at them. Most commonly, the sport is
 played 1v1 (Singles) or 2v2 (Doubles). My written description doesn't do the sport any real justice. You should just watch this video instead: The game we now recognise as table tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded wine bottle corks for balls. It's a little different now. The ITTF
 (International Table Tennis Federation) was formed in 1926 and became the sport's governing body, defining a standard set of rules and creating the modern sport known as table tennis. Officially, the sport is called table tennis, although many people still refer to the game of ping pong. It's a catchy name and still used worldwide so everyone will
know you're talking about the same thing. Nowadays, table tennis is a popular pastime for hundreds of millions of people. The sport is exceptionally popular in countries like China, Germany, Japan, Korea & Sweden. Discover More: What is Table Tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis and the same thing. Nowadays, table tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis and the same thing.
providing awesome constant in between moving countries, changing jobs and making new friends. Here are my 5 top reasons why I think you'll also fall in love with table tennis: Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play (I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go
and play wherever there's a spare table, we're a welcoming bunch. Making Friends: Speaking of being a welcoming bunch, I'll guarantee a warm welcome to every table tennis club in the world. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst it may look like a chilled out sport, the reality is far different.
Table tennis is all about fast, accurate, constant movements and applying your whole body into each shot. Playing can be a serious workout (if you want it to be). Personal Styles: Every player develops their own unique style for the game, supported by equipment that opens up new and unusual shot types. Learn the basics then decide what kind of
player you want to be! Play at Your Pace: Not everybody wants to be world champion. Table tennis is just as fun played casually in a bar with a drink, as it is investing every ounce of effort at a tournament. You also don't need to be a world-class athlete to be an awesome player either. My good friend Alvaro has put together his top reasons to play
table tennis as well if you want to learn more. Before you dive into playing more of this wonderful sport, I've got 5 important rules to share with you. A vast majority of players around the world follow these rules, so it's considered polite to understand these before you start playing. If you have any doubts, it's always worth checking with your
opponent before the match starts. Winning A Point - You win a point when you play a shot that hits only your opponent's side of the table, and they are unable to return the ball onto your side. Winning A Point - You win a point when you play a shot that hits only your opponent's side of the table, and they are unable to return the ball onto your side. Winning A Point - You win a point when you play a shot that hits only your opponent's side of the table, and they are unable to return the ball onto your side.
player serves once and the winner needs to get to 2 points ahead. Winning A Match - There is no official rule regarding how many games result in winning a match. Agree with your opponent before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw! Toss The Ball - When it is your turn to serve, you must
throw the ball straight upwards at least 6 inches. It must always be above and behind the edge of the table. You can only hit the ball once it starts dropping. Serve Anywhere on the table. If you're playing doubles (2v2) this is slightly limited as you must serve diagonally. Discover More:
Detailed Guide to Table Tennis Rules, Table Tennis Rules, Table Tennis Doubles Rules and Serving Rules There are perhaps hundreds of myths or misconceptions about table tennis. Likely due to rules being passed through families, or through online "experts". These often end up causing arguments at the table, so let's solve 3 of the most common myths right here: This
is a common rule in tennis, but it does not apply in table tennis. You only win the point if your opponent contacts the ball whilst it's still over the surface of the table. It would be a harsh rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet away. If the ball is outside the playing surface, you can
grab it while it's still in the air without any penalty. Table tennis rallies are only a few seconds long so this rule comes in very handy to avoid having to pick the ball up from the floor every time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios where you can touch the table, as well as some
scenarios where you can't. Here's a quick summary: You CAN'T touch the table with your racket-holding hand or arm. You CAN'T touch the table with your free hand (for balance or otherwise) You CAN'T cause the table to move in any way. This myth can
be easily busted, as long as it's your racket-holding hand and it's still holding the racket. Yes, the ball can ricochet off your hand or thumb as long as the racket is there as well. Whilst you'll never be able to do this consistently, it can create some crazy weird angles & spins when it accidentally happens. Unintentional double hits are legal in table
tennis. So if you hit the ball twice accidentally as part of the same movement, the point carries on as normal. Now, if the ball hits your other hand or anywhere else on your body, that's a point lost. Let's take a short break to enjoy some of the craziest table tennis points ever filmed, courtesy of Table Tennis Central. Table tennis is a simple game at
heart. You just need a table, a paddle (racket), a ball and a willing opponent. These are the 3 pieces of table tennis equipment a lot of players own. The most personalized piece of kit any table tennis player can own. Your racket is an extension of your arm and allows you to
play a virtually unlimited number of shot types. A modern table tennis racket is made up of 3 individual components - Blade, Forehand Rubber and Backhand Rubber and B
tennis rubber, or selecting the right table tennis blade can be a tricky process. I personally recommend the Killerspin JET400 to anyone l'm coaching, which comes premade and is perfect for anyone beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm wide in diameter and weighing about 2.7 grams. Most
commonly these are white, but can easily be found in orange as well. That's particularly useful if playing in a space with a white wall! It's important not to ignore the quality of the small, hollow ball you're playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible balls that are awful for playing table tennis. You should be looking to some the quality of the small, hollow ball you're playing that are awful for playing table tennis. You should be looking to some the quality of the small, hollow ball you're playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible balls that are awful for playing table tennis. You should be looking to some the quality of the small, hollow ball you're playing table tennis. You should be looking to some the quality of the small that are awful for playing table tennis. You should be looking to some the quality of the small that are awful for playing table tennis. You should be looking to some the quality of the small that are awful for playing table tennis. You should be looking to some the quality of the small that are awful for playing table tennis. You should be looking to some the quality of the small that are awful for playing table to some the quality of the small that are awful for playing the formula that are awful for playin
for balls sold by a reputable table tennis brand. These can get quite expensive, so look for budget "training" balls if you need to save some money. Learn more with our guide to choosing the right ping pong ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite often, your table and net are separate. The officially
standard table is made of wood (MDF), 274cm long and 152.5cm wide. However, it's definitely possible (and fun) to play table tennis on any flat surface. Most tables are either two separate halves that can be pushed together to make a whole table, or both halves are attached to the same undercarriage so they can't be separated. The net is designed
to be 6 inches tall and slightly flexible so that the ball can graze the top without pinging off. Although it overhangs the table by 6 inches, you'll often find players trying to play some awesome shots around the net. If you're trying to play some awesome shots around the net. If you're trying to play at home, but the size of a normal table is just too big, check out our favorite mini/midi tables that take up much less that take up
space. Finding a place to play table tennis can be challenging at times, with a limited amount of tables available. They can be quite expensive and difficult to store, so it's unlikely you'll randomly find one in a field or in your friend's apartment! I'm always up for playing a game of table tennis, so here are my top 5 recommended places you should try to
find a place to play. This is the first thing you should check as a table tennis beginner. Can you join any clubs have specific beginners and often it's worth reaching out to let them know you're coming. A lot of clubs have specific beginners
sessions, so allow them to recommend the best time for you to join. Local clubs are where you'll meet lifelong friends, practise against many different styles and get a solid workout. They're my favorite place in the world. This is where I started my table tennis career. Whilst the equipment often isn't the quality you'll find at a local club, it's a cheap
and inexpensive way to play the sport with a friend. Most recreational centres have a couple of tables available for hire, along with rackets & balls if you don't have your own. There are also lots of meetup / event groups that organize practise or social sessions at local sports centers. Your first step is to check if there are any local facebook groups you
can join. Table tennis is (in my opinion) one of the best bar sports in the world. The ping pong table forms a great focal point for great conversation and some serious competition. More and more bars are cropping up with table tennis bar such as the famous Bounce
in London which I've frequented many times. Bounce, London. Photo: Secret London Getting your own table is much less expensive than you might think. If you have a living room, garage or garden space that might be big enough for a table tennis table... it's definitely worth investigating. Having a table at home allows you to practise all the time, as
well as challenge all your friends to a match (which you'll win after practicing so much!). Check out our guide to the room size needed for table tennis. Lots of cities and municipal areas have initiatives to provide table tennis. Lots of cities and municipal areas have initiatives to provide table tennis.
tennis wherever you want! You'll often need your own bats & balls, but this is a great free way to play with your friends if you don't have enough space for a table at home. Don't wait for someone else to start playing, dive right in today. I promise you won't regret it after just one night at a local club. If you're in the USA, we have a more detailed guide
to some of the places you can start playing table tennis. Alternatively, fall in love with the sport playing one of the many amazing downloadable mobile and computer ping pong games. Before you start playing, you might be curious about the social 'norms' for what to wear when playing table tennis. Fortunately, you don't have much to worry about.
Most players will wear a simple sports top / t-shirt along with either shorts or a skirt. The only important thing to be conscious of is to avoid wearing white. This is because the ball is white and white clothing can make it difficult for your opponent to see the ball. Shoes are perhaps the most important part of your table tennis outfit. As the movements
players will also choose to wear wristbands or a headband to manage any sweat or hair that might interfere with your shots. These are down to personal preference. Want to get a more detailed guide? Check out our total guide on what to wear when playing table tennis. Most players when they first pick up a racket will grab it a bit like a baseball bat,
 holding the handle within their fist. Others have some weird and wacky ways of holding the racket. These grips are totally fine when you're playing casually but at some point you just won't be able to improve any further. It becomes a huge limitation on the kind of shots you can hit. There are 3 common, effective grips that people across the world
use. With these, your improvement is literally unlimited. These grips are: The grip you choose might depend on where you're from, and any coaches you have access to locally. The most common grip, globally, is the shakehand grip. It's used by a majority of the world's top players and is the easiest to learn. Discover More: The 3 Grips of Table Tennis
Now you're holding your racket properly, we can talk about some of the core shots you'll need to play table tennis. As coach, I always teach four shots will create instant improvement and have you winning more matches in no time. Players who can play each shot consistently have
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Learn More: Learn how to play the Forehand Drive The Backhand Drive is played when a ball is coming towards your opponent into playing a weaker shot. This shot is a major weakness for most beginners, which gives your opponent an
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They should stay low over the net and short on the table so your opponent can't attack. On the forehand push only for shorter balls on your dominant side. Learn More: Learn how to play a Forehand Push The Backhand Push is an extremely
common defensive shot, which all beginners must master. Contacting underneath the ball low over the net is critical to prevent your opponent around the table, making the point uncomfortable for them and exposing any weaknesses. Learn More: Learn how to
play a Backhand Push Spin is the craziest thing about table tennis. When you play against experienced players, it's an incredible weapon that all table tennis players need to master. Created by brushing against the ball, you can cause any effect you want against
your opponent. Here's a simple diagram explaining topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing towards. That's where the ball is going to go! So, you need to counteract that by aiming your racket in the opposite direction. Head to a table with a friend and try adding all
kinds of spin on the ball. The more you practise spotting spin, the easier it will get. I promise! There are very few shortcuts to becoming a good table tennis player. At some point, you'll need to put in long and hard hours training, developing your technique so you can consistently play effective shots during matches. However, as a beginner there are are
few tips and tricks that will make an immediate difference to your win / loss ratio! I was taught this early on by my first ever coach, who helped me create a strong set of serves that regularly win me lots of points. When you think about it, this is quite intuitive for two reasons: It's the only shot you're guaranteed to play during a match. It's the only
shot where you have full control of the ball. Win more games by developing some fast, spinny serves and target your opponent's weaknesses. Make one of your first priorities to learn how to serve in table tennis. How many players have you seen go for big, flashy attacking shots that balloon off the end of the table or flop straight into the net? That's
such an easy way to lose a point. One of the most effective tactics as a beginner is just learning to consistently place the ball back on the table and avoid playing risky shots. Choose your attacks wisely. One of the biggest mistakes I see beginners make is wanting to buy the fastest, spinniest rubbers to go on their new racket. These rubbers are really
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become more creative and get more familiar with creating unusual spin/angles. It makes you a better player. Watching and enjoying major table tennis match on television, or hear about a tournament winner in the news. In fact, most beginners can't name
the best players in the world, never mind naming the best players in their country. Most people will have heard about the Chinese domination of table tennis. At the professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't win the major, global championships. Let's discover some of the top current
players that you should definitely follow. Ma Long Serving. Photo: Xinhua We ranked Ma Long as our greatest table tennis player of all time. He's won a staggering 5 Olympic Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly hard to beat since making his world debut in 2006. Still playing as part of thee tennis player of all time.
formidable Chinese team, you don't want to miss his matches. Fan Zhendong. Photo: Edges and Nets Staying in China, I couldn't put together this list without mentioning Fan Zhendong. He's currently, comfortably, the best player in the world right now. Although he was beaten by Ma Long in the Tokyo Olympics, he's been dominating most of the
major tournaments including the WTTC Finals and WTT Cup Finals. Just like Ma Long, he has an explosive, attacking style that's incredible to watch. Huge Calderano is a trailblazer. The first table tennis player from Latin America to reach the top 10 in world rankings, peaking at world number 3. Whilst not the
technically perfect player, he more than makes up for it in steel, grit and determination. An incredible competitor who's been dominated by a revolving door of Chinese players. That's why Mima Ito is so exciting. Hailing from Japan, she's
ultra competitive with the best players in the world with a direct, driving style playing close to the table. Aged just 21, she's a player worth watching for future world titles. Think you could become a professional table tennis player? It's not easy. The table tennis player? It's not easy.
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events each year. These events provide a consistent chance to watch top-class table tennis. There are a few places you can watch table tennis broadcasts, with online streaming the main recommended place to watch events, streams and match highlights is at . Alternatively, there are
some amazing table tennis YouTube channels that are worth subscribing to. We'd also love to welcome you to the online table tennis Beginners Guide. Good Luck! Then you're in the right place. I've been playing
table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have grown to love table tennis and helped hundreds of others find their passion for ping pong. This page covers everything you need to know to start taking your table tennis more seriously, as well as pointing you towards additional videos, websites
and pages you'll find useful. You'll learn everything from how the sport started through to how you can level up your skills. Welcome to the most comprehensive beginners guide to table tennis in the world, requiring guick reflexes and incredible hand-eye coordination.
Players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their opponents can't hit it back at them. Most commonly, the sport any real justice. You should just watch this video instead: The game we now recognise as table
tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded wine bottle corks for balls. It's a little different now. The ITTF (International Table Tennis Federation) was formed in 1926 and became the sport's governing body, defining a standard set of rules and creating the modern sport known as table
tennis. Officially, the sport is called table tennis, although many people still refer to the game of ping pong. It's a catchy name and still used worldwide so everyone will know you're talking about the same thing. Nowadays, table tennis is a popular pastime for hundreds of millions of people. The sport is exceptionally popular in countries like China,
Germany, Japan, Korea & Sweden. Discover More: What is Table Tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis providing awesome constant in between moving countries, changing jobs and making new friends. Here are my 5 top reasons why I think you'll also fall in love with table tennis?
Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play (I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go and play wherever there's a spare table, we're a welcoming bunch. I'll guarantee a warm welcome to every table tennis
club in the world. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst it may look like a chilled out sport, the reality is far different. Table tennis is all about fast, accurate, constant movements and applying your whole body into each shot. Playing can be a serious workout (if you want it to be). Personal Styles
effort at a tournament. You also don't need to be a world-class athlete to be an awesome player either. My good friend Alvaro has put together his top reasons to play table tennis as well if you want to learn more. Before you dive into players around
the world follow these rules, so it's considered polite to understand these before you start playing. If you have any doubts, it's always worth checking with your opponent's side of the table, and they are unable to return the ball onto your side
Winning A Game - Modern table tennis games are played up to 11 points. Each player is responsible for serving twice consecutively, until 10 - 10 when each player serves once and the winning a match. Agree with your opponent
before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw! Toss The Ball - When it is your turn to serve, you must throw the ball straight upwards at least 6 inches. It must always be above and behind the edge of the table. You can only hit the ball once it starts dropping. Serve Anywhere - When playing
a singles match (1v1), you can serve anywhere on the table. If you're playing doubles (2v2) this is slightly limited as you must serve diagonally. Discover More: Detailed Guide to Table Tennis Rules, Table Tennis Doubles (2v2) this is slightly limited as you must serve diagonally.
rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet away. If the ball is outside the playing surface, you can grab it while it's still in the air without any penalty. Table tennis rallies are only a few seconds long so this rule comes in very handy to avoid having to pick the ball up from the floor every
time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios where you can touch the table, as well as some scenarios where you can't. Here's a quick summary: You CAN touch the table, as well as some scenarios where you can't. Here's a quick summary: You CAN touch the table, as well as some scenarios where you can't.
recommend this! You CAN'T touch the table to move in any way. This myth can be easily busted, as long as the racket is there as well. Whilst you'll never be
able to do this consistently, it can create some crazy weird angles & spins when it accidentally happens. Unintentional double hits are legal in table tennis. So if you hit the ball hits your other hand or anywhere else on your body, that's a point lost. Let's
take a short break to enjoy some of the craziest table tennis points ever filmed, courtesy of Table tennis is a simple game at heart. You just need a table, a paddle (racket), a ball and a willing opponent. These are the 3 pieces of table tennis equipment
a lot of players own. The most personalized piece of kit any table tennis player can own. Your racket is an extension of your arm and allows you to play a virtually unlimited number of shot types. A modern table tennis racket is made up of 3 individual components - Blade, Forehand Rubber and Backhand Rubber Most experienced players will buy each
element separately and combine them together to create a racket with the perfect characteristics for their game. As a beginner, choosing a table tennis rubber, or selecting the right table tennis blade can be a tricky process. I personally recommend the Killerspin JET400 to anyone I'm coaching, which comes premade and is perfect for anyone
beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm wide in diameter and weighing about 2.7 grams. Most commonly these are white wall! It's important not to ignore the quality of the small, hollow ball you're
playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible balls that are awful for playing table tennis. You should be looking for balls if you need to save some money. Learn more with our guide to choosing the right ping pong
ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite often, your table and net are separate. The officially standard table is made of wood (MDF), 274cm long and 152.5cm wide. However, it's definitely possible (and fun) to play table tennis on any flat surface. Most tables are either two separate halves that can be
pushed together to make a whole table, or both halves are attached to the same undercarriage so they can't be separated. The net is designed to be 6 inches, you'll often find players trying to play some awesome shots around the
net. If you're trying to play at home, but the size of a normal table is just too big, check out our favorite mini/midi tables that take up much less space. Finding a place to play table tennis can be challenging at times, with a limited amount of tables available. They can be quite expensive and difficult to store, so it's unlikely you'll randomly find one in a
field or in your friend's apartment! I'm always up for playing a game of table tennis, so here are my top 5 recommended places you should try to find a place to play. This is the first thing you should check as a table tennis beginner. Can you join any clubs local to where you live? Hop onto google and see if you can find any clubs within a radius you can
travel to. Check their training times and often it's worth reaching out to let them know you're coming. A lot of clubs have specific beginners sessions, so allow them to recommend the best time for you to join. Local clubs are where you'll meet lifelong friends, practise against many different styles and get a solid workout. They're my favorite place in
the world. This is where I started my table tennis career. Whilst the equipment often isn't the quality you'll find at a local club, it's a cheap and inexpensive way to play the sport with a friend. Most recreational centres have a couple of tables available for hire, along with rackets & balls if you don't have your own. There are also lots of meetup / event
groups that organize practise or social sessions at local sports centers. Your first step is to check if there are any local facebook groups you can join. Table tennis is (in my opinion) one of the best bar sports in the world. The ping pong table forms a great focal point for great conversation and some serious competition. More and more bars are
cropping up with table tennis tables. That could be a simple table available for hire, or a more dedicated table tennis bar such as the famous Bounce in London Which I've frequented many times. Bounce, London. Photo: Secret London Getting your own table is much less expensive than you might think. If you have a living room, garage or garden
space that might be big enough for a table tennis table... it's definitely worth investigating. Having a table at home allows you to practise all the time, as well as challenge all your friends to a match (which you'll win after practicing so much!). Check out our guide to the room size needed for table tennis. Lots of cities and municipal areas have
 initiatives to provide table tennis tables in public parks. These are often concrete, outdoor tables with metal nets but as we mentioned earlier, you can play with your friends if you don't have enough space for a table at home. Don't wait for
someone else to start playing, dive right in today. I promise you won't regret it after just one night at a local club. If you're in the USA, we have a more detailed guide to some of the many amazing downloadable mobile and computer ping pong games
Before you start playing, you might be curious about the social 'norms' for what to wear when playing table tennis. Fortunately, you don't have much to worry about. Most players will wear a simple sports top / t-shirt along with either shorts or a skirt. The only important thing to be conscious of is to avoid wearing white. This is because the ball is
white and white clothing can make it difficult for your opponent to see the ball. Shoes are perhaps the most important part of your table tennis outfit. As the movements required are short, sharp side-to-side steps, it's critical you wear shoes that are: Grippy Supportive Non-Marking Soles I highly recommend investing in a good pair of table tennis
shoes, which will last you a long time for your table tennis journey. Here's a list of my top recommended table tennis shoes. Jun Mizutani and Mima Ito. Photo: Reuters Some players will also choose to wear wristbands or a headband to manage any sweat or hair that might interfere with your shots. These are down to personal preference. Want to get
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The most common grip, globally, is the shakehand grip. It's used by a majority of the world's top players and is the easiest to learn. Discover More: The 3 Grips of Table Tennis Now you're holding your racket properly, we can talk about some of the core shots you'll need to play table tennis. As coach, I always teach four shots as the core foundation to
anyone's game. Mastering these four shots will create instant improvement and have you winning more matches in no time. Players who can play each shot consistently have few weaknesses and become very hard to beat. The Forehand Drive is the most basic and common shot in table tennis that all players must master. It's a consistent stroke played
on a player's dominant (racket) side with a lot of flexibility on where you aim the ball. As a beginner, having a consistent forehand Drive is played when a ball is coming towards your body or non-dominant side. It's usually less powerful than
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Choose your attacks wisely. One of the biggest mistakes I see beginners make is wanting to buy the fastest, spinniest rubbers to go on their new racket. These rubbers are really difficult to control. Without the right technique, students struggle to hit the ball back onto the table using these rackets and I've seen more than a few people fall out of love
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difficult than some of the more major sports. It's rare to see a table tennis match on television, or hear about a tournament winner in the news. In fact, most beginners can't name the best players in their country. Most people will have heard about the Chinese domination of table tennis. At the
professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't win the major, global championships. Let's discover some of the top current players that you should definitely follow. Ma Long Serving. Photo: Xinhua We ranked Ma Long as our greatest table tennis player of all time. He's won a staggering 5
Olympic Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly hard to beat since making his world debut in 2006. Still playing as part of the formidable Chinese team, you don't want to miss his matches. Fan Zhendong. Photo: Edges and Nets Staying in China, I couldn't put together this list without
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Calderano. Photo: ITTF Hugo Calderano is a trailblazer. The first table tennis player from Latin America to reach the top 10 in world number 3. Whilst not the technically perfect player, he more than makes up for it in steel, grit and determination. An incredible competitor who's been dominating Pan American events over
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medal available. There are also Doubles and Team events played. The Olympics has been dominated by the Chinese who have won 32 of the 37 gold medals available since the inaugural event in 1988. In an even more astounding statistic, just 2 non-Chinese players have ever reached the final of the Women's singles. None have won. Will that
domination continue? Well, there continues to be new, world-beating Chinese players emerging every year since 1926. Each year, they rotate between playing an individual event and a team event. For example, the 2021 WTTC was held in
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broadcasts, with online streaming the main format as matches aren't often available on TV channels. The main recommended place to watch events, streams and match highlights is at . Alternatively, there are some amazing table tennis
refine your technique, this comprehensive guide will walk you through everything you need to know about how to play table tennis. From the basics of equipment and SetupBefore you can start hitting that little white ball, you'll need the right
equipment. Here's a breakdown of the essential gear: Table: A standard table tennis table is 9 feet long, 5 feet wide, and 30 inches high. It's divided by a net that hangs 6 inches above the table surface. Racket: Choose a racket with a blade and rubber that suits your playing style. The blade provides the base for the racket, while the rubber adds spir
and control to your shots. Ball: Table tennis balls are small, white, and made of celluloid. They have a diameter of 40 mm and weigh 2.7 grams. Net: The net separates the two halves of the table and is an essential part of the game. Once you have your equipment, you'll need to set up your playing area. Find a flat, level surface that's free of obstacles
and provides ample space for movement. Ideally, you'll have enough room to step back from the table and hit the ball comfortably. The Basics of Table Tennis: Rules and ScoringTable tennis is a game of rallies, where players take turns hitting the ball back and forth across the net. The basic rules are relatively simple: Serving: The server must stand
behind the end line and hit the ball so it bounces once on their side of the table. Scoring: A point is scored when a player fails to return the ball legally. The first player to reach 11 points wins a game, but they must win by at
least two points. Doubles: In doubles, players must alternate hitting the ball, with partners standing on opposite sides of the table. The foundation of any good table tennis game lies in mastering the basic strokes: the forehand and backhand. Forehand Technique 1. Grip: Hold the racket with your dominant hand, with the blade facing towards your body
Wrap your thumb and forefinger around the handle, and use your other fingers to support the grip. 2. Stance: Stand with your feet shoulder-width apart, slightly bent at the knees. Keep your weight onto your racket in a smooth, arc-like motion.
Contact the ball with the center of your racket face for maximum control. 4. Follow Through: Finish the swing by extending your arm and bringing the racket across your body. With your non-dominant hand, hold the handle and
adjust your grip to find a comfortable position. 2. Stance: Stand with your feet shoulder-width apart, slightly bent at the knees. Keep your weight onto your back foot and swing your racket in a smooth, arc-like motion. Contact the ball with the center of your racket face
for maximum control. 4. Follow Through: Finish the swing by extending your arm and bringing the racket across your body. Once you've mastered the basics, you can start incorporating advanced techniques to elevate your game. Spin Spin is a crucial element of table tennis that can add unpredictability and power to your shots. There are three main
types of spin:Topspin: Hitting the ball upwards with a backward motion, creating a spin that makes the ball downwards after bouncing. Sidespin: Hitting the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideways motion, creating a spin that makes the ball with a sideway motion.
curve to the left or right after bouncing. Serves are the most important shots in table tennis, as they allow you to control the start of each rally. There are many different types of serves, including: Flat serve: A simple serve with topspin that makes the ball dip downwards after bouncing. Backspin serve
A serve with backspin that makes the ball rise upwards after bouncing. Sidespin serve: A serve with sidespin that makes the ball curve to the left or right after bouncing. Stay close to the table to
dedication and practice. Here are some tips for improving your game: Practice regularly: Set aside dedicated time for practice, even if it's just for a few minutes each day. Focus on technique: Pay attention to your grip, stance, and swing mechanics. Work on your weaknesses: Identify areas where you struggle and focus on improving them. Play against
different opponents: Playing against players of different skill levels will help you develop your game. Stay positive and have fun: Enjoy the process of learning and improving. Table tennis is more than just a sport; it's a vibrant culture with a rich history and passionate community. Here are some aspects of table tennis culture to explore: Tournaments:
offers a lifetime of enjoyment. Whether you're playing for fun or competing at a high level, the thrill of the game and the camaraderie of the community will keep you coming back for more. What is the best way to learn how to play table tennis? A: The best way to learn is to find a coach or experienced player who can teach
you the fundamentals and provide feedback. You can also learn from videos, books, and online resources.Q: What are some common
mistakes beginners make in table tennis? A: Common mistakes include not using the proper grip, not staying balanced, and not moving your feet quickly enough. Q: How can I find a table tennis club near me? A: You can search online for table tennis clubs in your area or contact your local recreation center or YMCA. Q: What are some tips for playing
doubles?A: Communicate with your partner about your strategy and positioning. Be aware of your partner's strengths and weaknesses and try to cover the court effectively. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose
even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit, provide a link to the licensor endorses you or your use. ShareAlike — If you
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Your generated images will be more polished than ever. See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals. Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now
on demand. Watch Now The aim of the game is simple; hit the ball over the net onto your opponent's side of the table. A point is won by you if your opponent is unable to return the ball before it bounces on their side of the table (unless the ball has already cleared the table).
Winner is the first to 11 points If the score is 10-10, them game continues until one of the players has gained a lead of 2 points Points are won irrespective of who has served Matches can be the best of 3, 5 or 7 games - or any odd number you like! The ball must first bounce on your side and then on your opponent's side of the table If the ball touches
the net and goes over, it's a 'let' - retake the serve If the ball hits the net and doesn't go over, or flies off the table without bouncing on your opponents side, you lose the point There are no second serves The ball should rest freely on the open palm of the server, above the level of the table The ball should be projected vertically (at least 16cm) In
singles you can serve from anywhere and to anywhere on the table Change servers every 2 points If the score reaches 10-10 change server every point Service must be diagonal, from the right half court. Service must be diagonal, from the right half court (marked by a white line) to the opponent's right half court.
decide which player will serve first. The first player to serve is A1 and; A1 serves to B2 (2 services) B2 serves to A1 2 services) B3 then serves to B4 (2 services) B4 (2 services) B4 (3 servic
A1 then serves to B2 and so on. OR B2 will serve to A2. A2 then serves to B1 and so on. Rotation rules for doubles In doubles, you should alternate hitting the ball with your partner. So, for example, A1 serves the ball to B1 B1 plays to A2 A2 plays to A2 then serves to B2 and so on. Our film series give a visual
explanation of how to hold the bat, basic shots as well as the doubles rotation format. How to play a backhand drive For more in-depth information on the rules (laws) of table tennis and the regulations governing the sport internationally and domestically, visit our
regulations section. Rules of the gameDownloadLAWS-2020-21-2-6-21-updateDownload JOIN NOW Like almost every sport, you must first acquire the equipment needed to enjoy it. There are only three basic items you must purchase when it comes to learning how to play table tennis for beginners. Watch the video for 5 great beginner and
intermediate paddles under $55! You play table tennis by striking the ball with a paddle which is sometimes known as a bat or a racket depending on where you live. A ping pong paddle is made up of four different sizes and shapes that can affect your
gameplay. The blade - The blade of a ping pong paddle is the main body of the bat and is constructed by using multiple layers of wood (and sometimes carbon). Sponge layer - Sitting on top of the blade is a thin layer of sponge as this
will give you more control over the ball. The rubber - Finally, sitting on top of the sponge is a layer of rubber which is what actually makes contact with the ball. There are a variety of different rubbers to suit different styles of play. To learn more, check out our guide to table tennis rubbers here. Ping pong paddles are usually rated on three qualities:
control, spin, and speed. Beginners should look for a paddle with a high control rating and low spin and speed ratings. As you improve and get better at controlling the ball, you can look for a racket with lower control with more speed and grip so that you can more easily put spin on the ball and hit it faster. Click here to see our list of the top ping
pong paddles of this year. Like a lot of other sports, to play table tennis, you'll need balls to practice and compete. Ping pong balls are small, round, and typically, they come in two different colors: white and orange. Table tennis balls are generally rated in
guality by a star system from 1-3 stars. 1-star balls are inexpensive and used for recreational play, whereas 3-star balls are more expensive and tournaments. While advanced players mostly use 3-star balls are more expensive and tournaments. While advanced players mostly use 3-star balls are inexpensive and tournaments.
cheaper balls. For more information check out our table tennis guide for balls here. Ping pong tables are one of the more expensive bits of equipment you'll need. You can spend anywhere from a couple of hundred dollars to a few thousand for a top-of-the-range competition-grade table tennis table. If you're looking to buy your own one then check out
our top-rated ping pong tables list here. But you don't necessarily need to buy your own as bars, sports centers, and clubs often have tables and allow you to get the quality of a real table without taking up as much space. While not essential to start playing, you might want to
look into a few other accessories and table tennis gear. A good pair of shoes - For beginners, most sports or gym shoes will work fine, but, as you progress and play more, you might want to invest in a pair of shoes designed specifically with ping pong players in mind. A paddle case - Table tennis bats aren't the strongest and can get damaged easily by
water, dust, and getting knocked. We always recommend picking up a table tennis paddle case to keep your racket safe when you're not using it. A ping pong robot - If you begin to take your game more seriously and want to practice
your shots. Now that you have the basic equipment down, it's time to put that stuff to good use and have some fun. First things first, how do you hold your bat? The Shakehand Grip The first thing to do before starting play is to make sure you're holding the paddle correctly. There are two main ways to grip your bat in table tennis: Shakehand and
penhold grip. Each grip has its pros and cons but most experts recommend that the best grip for beginners is the shakehand grip. To read more about how to hold the paddle check out our ping pong guide on grips here. We also have some ping pong instructions regarding bat care that you might find helpful. The basic table tennis rules are important
to know when starting out. There are a ton of rules out there for ping pong but you don't feel like reading them, or you feel as if you will probably forget, you can always have someone at a club explain the rules to you better while you are playing. When you and another person play a set of games, it is
called a "table tennis match". A match usually consists of the best of three out of five games; so you could end up playing anywhere from three to five games in total. In open play (after serving), you must strike the ball onto your sponent's side of the table tennis table after it has bounced once on your side. If it bounces twice, you wolley, or miss the
ball, you lose the point. The player who serves first is usually determined differently depending on the club (e.g. a coin flip, hide the ball in one hand, etc). Once a player is chosen they will serve for two points and then the opponent will serve for two points. In a game, if you and your opponent both reach 10 points (sometimes called "deuce"), the
serving rules change. From this point onwards each player will serve once instead of twice. You will take turns serving until one player takes a 2-point lead, upon which point they have won the game concludes, the players then switch sides of the table tennis table, but the service always starts on the same side. The official rules
around serving from the ITTF can be a little overwhelming, so we've summarised the basic rules of a legal table tennis serve below. The serve should begin with the ball in an open palm - This is to prevent players from serving quickly
or hiding the ball to deceive their opponent. You must strike the ball behind the end line of the table - This is to prevent players from getting very close to the net before serving. You must strike the ball at any point - This is to ensure your opponent can see the ball and have a fair chance of reading your serve. Once contact is made, the ball
must bounce on your side of the table, bounce over the net, and then bounce on the opponent's side - You can't hit it straight over the net. If you fail to play a legal service, you lose a point - There are no second serves in table tennis. If you want
to learn more about serving, we have a longer, more in-depth ping pong tutorial about the different types of serves. Doubles build upon the rules to follow, they are not that hard to get your head around. The first different rule is that each table tennis player hits the ball once, and then their partner does
the same. Contrary to popular belief, whoever is closest cannot strike the ball. It must be alternating. Another key doubles rule is for serving. Unlike singles, where you can serve anywhere, you must hit the ball cross-court in doubles so that it goes from your right side of the table tennis table to the opponent's right side. Failure to do so results in you
losing a point. The next two rules are a little more complex, so I'll break them down. Let's begin with the order of play. When a game begins, and a server is randomly decided, the receiving team chooses who to receive. This decides the order of play which will remain throughout the game. After a player has finished serving, the service alternates
along to the next player in the sequence. For example, the receiver becomes the server, and the server does not receive the ball. Instead, they hit the ball last. Imagine a team of A and B vs X and Y. The sequence begins A, X, B, Y. After four serves, the order is now B, Y, A, X. As you'll notice, the sequence has not changed, and after another 4 serves,
every player will have served, and we will be back to where we started with A, X, B, Y. Another rule that is easy to forget for doubles is one that only applies to matches that go to the last game e.g. a fifth game at 2-2. For these, like in singles, you swap ends when the first team reaches 5 points. However, in doubles, the receiving team also swaps
roles. The player receiving the serve instead hits the ball fourth in the sequence. This is the only time you will ever break the hitting sequence mid-game. Some Other Ping Pong Rules to Know Here are some rules that you might see come up while playing. If someone hits the ball to you and it lands on the very end of the table (even if it barely hits it
and goes straight to the floor), it would be the other person's point. While it's almost impossible to return, it doesn't happen often to where it's a problem. However, this only applies if it makes contact with the end of the table at the side, the opponent loses the point. This is because it
has not made contact with the playing area. Also, if your opponent strikes the ball and it hits the net (not on a serve) and doesn't bounce more than an inch on your fail to make a return, it's their point. These kinds of shots are tricky to counter and can be kind of ridiculous sometimes, but they are a part of the game. A rarer circumstance
you might find yourself in is accidentally volleying the ball before it bounces — probably because you didn't have time to react. In this situation, it all depends on where you hit the ball, even if it looks like it's going out. If you strike the ball before the end line, it's your opponent's point, but if, on the other hand, it's past the end line, it's your point.
Now we are on to the main body of table tennis — the shots you will perform in open play. You're committed, you'll get to those crazy shots soon enough. To start off with, there are four main shots you need
to become comfortable with before you can move on to techniques of a higher difficulty. These are the push, block, drive, and smash. I won't go into too much detail as we cover some of these in our basic table tennis skills post. But essentially, all four of these shots cover your bases in all areas of table tennis as a beginner: Push: A defensive shot
using backspin. Great for slowing down games against attackers. Block: A defensive shot against topspin attacking stroke. It uses moderate topspin and is easy to perform. Smash: Your kill shot. End the rally with a
smash when your opponent pops the ball up too high. To perform a push, the incoming ball must either be neutral or have backspin. Incoming topspin strokes instead require a chop to impart backspin. We'll tackle backhand pushes as they are easier than forehand pushes. As the ball approaches, ensure your feet are slightly bent and around parallel
to the table. And then, with your bat in front of your body at around belly button level, open your bat is facing the ball (not the ball (not the ball). Follow through even after you make contact. The angle at which your bat is facing depends on the incoming
backspin level. The greater the backspin, the more open your bat should be. Check out this great video by Ping Skills below, which breaks the shot down. Next up, we'll look at backhand blocking — most players tend to block more on their backhand than their forehand side. However, you need to be able to block on your forehand and backhand, as
both are key strokes for the game. You use blocks against incoming shots that have topspin or no spin. You cannot use them against backspin strokes. The start of the backhand block is the same as the backhand push. Bent legs, parallel feet to the table, and your bat in front of you at around belly button level. However, as you are likely facing an
incoming topspin shot, you instead need to close your bat angle rather than open it. As you hit the ball, push your bat depends on the level of incoming spin. The greater the topspin and speed, the more you need to close your angle. You don't need to flick your wrist
to put spin on the ball as you do with many other shots. Again, Ping Skills have another great video breaking down the technique. You can perform drives, as these are more popular than backhand drives. The setup
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changes quite a bit from the other two shots we just looked at. As you're playing a forehand stroke, your dominant foot should be slightly behind your other foot. Your bat should also start in the ready position — around a 90-degree bend at the elbow in front of you. As the ball approaches, drop your non-dominant shoulder slightly, twist your hipself the contract of your hipself the you
backward, and transfer some of your weight onto your back leg. Like with the block, you want to close your bat angle relative to the amount of incoming topspin. Once the ball, your non-dominant shoulder returns to its original position, you untwisted to the amount of incoming topspin. Once the ball, your non-dominant shoulder returns to its original position, you untwisted to the amount of incoming topspin. Once the ball, your non-dominant shoulder returns to its original position, you untwisted to the amount of incoming topspin. Once the ball, your non-dominant shoulder returns to its original position, you untwisted to the amount of incoming topspin.
your hips and transfer some of your weight back to your non-dominant leg. And like the push and block, you follow through with the stroke. Your bat should go forwards and upwards finishing at around shoulder level. Tom Lodziak does a great job of explaining this technique. How to ping pong smash? As mentioned earlier, smashing is your method of
punishing your opponent's mistakes with a point-ending stroke. You can perform a smash against any kind of shot provided it's high enough —even shots with heavy backspin. You don't need to learn to forehand smash if you don't want to. Backhand is far harder, and you always have time to move around to play a forehand smash
 instead of a backhand. As such, we will go over the technique for forehand. Think of the forehand smash a bit like a forceful forehand drive — there are some similarities between the two strokes. Like with the drive, your dominant foot should be further back than your non-dominant foot — except the distance between the two tends to be larger. As
for the contact of the ball, it's a bit different. The ball bounces higher than for the drive, and you don't always want to strike it at the top of the bounce. Instead hit the ball when it is at around shoulder height. This gives you the best angle to apply a lot of pace with a high chance of success. To get adequate speed, you need to have more explosive
movement. To get this, you should face the ball more side on, which allows you to rotate your shoulder and hips more. Also, because you have a higher margin for error, you can strike through the ball far harder than with the drive. Again, watch Tom Lodziak's video where he breaks down his top forehand smashing tips! My strongest piece of advice is a higher margin for error, you can strike through the ball far harder than with the drive.
to seek out free knowledge (or pay for it if you like) wherever you can get it. YouTube videos are a great place to start. There are thousands of table tennis videos to watch that can help you learn how to improve your ping pong is to join a club. I recommend that you try using the internet to your
advantage. Look for the closest club in your area, and if they have an updated number on file, try to call them to ask where and when they play. That's where I get most of the time, clubs have a large, diverse player base. If you're afraid that you're too old or too
young to go, you shouldn't worry. There are usually plenty of people aged anywhere from 10 to 60+ that play regularly (and the older guys can be really good, too!). For most people, playing at clubs is one of the fastest ways to improve your skills in the smallest amount of time. As an advanced player who has been playing for over a decade, I love
helping out newbies! Not only does getting pally with better players help spot the mistakes you can't, but they'll also show you the right technique. Furthermore, sometimes clubs host tournaments, or they can tell you where the closest one is. Club tournaments provide great experiences, and they are a ton of fun. People from all around the area,
sometimes hours away, will drive to these tournaments to play. It's really interesting to see how everyone performs in a more official setting. Some people will have crazy serves, wild hits, or just play in a way you've never seen before. If you think you're good enough, you can enter such a tournament, but don't get discouraged if you lose. There is a
lot of really tough competition out there. To play ping pong, you need a bat, a ball, a table tennis table, and a playing partner. Each player serves twice before switching and must make the ball bounce once on their side back onto
their opponent's side of the ping pong table. If either player fails to make a return, they lose the point. First to either 2 or 3 games is the norm. No, your opponent must wait for the ball to bounce on the side of the ping pong table before striking it. If they volley the ball, they have
obstructed the ball's path, so you would receive the point. Diagonal serving is only a requirement for doubles games. Players must serve diagonally from the right rectangle on their opponent's side. The server loses the point if the ball bounces outside of either of these two areas. By comparison, for a
singles table tennis match, you can serve anywhere on the table. You get points in ping pong by playing shots that your opponent cannot return. This is either because they fail to hit the ball, it bounces twice on their side of the table. They could also commit a foul, which may cause they
umpire to award you a point. No. Each player has two serves. The only event when this number switch is if play reaches a score of 10-10. At this point, each player has one service only. By all means! No table tennis rules forbid players from switching hands.
Even the pros are very weak in their non-dominant hand. It's more for show than anything. You decide which player serves first at random. Most commonly via a coin toss. However, much of the time, players will use their own means. Hiding the ball in one hand under the table and having your opponent guess is a common option. Similarly, some
players will have you call 'odd' or 'even' and randomly flick the scoreboard to reveal a number. Now that you know the basics of playing ping pong, you can actually go out there and do it. There's quite a lot of info in this post, so don't feel that you need to have taken it all on board immediately. Simply refer back as needed and start practicing. On
paper, some of the info presented may seem difficult or convoluted, but once you get playing, your development should feel far more straightforward. And oh. Don't forget to have fun! Read More: Then you're in the right place. I've been playing table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have
grown to love table tennis and helped hundreds of others find their passion for ping pong. This page covers everything you need to know to start taking your table tennis more seriously, as well as pointing you towards additional videos, websites and pages you'll find useful. You'll learn everything from how the sport started through to how you can
level up your skills. Welcome to the most comprehensive beginners guide to table tennis in the world. Table tennis is a fast-paced, competitive racket sport players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their
opponents can't hit it back at them. Most commonly, the sport is played 1v1 (Singles) or 2v2 (Doubles). My written description doesn't do the sport any real justice. You should just watch this video instead: The game we now recognise as table tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded
wine bottle corks for balls. It's a little different now. The ITTF (International Table Tennis Federation) was formed in 1926 and became the sport is called table tennis, although many people still refer to the game of ping pong.
It's a catchy name and still used worldwide so everyone will know you're talking about the same thing. Nowadays, table tennis? I can't think of anything else in my
life that I've done continuously for 20 years, with table tennis providing awesome constant in between moving countries, changing jobs and making new friends. Here are my 5 top reasons why I think you'll also fall in love with table tennis: Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play
(I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go and play wherever there's a spare table, we're a welcoming bunch. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst
it may look like a chilled out sport, the reality is far different. Table tennis is all about fast, accurate, constant movements and applying your whole body into each shot. Playing can be a serious workout (if you want it to be). Personal Styles: Every player develops their own unique style for the game, supported by equipment that opens up new and
unusual shot types. Learn the basics then decide what kind of player you want to be! Play at Your Pace: Not everybody wants to be world champion. Table tennis is just as fun played casually in a bar with a drink, as it is investing every ounce of effort at a tournament. You also don't need to be a world-class athlete to be an awesome player either. My
good friend Alvaro has put together his top reasons to play table tennis as well if you want to learn more. Before you dive into playing more of this wonderful sport, I've got 5 important rules to share with you. A vast majority of players around the world follow these rules, so it's considered polite to understand these before you start playing. If you
 have any doubts, it's always worth checking with your opponent before the match starts. Winning A Point - You win a point when you play a shot that hits only your opponent's side of the table, and they are unable to return the ball onto your side. Winning A Game - Modern table tennis games are played up to 11 points. Each player is responsible for
serving twice consecutively, until 10 - 10 when each player serves once and the winner needs to get to 2 points ahead. Winning A Match - There is no official rule regarding how many games result in winning a match. Agree with your opponent before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw!
Toss The Ball - When it is your turn to serve, you must throw the ball once it starts dropping. Serve Anywhere - When playing a singles match (1v1), you can serve anywhere on the table. If you're playing doubles (2v2) this is slightly
limited as you must serve diagonally. Discover More: Detailed Guide to Table Tennis Rules, Table Tennis Doubles Rules and Serving Rules of myths or misconceptions about table tennis. Likely due to rules being passed through families, or through online "experts". These often end up causing arguments at the table, so
let's solve 3 of the most common myths right here: This is a common rule in tennis, but it does not apply in table tennis. You only win the point if your opponent contacts the ball whilst it's still over the surface of the table. It would be a harsh rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet
away. If the ball is outside the playing surface, you can grab it while it's still in the air without any penalty. Table tennis rallies are only a few seconds long so this rule comes in very time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios
where you can touch the table, as well as some scenarios where you can't. Here's a quick summary: You CAN touch the table with your racket-holding hand or arm. You CAN touch the table with your free hand (for balance or otherwise) You CAN'T
cause the table to move in any way. This myth can be easily busted, as long as it's your racket-holding hand and it's still holding the racket. Yes, the ball can ricochet off your hand or thumb as long as the racket is there as well. Whilst you'll never be able to do this consistently, it can create some crazy weird angles & spins when it accidentally
 happens. Unintentional double hits are legal in table tennis. So if you hit the ball twice accidentally as part of the same movement, the point lost. Let's take a short break to enjoy some of the craziest table tennis points ever filmed, courtesy of Table
Tennis Central. Table tennis is a simple game at heart. You just need a table, a paddle (racket), a ball and a willing opponent. These are the 3 pieces of table tennis equipment everyone needs, although there are more basic types of table tennis equipment a lot of players own. The most personalized piece of kit any table tennis player can own. Your
racket is an extension of your arm and allows you to play a virtually unlimited number of shot types. A modern table tennis racket is made up of 3 individual components - Blade, Forehand Rubber and Backhand Rubber and Backhand
characteristics for their game. As a beginner, choosing a table tennis rubber, or selecting the right table tennis blade can be a tricky process. I personally recommend the Killerspin JET400 to anyone I'm coaching, which comes premade and is perfect for anyone beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm
wide in diameter and weighing about 2.7 grams. Most commonly these are white, but can easily be found in orange as well. That's particularly useful if playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible balls that are
awful for playing table tennis. You should be looking for balls sold by a reputable table tennis brand. These can get quite expensive, so look for budget "training" balls if you need to save some money. Learn more with our guide to choosing the right ping pong ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite
often, your table and net are separate. The officially standard table is made of wood (MDF), 274cm long and 152.5cm wide. However, it's definitely possible (and fun) to play table tennis on any flat surface. Most tables are either two separate halves that can be pushed together to make a whole table, or both halves are attached to the same
undercarriage so they can't be separated. The net is designed to be 6 inches tall and slightly flexible so that the ball can graze the top without pinging off. Although it overhangs the table by 6 inches, you'll often find players trying to play some awesome shots around the net. If you're trying to play at home, but the size of a normal table is just too big
check out our favorite mini/midi tables that take up much less space. Finding a place to play table tennis can be challenging at times, with a limited amount of tables available. They can be quite expensive and difficult to store, so it's unlikely you'll randomly find one in a field or in your friend's apartment! I'm always up for playing a game of table
tennis, so here are my top 5 recommended places you should try to find a place to play. This is the first thing you should check as a table tennis beginner. Can you join any clubs within a radius you can travel to. Check their training times and often it's worth reaching out to let
them know you're coming. A lot of clubs have specific beginners sessions, so allow them to recommend the best time for you to join. Local clubs are where I started my table tennis career. Whilst the
equipment often isn't the quality you'll find at a local club, it's a cheap and inexpensive way to play the sport with a friend. Most recreational centres have a couple of tables available for hire, along with rackets & balls if you don't have your own. There are also lots of meetup / event groups that organize practise or social sessions at local sports
centers. Your first step is to check if there are any local facebook groups you can join. Table tennis is (in my opinion) one of the best bar sports in the world. The ping pong table forms a great focal point for great conversation and some serious competition. More and more bars are cropping up with table tennis tables. That could be a simple table
available for hire, or a more dedicated table tennis bar such as the famous Bounce in London Which I've frequented many times. Bounce, London. Photo: Secret London Getting your own table is much less expensive than you might think. If you have a living room, garage or garden space that might be big enough for a table tennis table... it's definitely.
worth investigating. Having a table at home allows you to practise all the time, as well as challenge all your friends to a match (which you'll win after practicing so much!). Check out our guide to the room size needed for table tennis. Lots of cities and municipal areas have initiatives to provide table tennis tables in public parks. These are often
concrete, outdoor tables with metal nets but as we mentioned earlier, you can play table tennis wherever you want! You'll often need your own bats & balls, but this is a great free way to play with your friends if you don't have enough space for a table at home. Don't wait for someone else to start playing, dive right in today. I promise you won't regret
it after just one night at a local club. If you're in the USA, we have a more detailed guide to some of the many amazing downloadable mobile and computer ping pong games. Before you start playing, you might be curious about the social 'norms' for
 what to wear when playing table tennis. Fortunately, you don't have much to worry about. Most players will wear a simple sports top / t-shirt along with either shorts or a skirt. The only important thing to be conscious of is to avoid wearing white. This is because the ball is white and white clothing can make it difficult for your opponent to see the ball
Shoes are perhaps the most important part of your table tennis outfit. As the movements required are short, sharp side-to-side steps, it's critical you wear shoes that are: Grippy Supportive Non-Marking Soles I highly recommend investing in a good pair of table tennis shoes, which will last you a long time for your table tennis journey. Here's a list of
my top recommended table tennis shoes. Jun Mizutani and Mima Ito. Photo: Reuters Some players will also choose to wear wristbands or a headband to manage any sweat or hair that might interfere with your shots. These are down to personal preference. Want to get a more detailed guide? Check out our total guide on what to wear when playing
table tennis. Most players when they first pick up a racket will grab it a bit like a baseball bat, holding the handle within their fist. Others have some weird and wacky ways of holding the racket will grab it a bit like a baseball bat, holding the racket will grab it a bit like a baseball bat, holding the handle within their fist. Others have some weird and wacky ways of holding the racket will grab it a bit like a baseball bat, holding the handle within their fist. Others have some weird and wacky ways of holding the racket will grab it a bit like a baseball bat, holding the handle within their fist.
kind of shots you can hit. There are 3 common, effective grips that people across the world use. With these, your improvement is literally unlimited. These grips are: The grip you choose might depend on where you're from, and any coaches you have access to locally. The most common grip, globally, is the shakehand grip. It's used by a majority of them.
world's top players and is the easiest to learn. Discover More: The 3 Grips of Table Tennis Now you're holding your racket properly, we can talk about some of the core shots you'll need to play table tennis. As coach, I always teach four shots as the core foundation to anyone's game. Mastering these four shots will create instant improvement and have
you winning more matches in no time. Players who can play each shot consistently have few weaknesses and become very hard to beat. The Forehand Drive is the most basic and common shot in table tennis that all players must master. It's a consistent stroke played on a player's dominant (racket) side with a lot of flexibility on where you aim the
ball. As a beginner, having a consistent forehand Drive is played when a ball is coming towards your body or non-dominant side. It's usually less powerful than the Forehand Drive, so it's normally used to force your opponent into playing a
weaker shot. This shot is a major weakness for most beginners, which gives your opponent an easy way to win points. Learn More: Learn how to play the Backhand Drive The Forehand Push is a defensive shot that is less commonly played than the other 3 basic types of shot. A push shot is
used to prevent your opponent from attacking and taking positional advantage in the point. They should stay low over the net and short on the table so your opponent from attacking and taking positional advantage in the point. They should aim to play a forehand drive or attacking shot where possible. Use the forehand push only for shorter balls on your dominant
side. Learn More: Learn how to play a Forehand Push The Backhand Push is an extremely common defensive shot, which all beginners must master. Contacting underneath the ball and keeping the ball low over the net is critical to prevent your opponent from attacking your return. Use this shot to maneuver your opponent around the table, making
the point uncomfortable for them and exposing any weaknesses. Learn More: Learn how to play a Backhand Push Spin is the feeling when you hit the ball and the ball goes flying off in a random direction. It's an incredible weapon that all table tennis players need to
master. Created by brushing against the ball, you can cause any effect you want against your opponent. Here's a simple diagram explaining topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing towards. That's where the ball is going to go! So, you need to counteract that by
aiming your racket in the opposite direction. Head to a table with a friend and try adding all kinds of spin on the ball. The more you practise spotting spin, the easier it will get. I promise! There are very few shortcuts to becoming a good table tennis player. At some point, you'll need to put in long and hard hours training, developing your technique so
you can consistently play effective shots during matches. However, as a beginner there are a few tips and tricks that will make an immediate difference to your win / loss ratio! I was taught this early on by my first ever coach, who helped me create a strong set of serves that regularly win me lots of points. When you think about it, this is quite intuitive
for two reasons: It's the only shot you're guaranteed to play during a match. It's the only shot where you have full control of the ball. Win more games by developing some fast, spinny serves and target your opponent's weaknesses. Make one of your first priorities to learn how to serve in table tennis. How many players have you seen go for big, flashy
attacking shots that balloon off the end of the table or flop straight into the net? That's such an easy way to lose a point. One of the ball back on the table and avoid playing risky shots. Choose your attacks wisely. One of the ball back on the table and avoid playing risky shots.
buy the fastest, spinniest rubbers to go on their new racket. These rubbers are really difficult to control. Without the right technique, students struggle to hit the ball back onto the table using these rackets and I've seen more than a few people fall out of love with the game. Buy a racket, like the Killerspin JET400, that gives you good spin, speed and
control without being too difficult to manage. Playing this sport requires a relaxed control of your entire body, focussed on delivering great shots that target your opponent got an edge in the last point. Staying cool, calm and collected will help you perform
better and more consistently. Yes, this is definitely a bit of a cheat, but as a coach I think it's super important. You can't always be 100% focussed on competitive matches or training specific shots. Find time to have fun with the sport. Try out some trick shots, stick multiple tables together, try to lob every ball, stick a barrier down to play on the floor
or play with sandpaper/hard bats. Messing around isn't just fun, but it helps you become more creative and get more familiar with creating unusual spin/angles. It makes you a better player. Watching and enjoying major table tennis events is a little more difficult than some of the more major sports. It's rare to see a table tennis match on television, or
hear about a tournament winner in the news. In fact, most beginners can't name the best players in the world, never mind naming the best players in their country. Most people will have heard about the Chinese domination of table tennis. At the professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't
win the major, global championships. Let's discover some of the top current players that you should definitely follow. Ma Long Serving. Photo: Xinhua We ranked Ma Long as our greatest table tennis player of all time. He's won a staggering 5 Olympic Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly
hard to beat since making his world debut in 2006. Still playing as part of the formidable Chinese team, you don't want to miss his matches. Fan Zhendong. He's currently, comfortably, the best player in the world right now. Although he was
beaten by Ma Long in the Tokyo Olympics, he's been dominating most of the major tournaments including the WTTC Finals and WTT Cup Finals. Just like Ma Long, he has an explosive, attacking style that's incredible to watch. Huge Calderano is a trailblazer. The first table tennis player from Latin America to reach the
top 10 in world rankings, peaking at world number 3. Whilst not the technically perfect player, he more than makes up for it in steel, grit and determination. An incredible competitor who's been dominated by a revolving door of Chinese
 dominated by a few major events, although regular world tour events are held throughout the year. As an Olympic sport, table tennis gains a lot of visibility every 4 years. It's the peak of any table tennis player's career with just one singles gold medal available. There are also Doubles and Team events played. The Olympics has been dominated by the
Chinese who have won 32 of the 37 gold medals available since the inaugural event in 1988. In an even more astounding statistic, just 2 non-Chinese players have ever reached the final of the Women's singles. None have won. Will that domination continue? Well, there continues to be new, world-beating Chinese players emerging every year so they
WTTC events, with Hungary winning most events for the first 20 years. In recent years, the event has been dominated by Chinese competitors, much like the Olympics. In a slightly convoluted change to the table tennis calendar, the wrt series of events was launched in 2019. Designed to bring more entertainment and engagement to the sport, they
host 4 "Grand Smashes", 2 "Cup Finals", 8 "Champions" and up to 20 "Contender" events each year. These events provide a consistent chance to watch top-class table tennis. There are a few places you can watch table tennis broadcasts, with online streaming the main format as matches aren't often available on TV channels. The main recommended
 Tennis Beginners Guide. Good Luck! Then you're in the right place. I've been playing table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have grown to love table tennis for nearly 20 years.
tennis more seriously, as well as pointing you towards additional videos, websites and pages you'll find useful. You'll learn everything from how the sport started through to how you can level up your skills. Welcome to the most comprehensive beginners guide to table tennis in the world. Table tennis is a fast-paced, competitive racket sport played
around the world, requiring quick reflexes and incredible hand-eye coordination. Players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their opponents can't hit it back at them. Most commonly, the sport any real justice
You should just watch this video instead: The game we now recognise as table tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded wine bottle corks for balls. It's a little different now. The ITTF (International Table Tennis Federation) was formed in 1926 and became the sport's governing body,
defining a standard set of rules and creating the modern sport known as table tennis. Officially, the sport is called table tennis and still used worldwide so everyone will know you're talking about the same thing. Nowadays, table tennis is a popular pastime for hundreds of
millions of people. The sport is exceptionally popular in countries like China, Germany, Japan, Korea & Sweden. Discover More: What is Table Tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis providing awesome constant in between moving countries, changing jobs and making new friends. Here
are my 5 top reasons why I think you'll also fall in love with table tennis: Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play (I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go and play wherever there's a spare table, we're a welcoming bunch. Making Friends: Speaking of being
a welcoming bunch, I'll guarantee a warm welcome to every table tennis club in the world. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst it may look like a chilled out sport, the reality is far different. Table tennis is all about fast, accurate, constant movements and applying your whole body into each
shot. Playing can be a serious workout (if you want it to be). Personal Styles: Every player develops their own unique style for the game, supported by equipment that opens up new and unusual shot types. Learn the basics then decide what kind of player you want to be! Play at Your Pace: Not everybody wants to be world champion. Table tennis is
just as fun played casually in a bar with a drink, as it is investing every ounce of effort at a tournament. You also don't need to be an awesome player either. My good friend Alvaro has put together his top reasons to play table tennis as well if you want to learn more. Before you dive into playing more of this wonderful sport,
 I've got 5 important rules to share with you. A vast majority of players around the world follow these rules, so it's considered polite to understand these before you start playing. If you have any doubts, it's always worth checking with your opponent before the match starts. Winning A Point - You win a point when you play a shot that hits only your
opponent's side of the table, and they are unable to return the ball onto your side. Winning A Game - Modern table tennis games are played up to 11 points. Each player serves once and the winner needs to get to 2 points ahead. Winning A Match - There is no official rules
regarding how many games result in winning a match. Agree with your opponent before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw! Toss The Ball - When it is your turn to serve, you must throw the ball straight upwards at least 6 inches. It must always be above and behind the edge of the table
You can only hit the ball once it starts dropping. Serve Anywhere - When playing a singles match (1v1), you can serve anywhere on the table. If you're playing doubles (2v2) this is slightly limited as you must serve diagonally. Discover More: Detailed Guide to Table Tennis Rules, Table Tennis Doubles Rules and Serving Rules There are perhaps
hundreds of myths or misconceptions about table tennis. Likely due to rules being passed through families, or through online "experts". These often end up causing arguments at the table, so let's solve 3 of the most common myths right here: This is a common myths right here: This is a common rule in tennis, but it does not apply in table tennis. You only win the point if your opponents at the table, so let's solve 3 of the most common myths right here:
contacts the ball whilst it's still over the surface of the table. It would be a harsh rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet away. If the ball is outside the playing surface, you can grab it while it's still in the air without any penalty. Table tennis rallies are only a few seconds long so this
rule comes in very handy to avoid having to pick the ball up from the floor every time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table, as well as some scenarios where you can touch the table you c
arm. You CAN stand on the table, or brush against it with your leg. Not that I would recommend this! You CAN'T touch the table to move in any way. This myth can be easily busted, as long as it's your racket-holding hand and it's still holding the racket. Yes, the ball can
ricochet off your hand or thumb as long as the racket is there as well. Whilst you'll never be able to do this consistently, it can create some crazy weird angles & spins when it accidentally happens. Unintentional double hits are legal in table tennis. So if you hit the ball twice accidentally as part of the same movement, the point carries on as normal
Now, if the ball hits your other hand or anywhere else on your body, that's a point lost. Let's take a short break to enjoy some of the craziest table tennis is a simple game at heart. You just need a table, a paddle (racket), a ball and a willing opponent. These are the 3 pieces of table
tennis equipment everyone needs, although there are more basic types of table tennis equipment a lot of players own. The most personalized piece of kit any table tennis player can own. Your racket is made up of 3 individual
components - Blade, Forehand Rubber and Backhand Rubber Most experienced players will buy each element separately and combine them together to create a racket with the perfect characteristics for their game. As a beginner, choosing a table tennis rubber, or selecting the right table tennis blade can be a tricky process. I personally recommend
the Killerspin JET400 to anyone I'm coaching, which comes premade and is perfect for anyone beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm wide in diameter and weighing about 2.7 grams. Most commonly these are white, but can easily be found in orange as well. That's particularly useful if playing in a
space with a white wall! It's important not to ignore the quality of the small, hollow ball you're playing with. A lot of low-quality sellers of ping pong balls will sell thin, flexible tennis brand. These can get quite expensive, so look for budget "training
balls if you need to save some money. Learn more with our guide to choosing the right ping pong ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite often, your table and net are separate. The officially standard table is made of wood (MDF), 274cm long and 152.5cm wide. However, it's definitely possible (and
fun) to play table tennis on any flat surface. Most tables are either two separate halves that can be pushed to be 6 inches tall and slightly flexible so that the ball can graze the top without pinging off. Although it
overhangs the table by 6 inches, you'll often find players trying to play some awesome shots around the net. If you're trying to play at home, but the size of a normal table is just too big, check out our favorite mini/midi tables that take up much less space. Finding a place to play table tennis can be challenging at times, with a limited amount of tables
available. They can be quite expensive and difficult to store, so it's unlikely you'll randomly find one in a field or in your friend's apartment! I'm always up for playing a game of table tennis, so here are my top 5 recommended places you should try to find a place to play. This is the first thing you should check as a table tennis beginner. Can you join
any clubs local to where you live? Hop onto google and see if you can find any clubs within a radius you can travel to. Check their training times and often it's worth reaching out to let them know you're coming. A lot of clubs have specific beginners sessions, so allow them to recommend the best time for you to join. Local clubs are where you'll meet
lifelong friends, practise against many different styles and get a solid workout. They're my favorite place in the world. This is where I started my table tennis career. Whilst the equipment often isn't the quality you'll find at a local club, it's a cheap and inexpensive way to play the sport with a friend. Most recreational centres have a couple of tables
available for hire, along with rackets & balls if you don't have your own. There are also lots of meetup / event groups that organize practise or social sessions at local sports centers. Your first step is to check if there are any local facebook groups you can join. Table tennis is (in my opinion) one of the best bar sports in the world. The ping pong table
forms a great focal point for great conversation and some serious competition. More and more bars are cropping up with table tennis bar such as the famous Bounce in London which I've frequented many times. Bounce, London. Photo: Secret London Getting your
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only important thing to be conscious of is to avoid wearing white. This is because the ball is white and white clothing can make it difficult for your opponent to see the ball. Shoes are perhaps the most important part of your table tennis outfit. As the movements required are short, sharp side-to-side steps, it's critical you wear shoes that are: Grippy
Supportive Non-Marking Soles I highly recommend investing in a good pair of table tennis shoes, which will last you a long time for your table tennis shoes. Jun Mizutani and Mima Ito. Photo: Reuters Some players will also choose to wear wristbands or a headband to manage any sweat or hair
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you'll need to play table tennis. As coach, I always teach four shots as the core foundation to anyone's game. Mastering these four shots will create instant improvement and have you winning more matches in no time. Players who can play each shot consistently have few weaknesses and become very hard to beat. The Forehand Drive is the most basic
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against experienced players, it's the feeling when you hit the ball and the ball goes flying off in a random direction. It's an incredible weapon that all table tennis players need to master. Created by brushing against the ball, you can cause any effect you want against your opponent. Here's a simple diagram explaining topspin and backspin. When
trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing towards. That's where the ball is going to go! So, you need to counteract that by aiming your racket in the opposite direction. Head to a table with a friend and try adding all kinds of spin on the ball. The more you practise spotting spin, the easier it will
get. I promise! There are very few shortcuts to becoming a good table tennis player. At some point, you'll need to put in long and hard hours training, developing your technique so you can consistently play effective shots during matches. However, as a beginner there are a few tips and tricks that will make an immediate difference to your win / loss
ratio! I was taught this early on by my first ever coach, who helped me create a strong set of serves that regularly win me lots of points. When you think about it, this is quite intuitive for two reasons: It's the only shot you're guaranteed to play during a match. It's the only shot where you have full control of the ball. Win more games by developing
some fast, spinny serves and target your opponent's weaknesses. Make one of your first priorities to learn how to serve in table tennis. How many players have you seen go for big, flashy attacking shots that balloon off the end of the table or flop straight into the net? That's such an easy way to lose a point. One of the most effective tactics as a
beginner is just learning to consistently place the ball back on the table and avoid playing risky shots. Choose your attacks wisely. One of the biggest mistakes I see beginners make is wanting to buy the fastest, spinniest rubbers to go on their new racket. These rubbers are really difficult to control. Without the right technique, students struggle to hit
the ball back onto the table using these rackets and I've seen more than a few people fall out of love with the game. Buy a racket, like the Killerspin JET400, that gives you good spin, speed and control without being too difficult to manage. Playing this sport requires a relaxed control of your entire body, focussed on delivering great shots that target
your opponent's weaknesses. That's really hard to do when you're angry, or thinking about how your opponent got an edge in the last point. Staying cool, calm and collected will help you perform better and more consistently. Yes, this is definitely a bit of a cheat, but as a coach I think it's super important. You can't always be 100% focussed on
competitive matches or training specific shots. Find time to have fun with the sport. Try out some trick shots, stick multiple tables together, try to lob every ball, stick a barrier down to play on the floor or play with sandpaper/hard bats. Messing around isn't just fun, but it helps you become more creative and get more familiar with creating unusual
in their country. Most people will have heard about the Chinese domination of table tennis. At the professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't win the major, global championships. Let's discover some of the top current players that you should definitely follow. Ma Long Serving. Photo:
Xinhua We ranked Ma Long as our greatest table tennis player of all time. He's won a staggering 5 Olympic Gold Medals and 9 World Cup Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly hard to beat since making his world debut in 2006. Still playing as part of the formidable Chinese team, you don't want to miss his matches.
Fan Zhendong. Photo: Edges and Nets Staying in China, I couldn't put together this list without mentioning Fan Zhendong. He's currently, comfortably, the best player in the world right now. Although he was beaten by Ma Long in the Tokyo Olympics, he's been dominating most of the major tournaments including the WTTC Finals and WTT Cup
Finals. Just like Ma Long, he has an explosive, attacking style that's incredible to watch. Huge Calderano is a trailblazer. The first table tennis player from Latin America to reach the top 10 in world rankings, peaking at world number 3. Whilst not the technically perfect player, he more than makes up for it in steel, grit and the top 10 in world rankings, peaking at world number 3. Whilst not the technically perfect player, he more than makes up for it in steel, grit and the technically perfect player.
and determination. An incredible competitor who's been dominated by a revolving door of Chinese players. That's why Mima Ito is so exciting. Hailing from Japan, she's ultra competitive with the best players in the world with a direct,
driving style playing close to the table. Aged just 21, she's a player worth watching for future world titles. Think you could become a professional table tennis player? It's not easy. The table tennis gains a lot
of visibility every 4 years. It's the peak of any table tennis player's career with just one singles gold medal available. There are also Doubles and Team event in 1988. In an even more astounding statistic, just 2 non-
Chinese players have ever reached the final of the Women's singles. None have won. Will that domination continue? Well, there continues to be new, world-beating Chinese players emerging every year since 1926. Each year, they rotate
between playing an individual event and a team event. For example, the 2021 WTTC was held in Houston, USA consisting of Mens/Womens Singles and Doubles events for the first 20 years. In recent years, the event has been dominated by Chinese
competitors, much like the Olympics. In a slightly convoluted change to the table tennis calendar, the WTT series of events was launched in 2019. Designed to bring more entertainment and engagement to the sport, they host 4 "Grand Smashes", 2 "Cup Finals", 8 "Champions" and up to 20 "Contender" events each year. These events provide a
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channels that are worth subscribing to. We'd also love to welcome you to the online table tennis Community at forums like r/tabletennis, Table Tennis Beginners Guide. Good Luck! "How to play table tennis" is a tricky question. The answer is related to the intention
of the question. Is your intention for recreational play or you are taking table tennis on a serious note? If it is for recreation, it is not a must for you to know all the rules of table tennis and to be a master to deal with the spin at your will. But if you are serious, you have to go through a step-by-step process that starts with learning the basic skills in
article "Basic Skills in Table Tennis: A Beginner's Learning" for more coverage of the EquipmentKnow the Table Tennis Backhand Push, 1st
Basic StrokeLearn Forehand Drive, 2nd Basic StrokeBackhand Drive, 3rd Basic StrokeBackhand Dri
BallPlay Frequent MatchesThere is a very good visual basic explanation of "How to play table tennis" from eHowSports. Table Tennis: How to play table tennis grip and ending with match play. There are
mainly four types of equipment that you require to play table tennis. Table tennis netOne table tennis ballThe selection of your racket is a key factor. A racket consists of the blade and
 rubber and they determine the characteristics and quality of the racket. The racket may be ready-made or customized. As a beginner, a ready-made rackets. For the ready-made racket, three things are essential for the selection. No. of layers of wood in
the bladeType of the handleThe thickness of the rubberThree attributes, spin, speed, and controlNo. of layers of wood determines how much speed the racket can generate. There are three types of layers of wood available in the market, 3 layers, 5 layers, and 7 layers. The rackets with higher layers generate
more speed and rackets with lower layers are famous for control. As a beginner, your focus should be more on the control part not speed. So the racket with 3 or 5 layers of wood would be perfect for you. Type of the handle type of handle type.
will give the best result. The thickness of the rubber has a major contribution to the characteristics and performance of the rubber, the more will be the speed whereas less thick rubbers are better for control. As a
beginner, choose the rubbers with medium thickness (1.5 mm - 1.9 mm). It will be ideal for you to give you the best result. Three attributes, spin, and control which determine the characteristics of the racket. Favor the rackets
with more weightage on control, rather than speed or spin. The most fundamental learning on "how to play table tennis" for a beginner, is the proper table tennis, there are mainly two types of grips. One is a Shakehand grip and the
other one is a Penhold grip. As the name suggests, in a ShakehandDeep Sh
figure above). Your thumb should be either on the blade just below the rubber or on the surface of the rubber. When the thumb is on the blade, you have more freedom over the racket angle and you can adjust it as per your requirement on the stroke selection. This is the shallow Shakehand grip that is suitable for forehand stroke with more power and
flexibility. But when the thumb is on the rubber, it is a deep Shakehand grip that gives more control and power over your backhand strokes. This type of grip is more popular in Asian countries mainly in China, Japan, and South Korea. It is much like you are holding a pen. Penhold Grip Chinese Penhold Grip You have to curl the
index finger and thumb around the edge of the paddle to form a 'c' shape and relax on one side of the rubber. The other three fingers are straight, it is the Japanese Penhold grip. Each type of grip has certain
advantages and disadvantages against the other that you will find in my article "Table Tennis Grips: How to Hold a Racket"In my view, the Shakehand grip is the more convenient way to hold a racket for a beginner. Before the ball is in play, you have to be ready with your stance. Stand close to the table. Your legs should be slightly apart from your
shoulders. Bent your knees to make your center of gravity low for a good balance. Forward your should be on your toes, not on the heels. Point your free arm to support your balance. Take your stance with your left foot slightly forward than the right foot (for the right-handers). As you
will cover more strokes on the forehand side, this stance will give you more advantage. The ready position where you feel comfortable standing to cover the playing a shot during a rally, you should return to your ready position. From this position, you
should watch your opponent's movement and be able to move in any direction for the next stroke. Take your stance slightly left from the center of the table. Table Tennis Footwork TrainingThe development of proper footwork is
also necessary for the game of table tennis. It will help to cover a wide area for the execution of your strokes. You can produce a wide variety of shots accurately. You can reach near the ball in guick time which will give you more control over your strokes. It will help to maintain your balance during the play. You can also return to the ready position
quickly and prepare for the next stroke. There are four types of footwork in table tennis. In-and-out Footwork in table te
stroke, you have to return to your ready position. First, move your left foot and then your ready position, step your ready position, step your ready position. For left foot and then your ready position, step your ready position, step your ready position. First, move your left foot and then your ready position.
the forehand and from the forehand side to the backhand. To move sideways, take a small side-to-side shuffle. Your shuffling steps should be quick enough so it looks like a jump. To move from backhand to forehand from your ready position, move your left foot first and then your right foot. Complete the shuffle by moving again your left foot and then
your right foot. To move from forehand to backhand from your ready position, move your right foot and then your left foot. Complete the shuffle by moving again your right foot and then your left foot. This footwork is for the right-handers, this side-to-side footwork technique is just the opposite. There are many times when you
have to cover a wider area to return a ball, at that time you have to opt for cross-over footwork. If you are a right-hander, then to get to a wide forehand position, take a wide step of your left foot. And then supporting your left foot as it is a pivot, place your right foot wide enough to get to the position for making the stroke. When the ball is a little away
from you, you can use one-step footwork to reach near the ball for the execution of your stroke. In this footwork, using the left foot as a pivot, move your right foot to reach near the ball and a beginner should start
with the backhand push. The backhand push gives you the option to return a serve or continue a rally by slicing the ball with the backhand side of your racket. In this stroke, you should be more apart than your shoulders. Your
racket should be in front of your body. The backhand part of the racket should be open tilting backward and pointing towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the ball and forward towards the net. Push the racket to strike underneath the push the racket to strike under the push the racket to strike underneath the push the racket to strike under the push the
Return to the ready position for the next stroke. The forehand drive is the 2nd basic stroke that will build your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly bent knees and the left leg slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly bent knees and the left leg slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly forward than your right leg (for right-handers). Your base to control the ball during a rally. In this stroke, you should take a side-on stance to the table with slightly forward than your right leg (for right-handers).
towards where you want to place the ball. As the ball approaches, move your bat in an upward and forward direction. Hit the ball at the top of the bounce with the forehand side of your racket. Forward your bat up to eye level, not crossing the center of the body. Return to the ready position and prepare for the next stroke. The backhand drive is not as
powerful a stroke as the forehand drive. But it is essential learning that helps you continue the rally from your backhand portion. First, take a square-on stance facing towards where you want to hit the ball. Take the racket back towards you with the backhand side at an angle of 45° - 60° facing toward the direction you want to hit. As the ball
approaches you, forward your arm in an upward direction maintaining the racket angle. Strike the ball at the top of the bounce and follow up to your shoulder height. Your striking length and forehand push is a soft stroke that is useful
to return a short ball on your forehand side. Take a square-on or slightly side-on stance with your legs apart from your shoulders. Your playing hand should be next to you with the forehand side of the racket laid back. As the ball approaches, push your bat to cut underneath the ball at the top of the bounce. Your wrist, hand, and forearm are the main
anchors for the pushing action. Return to the ready position for the next shot. Like every racket sport, there are rules in table tennis governed by ITTF (International Table Tennis Federation). As a beginner, it is not necessary to know all the rules. Here, I am giving you an idea of the essential rules that will restrict you from doing illegal services. Stand
behind the end line of the table and take the ball on your open, flat palm. Through the ball vertically for a minimum height of 16 cm or 6.3 inches. At the time of falling, hit the ball for the first bounce on your side, if the ball clips the net and
bounces on the other side, it is a "let" service and then you have to repeat your service. Each player gets the chance to do two consecutive services. When you will serve for your doubles team, you have to serve diagonally, from the right side of your
court to the right side of your opponent's court. After your two consecutive services, the receiver will become the service rules, you may go through my article "Table Tennis Serving Rules: How to Serve Legally"The rules are a very important segment of your
quarry on "How to play table tennis". To win points, you have to obey these rules. First, I am covering the essential rules for a singles game. When you will return a ball, strike the ball touches the net but still makes the first bounce on the
other side, it is a valid return. The ball is allowed to touch the edge of the table but not the vertical side of the table. The game consists of 3, 5, or 7 games. Every rule for the doubles game in table tennis is the same as the singles game except following
deviations. In a doubles match, each player of the pair strikes the ball alternatively. During a rally, play must continue in its sequence until a player of any team misses hits the ball. If you want to dive into the details of table tennis rules. Read: 1. "Table Tennis Rules for Singles and Doubles Game" 2. "Scoring in Table Tennis: How to Score in a Game" In
the game of table tennis, every point in a set starts with the service. At the time of the service, you have control of that point. You can serve in a way that forces your opponent to do a weak return or he may be bound to place the ball to your strong side. So it is very essential to learn the techniques for a good service. As a beginner, you should start
with two basic services, the forehand service, and the backhand service. As a beginner, at first, try to hit the ball with your forehand side of the racket to make the first bounce on your court and the second bounce on your serve. Then try to
bounce the ball as low as possible over the net to restrict your opponent from doing a strong return. PingSkills has a great video on the basic forehand serve, you have to hit the backhand table tennis serve, you have to hit the backhand side for the first bounce on your side and the second bounce on the other
side. Then repeat the procedures as described in the forehand serve. After covering these two basic services, there are a lot of things to learn in the advanced part of serving. The serve in table tennis is a vast subject. When you upgrade yourself from the beginner's level, you have to learn the various serving techniques and for this, you have to clear
the concept of spin in table tennis which is the major contributor to good service. There are various options for returning a serve. But as a beginner, you should only rely on push or drive to return the service or continue the rally. To return a short service, you may
use the push stroke or the drive stroke or the drive stroke. Try to keep the ball low over the net for an effective return. For advanced skills, read: "How to Execute Different Strokes in Table Tennis" You may be a very good player, but it's a different ball game in the match. You will feel the tension and nervousness. The more you will be tensed, the more you will sommit
mistakes. Your opponent may also tease you. Like, when your shots go out of the table, he may shout "Good shot, man". That will tempt you to go for more attacking shots which never bring good results. To get out of these situations, take a break. Take a deep breath and relax. Remember the magic words "I can, I will, I must!". That will change the
whole scenario. You need to play frequent matches to handle this situation. This is the most vital recommendation on the "How to play table tennis", that is "Practice, and Practice, an
the game for recreation, then this wonderful game of table tennis has a great effect on keeping you physically and mentally fit. What is table tennis table, divided into equal parts by a net. A racket is used to strike a lightweight small ball, known as a
ping pong ball over the net to bounce on each side of the ball following the table tennis rules. For the equipment part, only the rackets are different. We use the
term ping pong when we consider the game for recreation and competition, it is table tennis. For details, you may go through the article "Ping Pong Vs Table Tennis: Are They Different Games?" How many points are needed to win a table tennis game? You have to reach 11 points to win a game. But if the game arises to a situation of 10 - 10, a two-
point lead is necessary to win the game. How many serves does a player get in a table tennis game? Each player (for the singles game) or each player get in a table tennis game ends at 11 points. But if the game is tied at 10 - 10, the service alternates for each player or pair. Is it essential to serve
diagonally in table tennis?In the case of the singles game, the answer is "No". You can stand anywhere to deliver your service. But in a doubles game, you have to bounce the ball diagonally from the right-hand portion of your side to the right-hand portion of your side to the right-hand portion of your service. But in a doubles game, the answer is "No". You can stand anywhere to deliver your service. But in a doubles game, the answer is "No". You can stand anywhere to deliver your service. But in a doubles game, the answer is "No". You can stand anywhere to deliver your service. But in a doubles game, the answer is "No". You can stand anywhere to deliver your service. But in a doubles game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the answer is "No". You can stand anywhere to deliver your service. But in a double game, the anywhere to deliver your service. But in a double game, the anywhere to deliver your service.
number of "let" serves unless it is an illegal service. What is the color of the table tennis racket? Each side of the racket will be black and you have the option to use various colors on the other side like green, pink, purple,
red, and blue. AllAboutTableTennis.com (AATT) is completely free to use. However, it's run by one person only (Martin Hughes) and therefore, to keep it completely free to use, advertising and affiliate links appear on this web site. However, it's run by one person only (Martin Hughes) and therefore, to keep it completely free to use, advertising and affiliate links appear on this web site. However, it's run by one person only (Martin Hughes) and therefore, to keep it completely free to use, advertising and affiliate links appear on this web site.
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generate a small payment to me. They do not cost you anything to use, and any products you choose to buy will not cost you any more than if you went directly to that web site. These are principally links to Megaspin, Amazon and Bribar, but may include others from time to time. These links are identified by having an asterisk (*) by its side. AATI
cannot identify any user who clicks on an advert or affiliate link. Are you looking to get into the exciting and fast-paced world of table tennis? Then youve come to the right place! Weve put together a step-by-step guide to help you get started. From understanding the basics of the game, to setting up the table, to learning the rules, and even scoring to the rules.
points youll have everything you need to become a table tennis master in no time. Plus, youll get to reap the many benefits of playing table tennis is played on a hard table divided by a net. Players use small paddles to hit a lightweight, hollow ball back and forth across the net. The game is won when one
player or team is unable to return the ball over the net or when a player has failed to make a legal return. A point is awarded to the player or team that wins the rally, and the first player or team to reach 11 points is the winner, with a margin of two points. What is Table Tennis? Table tennis, also known as ping-pong, is a sport that has been around for
centuries.It is a competitive game usually played between two or four players, whereby they hit a small, lightweight ball back and forth over a net on a hard table surface. The aim of the game is to score points by making your opponent fail to return the ball over the net. Table tennis is an exciting and dynamic sport that requires quick reflexes, hand-
eye coordination, and strategic thinking. It is a great way to keep active, socialize with friends, and have fun competing against each other. The game is divided into two distinct parts - the serve and the rally is when the ball is hit back and forth between the
players. Points can only be scored when the ball is hit over the net and lands on the other player. Table tennis is a popular sport around the world, with professional players competing in international tournaments and Olympic events. It is a
great way to stay fit, hone your skills, and challenge yourself against other players. If you are looking for an exciting and rewarding way to stay active, table tennis could be the perfect game for you. What You Need to PlayTable tennis, or ping-pong as it is often referred to, is a fun and exciting game that can be enjoyed by all ages. To get started
playing, you will need a few basic pieces of equipment, including a regulation-sized table tennis table, a net, two or four paddles, and several balls. The table should be a smooth, flat surface, usually constructed of wood, and should measure 9' x 5' with a 2.5' high net in the middle. The paddle, or racket, should be light and made of either wood or
composite material, while the ball should be a hollow, plastic sphere about the size of a golf ball. Once you have all the necessary equipment, you are ready to start playing! Setting Up the Table S
place the table in an area with enough room for two players to move around. Make sure that there is enough space to comfortably hit the ball back and forth. Next, unfold the net to the sides of the table using the clips provided. Finally, grab
two rackets and a few balls and you're ready to play! Table tennis tables come in a variety of sizes and shapes, so it's important to choose one that is suitable for your playing space. If you're playing in a small space, consider getting a foldable table or a table with smaller dimensions. On the other hand, larger tables are better suited for larger playing
areas. Additionally, there are a variety of different types of nets available, so make sure to choose one that the table is properly leveled. This ensures that the table is properly le
table and see if it reads level. If it does not, simply adjust the legs of the table until it is level. With the table until it is level. With the table until it is played on a hard table with a net in the middle, and involves
two or four players. The objective is to hit the small, lightweight ball back and forth over the net and onto the other side of the table, where it must land. If the
ball touches the net but lands on the other side of the table, it is considered in play and the point counts. The player must hit the ball must alternate between each side of the table, while the other player must hit the ball
from his or her side of the table so that it lands on the other side of the table. During the players take turns hitting the ball, the opponent scores a point. The game is won when one player reaches the predetermined number of points. Table tennis is a great way to develop reflexes,
hand-eye coordination, and strategic thinking. It can be enjoyed by players of all ages and skill levels, making it a popular recreational and competitive sport around the serve is the first opportunity for players to showcase their abilities. To serve correctly, the ball
needs to be tossed into the air and hit with the paddle, known as a bat or racket in other sports. The ball is hould be hit slightly to the side of the table, so it arcs over the net and lands on the opposite side. It is important to remember that if the ball is hit too high, it will be considered a fault and the point will be lost. Once the ball is served, players can
use various techniques to return the ball. One of the most common techniques is the forehand stroke, which involves striking the ball with the paddle at the back of the body. In addition to these basic strokes, more advanced players may
use techniques such as spinning the ball to make it more difficult for the other player to return. Players should also remember to keep their paddle does not come in contact with the net, which would result in a let or net fault. Additionally, players should be mindful of their
opponents position and try to return the ball to an area they are not ready to defend. This will put them at a disadvantage and give the player the opportunity to score. By following these simple steps, players can become more advanced and start to incorporate more
complex techniques and strategies into their game. Scoring Points coring Points in table tennis is a relatively simple process. Points are earned when a player successfully returns a shot to the other side of the table, and the other player is unable to return it. This is referred to as a point or a rally. The server will always have the advantage of going first,
so they have a better chance of winning the point. The ball must be returned over the net and land on the other side of the table in order to score a point. Additionally, the ball must not touch the point will not be counted. The player who scores the most
thinking. Its a great way to stay active and have fun with friends. With a bit of practice, anyone can become a master of the game. Benefits to its players. Not only is it a great way to pass the time with friends and family, but its also an excellent form of
exercise. It can help improve physical and mental agility, hand-eye coordination, reflexes, and strategic thinking. Playing table tennis can help to improve muscle tone and strength, as well as cardiovascular health. Its a great way to get some exercise and
burn calories. Table tennis can also help to improve balance and agility, as well as hand-eye coordination. Mentally, table tennis encourages strategic thinking and quick decision-making. Players must be able to anticipate their opponents next move and react accordingly. This makes the sport great for developing problem-solving skills and logic. It also
helps to build confidence and self-esteem, as players learn to take risks and trust their instincts. Table tennis is a great way to build relationships, as players must work together in order to create exciting rallies. Whether
youre a beginner or a seasoned pro, table tennis is a great way to challenge yourself and have a blast. Final Thoughts Table Tennis is a great game for anyone can pick up the game and start playing. So, grab a
paddle and some ping-pong balls and challenge yourself to a game of table tennis today! Then you're in the right place. I've been playing table tennis for nearly 20 years, as well as coaching beginners for over 10 years. Over that time, I have grown to love table tennis and helped hundreds of others find their passion for ping pong. This page covers
everything you need to know to start taking your table tennis more seriously, as well as pointing you towards additional videos, websites and pages you'll find useful. You'll learn everything from how the sport started through to how you can level up your skills. Welcome to the most comprehensive beginners guide to table tennis in the world. Table
tennis is a fast-paced, competitive racket sport played around the world, requiring quick reflexes and incredible hand-eye coordination. Players position themselves on either side of a table, aiming to hit a small, hollow plastic ball so that their opponents can't hit it back at them. Most commonly, the sport is played 1v1 (Singles) or 2v2 (Doubles). My
written description doesn't do the sport any real justice. You should just watch this video instead: The game we now recognise as table tennis has been around since the 1880's, although back then they used cigar box lids as bats and rounded wine bottle corks for balls. It's a little different now. The ITTF (International Table Tennis Federation) was
formed in 1926 and became the sport's governing body, defining a standard set of rules and creating the modern sport known as table tennis. Officially, the sport is called table tennis, although many people still refer to the game of ping pong. It's a catchy name and still used worldwide so everyone will know you're talking about the same thing.
Nowadays, table tennis is a popular pastime for hundreds of millions of people. The sport is exceptionally popular in countries like China, Germany, Japan, Korea & Sweden. Discover More: What is Table Tennis? I can't think of anything else in my life that I've done continuously for 20 years, with table tennis providing awesome constant in between
moving countries, changing jobs and making new friends. Here are my 5 top reasons why I think you'll also fall in love with table tennis: Open to Everyone: Table tennis is not a stuffy, clique-filled sport with tons of requirements before you can play (I'm looking at you, Golf!). Pick up a paddle and hit the ball. Go and play wherever there's a spare
table, we're a welcoming bunch. Making Friends: Speaking of being a welcoming bunch, I'll guarantee a warm welcome to every table tennis club in the world. It's a perfect place to meet new people and make new friends for life. Health Benefits: Whilst it may look like a chilled out sport, the reality is far different. Table tennis is all about fast,
accurate, constant movements and applying your whole body into each shot. Playing can be a serious workout (if you want it to be). Personal Styles: Every player develops their own unique style for the game, supported by equipment that opens up new and unusual shot types. Learn the basics then decide what kind of player you want to be! Play at
Your Pace: Not everybody wants to be world champion. Table tennis is just as fun played casually in a bar with a drink, as it is investing every ounce of effort at a tournament. You also don't need to be a world-class athlete to be an awesome player either. My good friend Alvaro has put together his top reasons to play table tennis as well if you want to
learn more. Before you dive into playing more of this wonderful sport, I've got 5 important rules to share with you. A vast majority of players around the world follow these rules, so it's considered polite to understand these before you start playing. If you have any doubts, it's always worth checking with your opponent before the match starts. Winning
A Point - You win a point when you play a shot that hits only your opponent's side of the table, and they are unable to return the ball onto your side. Winning A Game - Modern table tennis games are played up to 11 points. Each player is responsible for serving twice consecutively, until 10 - 10 when each player serves once and the winner needs to
get to 2 points ahead. Winning A Match - There is no official rule regarding how many games result in winning a match. Agree with your opponent before playing, just make your total games an Odd number (1, 3, 5, 7 etc.) so you don't accidentally draw! Toss The Ball - When it is your turn to serve, you must throw the ball straight upwards at least 6
inches. It must always be above and behind the edge of the table. You can only hit the ball once it starts dropping. Serve Anywhere - When playing doubles (2v2) this is slightly limited as you must serve diagonally. Discover More: Detailed Guide to Table Tennis Rules, Table
Tennis Doubles Rules and Serving Rules There are perhaps hundreds of myths or misconceptions about table tennis. Likely due to rules being passed through families, or through online "experts". These often end up causing arguments at the table, so let's solve 3 of the most common myths right here: This is a common rule in tennis, but it does not
apply in table tennis. You only win the point if your opponent contacts the ball whilst it's still over the surface of the table. It would be a harsh rule, and a pretty great tactic, if you won a point for smashing a ball at your opponent who's just a few feet away. If the ball is outside the playing surface, you can grab it while it's still in the air without any
penalty. Table tennis rallies are only a few seconds long so this rule comes in very handy to avoid having to pick the ball up from the floor every time. People often think incorrectly on both ends of the spectrum here. There are definitely some scenarios where you can touch the table, as well as some scenarios where you can't. Here's a quick
summary: You CAN touch the table with your racket-holding hand or arm. You CAN'T touch the table, or brush against it with your leg. Not that I would recommend this! You CAN'T touch the table with your free hand (for balance or otherwise) You CAN'T touch the table to move in any way. This myth can be easily busted, as long as it's your racket
holding hand and it's still holding the racket. Yes, the ball can ricochet off your hand or thumb as long as the racket is there as well. Whilst you'll never be able to do this consistently, it can create some crazy weird angles & spins when it accidentally as
part of the same movement, the point carries on as normal. Now, if the ball hits your other hand or anywhere else on your body, that's a point lost. Let's take a short break to enjoy some of the craziest table tennis points ever filmed, courtesy of Table Tennis Central. Table tennis is a simple game at heart. You just need a table, a paddle (racket), a ball
and a willing opponent. These are the 3 pieces of table tennis equipment everyone needs, although there are more basic types of table tennis player can own. Your racket is an extension of your arm and allows you to play a virtually unlimited number of shot types. A
modern table tennis racket is made up of 3 individual components - Blade, Forehand Rubber and Backhand Rubber and Backhand Rubber and Backhand Rubber and Backhand Rubber and separately and combine them together to create a racket with the perfect characteristics for their game. As a beginner, choosing a table tennis rubber, or selecting the right table tennis
blade can be a tricky process. I personally recommend the Killerspin JET400 to anyone I'm coaching, which comes premade and is perfect for anyone beginner - intermediate level. The modern ping pong ball is a plastic sphere that's 40mm wide in diameter and weighing about 2.7 grams. Most commonly these are white, but can easily be found in
orange as well. That's particularly useful if playing in a space with a white wall! It's important not to ignore the quality of the small, hollow ball you're playing table tennis. You should be looking for balls sold by a reputable table tennis brand. These
can get quite expensive, so look for budget "training" balls if you need to save some money. Learn more with our guide to choosing the right ping pong ball. Maybe I'm cheating slightly by claiming these are the same piece of equipment. Quite often, your table and net are separate. The officially standard table is made of wood (MDF), 274cm long and
152.5cm wide. However, it's definitely possible (and fun) to play table tennis on any flat surface. Most tables are either two separate halves that can be pushed together to make a whole table, or both halves are either two separate halves that the ball
can graze the top without pinging off. Although it overhangs the table by 6 inches, you'll often find players trying to play at home, but the size of a normal table is just too big, check out our favorite mini/midi tables that take up much less space. Finding a place to play table tennis can be
challenging at times, with a limited amount of tables available. They can be quite expensive and difficult to store, so it's unlikely you'll randomly find one in a field or in your friend's apartment! I'm always up for playing a game of table tennis, so here are my top 5 recommended places you should try to find a place to play. This is the first thing you
should check as a table tennis beginner. Can you join any clubs local to where you live? Hop onto google and see if you can find any clubs within a radius you can travel to. Check their training times and often it's worth reaching out to let them know you're coming. A lot of clubs have specific beginners sessions, so allow them to recommend the best
time for you to join. Local clubs are where you'll meet lifelong friends, practise against many different styles and get a solid workout. They're my favorite place in the world. This is where I started my table tennis career. Whilst the equipment often isn't the quality you'll find at a local club, it's a cheap and inexpensive way to play the sport with a
friend. Most recreational centres have a couple of tables available for hire, along with rackets & balls if you don't have your own. There are also lots of meetup / event groups that organize practise or social sessions at local sports centers. Your first step is to check if there are any local facebook groups you can join. Table tennis is (in my opinion) one
of the best bar sports in the world. The ping pong table forms a great focal point for great conversation and some serious competition. More and more dedicated table tennis bar such as the famous Bounce in London which I've frequented many
times. Bounce, London. Photo: Secret London Getting your own table is much less expensive than you might think. If you have a living room, garage or garden space that might be big enough for a table tennis table... it's definitely worth investigating. Having a table at home allows you to practise all the time, as well as challenge all your friends to a
match (which you'll win after practicing so much!). Check out our guide to the room size needed for table tennis wherever you want! You'll
often need your own bats & balls, but this is a great free way to play with your friends if you don't have enough space for a table at home. Don't wait for someone else to start playing, dive right in today. I promise you won't regret it after just one night at a local club. If you're in the USA, we have a more detailed guide to some of the places you can
start playing table tennis. Alternatively, fall in love with the sport playing one of the many amazing downloadable mobile and computer ping pong games. Before you start playing, you might be curious about the social 'norms' for what to wear when playing table tennis. Fortunately, you don't have much to worry about. Most players will wear a simple
sports top / t-shirt along with either shorts or a skirt. The only important thing to be conscious of is to avoid wearing white. This is because the ball is white and white clothing can make it difficult for your opponent to see the ball is white and white clothing can make it difficult for your opponent to see the ball is white and white clothing can make it difficult for your opponent to see the ball. Shoes are perhaps the most important part of your table tennis outfit. As the movements required are short, sharp side-to-
side steps, it's critical you wear shoes that are: Grippy Supportive Non-Marking Soles I highly recommend investing in a good pair of table tennis shoes, Jun Mizutani and Mima Ito. Photo: Reuters Some players will also choose to wear
wristbands or a headband to manage any sweat or hair that might interfere with your shots. These are down to personal preference. Want to get a more detailed guide? Check out our total guide on what to wear when playing table tennis. Most players when they first pick up a racket will grab it a bit like a baseball bat, holding the handle within their
fist. Others have some weird and wacky ways of holding the racket. These grips are totally fine when you're playing casually but at some point you just won't be able to improve any further. It becomes a huge limitation on the kind of shots you can hit. There are 3 common, effective grips that people across the world use. With these, your improvement
is literally unlimited. These grips are: The grip you choose might depend on where you're from, and any coaches you have access to locally. The most common grip, globally, is the shakehand grip. It's used by a majority of the world's top players and is the easiest to learn. Discover More: The 3 Grips of Table Tennis Now you're holding your racket
properly, we can talk about some of the core shots you'll need to play table tennis. As coach, I always teach four shots as the core foundation to anyone's game. Mastering these four shots will create instant improvement and have you winning more matches in no time. Players who can play each shot consistently have few weaknesses and become very
hard to beat. The Forehand Drive is the most basic and common shot in table tennis that all players must master. It's a consistent stroke played on a player's dominant (racket) side with a lot of flexibility on where you aim the ball. As a beginner, having a consistent forehand drive alone will win you plenty of matches. Learn More: Learn how to play
the Forehand Drive The Backhand Drive is played when a ball is coming towards your body or non-dominant side. It's usually less powerful than the Forehand Drive, so it's normally used to force your opponent an easy way to win points. Working
on this shot will quickly stop you from losing points. Learn More: Learn how to play the Backhand Drive The Forehand Push is a defensive shot that is less commonly played than the point. They should stay low over the net
and short on the table so your opponent can't attack. On the forehand push only for shorter balls on your dominant side. Learn More: Learn how to play a Forehand Push The Backhand Push is an extremely common defensive shot, which all
beginners must master. Contacting underneath the ball and keeping the ball low over the net is critical to prevent your opponent from attacking your return. Use this shot to maneuver your opponent around the table, making the point uncomfortable for them and exposing any weaknesses. Learn More: Learn how to play a Backhand Push Spin is the
craziest thing about table tennis. When you play against experienced players, it's the feeling when you hit the ball goes flying off in a random direction. It's an incredible weapon that all table tennis players need to master. Created by brushing against the ball, you can cause any effect you want against your opponent. Here's a simple
diagram explaining topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin. When trying to see what spin is on the ball, try and spot where your opponent's racket finished pointing topspin and backspin.
more you practise spotting spin, the easier it will get. I promise! There are very few shortcuts to becoming a good table tennis player. At some point, you'll need to put in long and hard hours training, developing your technique so you can consistently play effective shots during matches. However, as a beginner there are a few tips and tricks that will
control of the ball. Win more games by developing some fast, spinny serves and target your opponent's weaknesses. Make one of your first priorities to learn how to serve in table or flop straight into the net? That's such an easy way to lose a
point. One of the most effective tactics as a beginner is just learning to consistently place the ball back on the table and avoid playing risky shots. Choose your attacks wisely. One of the biggest mistakes I see beginners make is wanting to buy the fastest, spinniest rubbers to go on their new racket. These rubbers are really difficult to control. Without
the right technique, students struggle to hit the ball back onto the table using these rackets and I've seen more than a few people fall out of love with the game. Buy a racket, like the Killerspin IET400, that gives you good spin, speed and control without being too difficult to manage. Playing this sport requires a relaxed control of your entire body,
focussed on delivering great shots that target your opponent got an edge in the last point. Staying cool, calm and collected will help you perform better and more consistently. Yes, this is definitely a bit of a cheat, but as a coach I think it's super important.
You can't always be 100% focussed on competitive matches or training specific shots. Find time to have fun with sandpaper/hard bats. Messing around isn't just fun, but it helps you become more creative and get
more familiar with creating unusual spin/angles. It makes you a better player. Watching and enjoying major table tennis match on television, or hear about a tournament winner in the news. In fact, most beginners can't name the best players in the world,
never mind naming the best players in their country. Most people will have heard about the Chinese domination of table tennis. At the professional level, this is absolutely true. For the last 20 years, it's been a rare occasion when they don't win the major, global championships. Let's discover some of the top current players that you should definitely
follow. Ma Long Serving. Photo: Xinhua We ranked Ma Long as our greatest table tennis player of all time. He's won a staggering 5 Olympic Gold Medals and 9 World Cup Gold Medals and 9 World Cup Gold Medals. His style is super entertaining and he's been incredibly hard to beat since making his world debut in 2006. Still playing as part of the formidable Chinese team, you
don't want to miss his matches. Fan Zhendong. Photo: Edges and Nets Staying in China, I couldn't put together this list without mentioning Fan Zhendong. He's currently, comfortably, the best player in the world right now. Although he was beaten by Ma Long in the Tokyo Olympics, he's been dominating most of the major tournaments including the
WTTC Finals and WTT Cup Finals. Just like Ma Long, he has an explosive, attacking style that's incredible to watch. Huge Calderano is a trailblazer. The first table tennis player from Latin America to reach the top 10 in world rankings, peaking at world number 3. Whilst not the technically perfect player, he more than
makes up for it in steel, grit and determination. An incredible competitor who's been dominated by a revolving door of Chinese players. That's why Mima Ito is so exciting. Hailing from Japan, she's ultra competitive with the best players in
the world with a direct, driving style playing close to the table. Aged just 21, she's a player world tour events are held throughout the year. As an Olympic
sport, table tennis gains a lot of visibility every 4 years. It's the peak of any table tennis player's career with just one singles gold medal available. There are also Doubles and Team events played. The Olympics has been dominated by the Chinese who have won 32 of the 37 gold medals available since the inaugural event in 1988. In an even more
astounding statistic, just 2 non-Chinese players have ever reached the final of the Women's singles. None have won. Will that domination continue? Well, there continues to be new, world-beating Chinese players emerging every year since 1926.
Each year, they rotate between playing an individual event and a team event. For example, the 2021 WTTC was held in Houston, USA consisting of Mens/Womens Singles and Doubles events. There's an interesting history to winners of WTTC events, with Hungary winning most events for the first 20 years. In recent years, the event has been
dominated by Chinese competitors, much like the Olympics. In a slightly convoluted change to the table tennis calendar, the WTT series of events was launched in 2019. Designed to bring more entertainment and engagement to the sport, they host 4 "Grand Smashes", 2 "Cup Finals", 8 "Champions" and up to 20 "Contender" events each year. These
events provide a consistent chance to watch top-class table tennis. There are a few places you can watch table tennis broadcasts, with online streaming the main format as matches aren't often available on TV channels. The main recommended place to watch top-class table tennis broadcasts, with online streaming the main format as matches aren't often available on TV channels.
tennis YouTube channels that are worth subscribing to. We'd also love to welcome you to the online table Tennis Daily and OOAK. Want to Read More? We highly recommend the Expert Table Tennis Beginners Guide. Good Luck!
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