

CONTENTS

GREETING FROM TIMO BOLL	9
FOREWORD	10
BEFORE WE START	14
1 BALL PLACEMENT	18
1.1 Elbow	20
1.2 Scattering Angle	23
1.2.1 Implications for Training and Competition	24
1.2.2 Conclusion	25
1.2.3 A Brief Glance Beyond Our Sport	26
1.3 Racket Grip	27
1.3.1 The Grip Table According to Östh and Fellke	30
1.3.2 Implications for Training and Competition	31
1.4 Game Types	32
1.4.1 Characteristics of a forehand-dominant player	32
1.4.1.1 Tips for Playing Against Forehand-dominant Players	33
1.4.2 Characteristics of a backhand-dominant player	35
1.4.2.1 Tips for Playing Against Backhand-dominant Players	36
1.4.3 Summary	37
1.5 Drills	38
2 PACE	42
2.1 Fast or Slow?	42
2.2 Changes of Pace	44
2.3 Drills	45
3 FLIGHT HEIGHT	48
3.1 General	48
3.2 Lobbing	51
3.3 The Problem of Time	52
3.4 Playing Against Defense	53
3.5 Drills	54

4	SPIN	58
4.1	Producing Spin	59
4.2	Identifying Spin.....	62
4.2.1	Backspin	62
4.2.2	Topspin.....	66
4.2.3	Sidespin.....	68
4.3	Drills	72
4.3.1	Chop Drills	72
4.3.2	Topspin and Block Drills.....	73
4.3.3	Flip Drills	74
4.4	Special Kinds of Rubbers	75
4.4.1	Pips-In Rubbers	77
4.4.1.1	Antis	78
4.4.2	Pips-Out Rubbers.....	79
4.4.2.1	Short Pips	79
4.4.2.2	Long Pips	81
4.4.2.3	Mid-length Pips	84
5	SERVICE TACTICS.....	88
5.1	Service Feints	91
5.1.1	Feints With or Without Spin	91
5.1.2	The 'Windscreen Wiper' Principle.....	92
5.1.3	The Reversal Principle.....	93
5.2	Tips for Service Training.....	94
6	RETURN TACTICS.....	98
7	DOUBLES.....	106
7.1	Everything is Different.....	107
7.1.1	Communication Matters	108
7.2	Choosing a Partner—Opposites Attract	108
7.3	System of Play.....	110
7.4	Technical Qualifications.....	110
7.5	Movement Patterns.....	112
7.6	Tactical Tips	117
7.6.1	The Art of Doubles is to Play Slower	117

7.6.2 Placement is Everything..... 118

7.7 Serves: Length Matters..... 120

7.7.1 With Spin or Without?..... 120

7.7.2 Sign Language under the Table..... 121

8 RISK ASSESSMENT 124

8.1 Risk Phases..... 128

9 EPILOGUE..... 132

10 THE OFFICIAL RULES..... 136

10.1 The Order of Serving, Receiving and Ends..... 136

10.2 The Expedite System..... 139

11 FINAL QUESTIONNAIRE 154

11.1 Answers..... 159

12 PROFILES OF A FEW FORMER AND CURRENT TABLE TENNIS STARS
(AND THOSE TO COME)..... 162

12.1 Timo Boll..... 162

12.2 Vladimir Samsonov..... 163

12.3 Ma Long..... 164

12.4 Fan Zhendong 165

12.5 Jun Mizutani..... 166

12.6 Dimitrij Ovtcharov..... 167

12.7 Michael Maze..... 168

12.8 Werner Schlager..... 169

12.9 Joo Se Hyuk..... 170

12.10 Jan-Ove Waldner..... 171

12.11 Wang Hao 172

12.12 Wang Liqin..... 173

12.13 Ma Lin..... 174

12.14 Petrissa Solja 175

12.15 Elizabeta Samara..... 176

12.16 Daniela Dodean..... 177

12.17 Guo Yue..... 178

12.18 Zhang Yining..... 179

PHOTO CREDITS..... 180