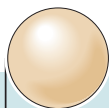


# Table tennis Technical

developments to rackets have revolutionized the game which is the world's largest participation sport. With ball speeds reaching 160mph, a larger



40mm

**Increased from 38mm**  
Celluloid,  
2.7g

**21st century ping-pong:** Each element of the racket has been designed to suit different styles of play

**Offensive: High speed and spin**

Up to seven-ply with carbon-fibre core. More rigid for faster ball

**Racket Weight 80-90g**

**Blade**  
No limits on size or shape

**Defensive: Better control, reduced spin and speed**

Five-ply, damping outer layers.  
Elastic feel

**Pimples inward – smoothness gives faster topspin**

Elastic surface for spin

**Hard sponge for speed**

**Speed glues**

Applied to rubber surface for extra spin and speed. **Banned in Olympics**

**Pimples**  
Max. 2mm

**Rubber**  
Max. 4mm thick with sponge

**Sponge**  
High density

**Pimples outward for braking effect and spin control**

Soft for spin reduction.  
High friction

**Soft sponge for braking effect**

**Long pimples**

Give unpredictable curve to ball for offensive play with defensive speed control

## Table manners



**Service:** Forehand service from backhand corner of table. Loose grip, fast wrist action for spin

**Loop:** Power from straightening legs. Light, fast contact for topspin



**Chop:** Defensive backspin return of topspin stroke

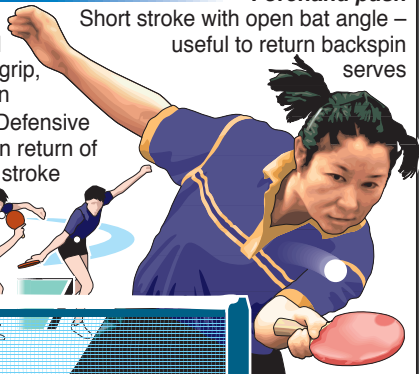


**Kill:** Sideways on to the ball, powerful follow-through across the body



## Forehand push

Short stroke with open bat angle – useful to return backspin serves



**Venue: State Sports Centre**  
**SEPTEMBER**



Sources: SOCOG  
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