

Session 1

Nature and Development of Table Tennis

A. Introduction

Table tennis as a sport is a complex movement game that requires specific playing skills like speed, agility, accuracy of movement and a balance of mental and body dynamics. These skills can be developed or enhanced through proper foundational practice or training with the guidance of a more knowledgeable person. Players and students differ on how they adapt with the skills development required in Table Tennis so the need to have a proper and standard equipment can help in the advancement of the playing performance in addition to the training plan. In this session, a brief narrative of the nature and development of Table Tennis will be presented alongside with the playing equipment.

B. Session Objectives

- ✓ Trace the significant history of Table Tennis and its development over the years.
- ✓ Introduce or re-introduce the equipment used in competitive Table Tennis.

C. Session Content

1. Topic 1 The Nature and Development of Table Tennis

Table Tennis is sometimes considered as the miniature of Lawn Tennis and Badminton because of the nature of the sports called as “net games”. Compared to Lawn Tennis and Badminton, Table Tennis has a smaller playing area which can be literally described as ‘table’ whereas the other two (2) has a bigger dimension in terms of the playing court.



Figure 1: What is Table Tennis?
(Source: Kayne, R. 2024.:Online)



Figure 2: Artificial grass tennis court: what are the 5 strong advantages?
(Source: TigerTurf A Tencate Company. 2022.:Online)

Aside from the playing court, the Table Tennis paddle and balls are likewise small in measurement.

Basically, Table Tennis is played on a safe surface and environment which is ideally held indoors because of the light-weight

material of the ball which can be easily blown by air outdoors. The playing table is divided into two (2) marked by a net to provided equal playing space for opposing players.



Figure 3: Attacking Play: Badminton Player Movement on Court. (Source: Patel, N. 2018.:Online)

Mode of Play in Table Tennis

Table Tennis matches are played in different categories in order to manage a system of getting the winners. It is played on All-male, All-female and a Combination of both.



Figure 4: Best European Table Tennis Ever. (Source: Elco table. 2018.:Online)

This sport is also played in singles and doubles:

Singles – a table tennis match that is played by two (2) opposing players. It can be Male category (Men’ singles or Boy’s singles) and Female category (Women’s singles or Girl’s singles).

Doubles – this is a match played between two (2) opposing pair of players. It can be Male category (Men’ singles or Boy’s doubles) and Female category (Women’s singles or Girl’s doubles).

Mixed doubles – a pair of male and female are team to compete with the same manner of line-up.



Figure 5: Best European Table Tennis Ever. (Source: Elco table. 2018.:Online)

2. Topic 2 Brief Historical Background of Table Tennis

Table Tennis

- was originated in the year 1880 in England.
- considered as a parlor game of the elite people and they play table

Tennis as a past-time usually after dinner. The materials that they used were the books or plate as the paddle, the wine cork as the ball and the dining table as their playing court.

- it was named gossima, whiff-whaff and **pingpong**. It is popularly called pingpong which was derived from the sound that is created when the paddle hits the ball. Eventually it was called Table Tennis.

International Table Tennis Federation (ITTF)

- the governing body of Table Tennis in the international arena. ITTF helped Table Tennis to be known all over the world when it was introduced as an official sport. In fact, it was already included in the 1988 Olympic Games.

Philippine Table Tennis Federation (PTTF)



- The Philippines also has its own national governing body in table tennis that is recognized by the Philippine Olympic Committee (POC).

Figure 6: Philippine Flag Gif. (Source: Cadiz, M. ND.:Online)

Innovations on Rules and Equipment:

Changes in the 20th century

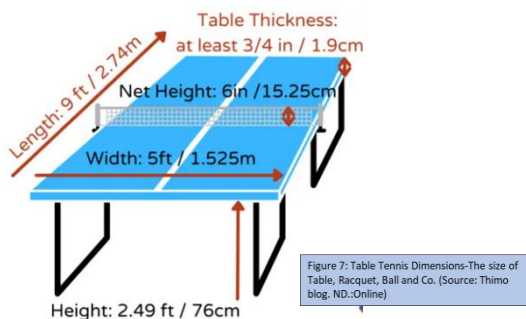
- Introduces the 40mm ball from 38mm.
- Expedite system was enforced.
- Inclusion of Paralympic Games.

Changes in the 21st century

- The ITTF implemented a new scoring system, with the best of seven games played to 11 points each.

3. Topic 3 Equipment used in Table Tennis

Competition Table

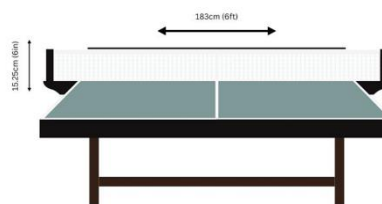


Net and Posts

The net should be 6 feet (1.83 metres) long.

The net should be suspended 6 inches (15.25 centimetres) above the playing surface.

The bottom of the net should be as close to the playing surface as possible.

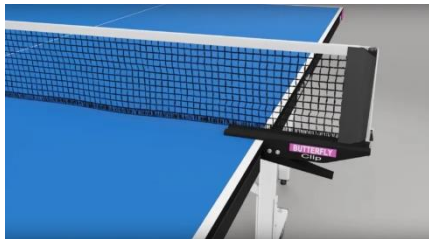


Types of Net for Table Tennis



Retractable nets: Retractable nets lengthen and pull back like a measuring tape.

Figure 8: 7 Retractable Table tennis Nets for more Thrilling Matches. (Source: Brown, A.2024:Online)



Clip-on nets: This is a user-friendly net and post that allows an easy install-remove process.

Figure 9: The 3 Best Table Tennis net and Post sets. (Source: Ping Pong On N.D.:Online)



Screw-on nets: Installing and retracting requires screwing of the upright or posts.

Figure 10: The Best Table Tennis Nets. (Source: Larcombe, B. 2015:Online)

Paddle

Length:

- Handle length: 3.75-3.93 inches / 9.6-10 cm
- racket blade length: 5.9-6.7 inches / 15-17cm
- Overall length: 9.44-10,24 inches / 24-26 cm

Width:

- Handle width: 1-1,3 inches / 2.6-3.3 cm
- Racket blade width: 5.9 inches / 15 cm

Thickness:

- Handle thickness: 0.8-0.9 inches / 2.1-2.3 cm
- Thickness of the bat blade: 0.63 inches / 16 mm
- Total thickness including rubber: 0.75-9.45 / 1.9-2.4 cm

Ball

- Diameter: 40 mm
- Weight: 0.095 oz / 2.7 g
- Material: Plastic
- Color: Matte white or orange



Figure 11: Table Tennis Height and Dimensions/Quick Guide. (Source: Hodgson, S. 2023:Online)

D. Conclusion

Table tennis at a first glance is an easy-to-play sport. This miniature sport of an equally popular net games likewise require speed, accuracy of movement, alertness and presence of mind. The need to have a proper equipment is one of the important factors that allows a player to perform at his/her best.

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