**Table Tennis**

**Fact Sheet**

**Terms:**

Serve- the beginning of a point where one player strikes the ball after tossing it.

Receive- return of service.

Singles- a format in table tennis where one player plays on each side of the table…1v1.

Doubles- a format in table tennis where two people play on each side of the table…2v2.

Let- a stoppage of play as a result of a serve hitting the net and going over the net. No point and re serve

**Types of shots:**

Drop shot- surprise shot where the ball is placed near the net.

Smash- a high speed shot used against high balls.

Lob- a defensive shot used against high speed balls where ball is returned high in the air.

Drive- normal shot where the racket is in a normal position and the ball is hit at medium pace.

**Type of stroke (the way your paddle strikes the ball):**

Backhand- a stroke done directly in front of body. Racket is turned so back of hand faces opponent.

Forehand- a stroke done to the right/front of body. Racket in normal position (palm facing opponent).

**Game play:**

Official games are played to 11 points…must win by 2 points.

Alternate serves every 2 points.

Serve- Ball is tossed up and hit down so the ball hits your own side of table first, goes over net and lands on opponents side of table.

In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.

During play you must allow the ball to hit your side of the table before hitting it (no volleys). The point is over if the ball bounces more than once on a side.

A player cannot strike a ball twice successively (a “double hit”).

A ball striking the top edge of the table is good, but a ball striking the side of the table is not good.