Table Tennis

**Table tennis**, The game takes place on a hard table divided by a net. Players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules.

History

-The game originated as a sport in England during the 1880s, where it was played among the upper-class as an after-dinner [parlour game](http://en.wikipedia.org/wiki/Parlour_game). It has been suggested that the game was first developed by British military officers in India or South Africa who brought it back with them.

Since 1988, table tennis has been an [Olympic sport](http://en.wikipedia.org/wiki/Table_tennis_at_the_Summer_Olympics),

### Rules

**-** The server first stands with the ball held with the freehand, and tosses the ball directly upward without spin, at least 16 centimeters (approximately 6 inches) high and then hit it directly to receiver's court without touching the net. Service alternates between opponents every two points (regardless of winner of the rally) until the end of the game. In [doubles](http://www.allabouttabletennis.com/table-tennis-doubles-rules.html) game , the serve must be played diagonally

- A game shall be won by the player first scoring 11 points unless both players score 10 points when the game shall be won by the first player subsequently gaining a lead of 2 points. In competition play, matches are typically best of five or seven games.

Equipment

### Ball- The international rules specify that the game is played with a light 2.7 [gram](http://en.wikipedia.org/wiki/Gram), 40 mm diameter ball. Mostly in white or orange color.

### Net- The table is divided into two halves by a 15.25 cm (6 inch) high net.

### Racket -Players are equipped with a wooden racket covered with rubber on one or two sides depending on the grip of the player.

### Grips

### There are two common ways to grip a racket, the penhold and the shakehand.

### -Penhold- similarly to the way of holding a pen, which is usually used by Asian. penhold players use only one side of the racket to hit the ball during normal play.

### -Shakehand- the racket is grasped as if one is performing a handshake, which is more common in Western countries .It is generally accepted that shakehands is easier to learn than penholder, allowing a broader range of playing styles both offensive and defensive.

### Effects of spin

### -Backspin-  It is imparted by striking the base of the ball with a downward movement. Backspin is usually used defensively in order to keep the ball low.

### -Topspin - it is regarded as an offensive technique due to increased ball speed, and giving pressure to the opponent.

### -Sidespin- Sidespin causes the ball to spin on an axis which is vertical, rather than horizontal.

### Health benefit

### It can improve reflexes.

### It can improve eye/hand co-ordination.

### It can improve muscle tone.

### It can increase mental awareness.

Bibliography

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