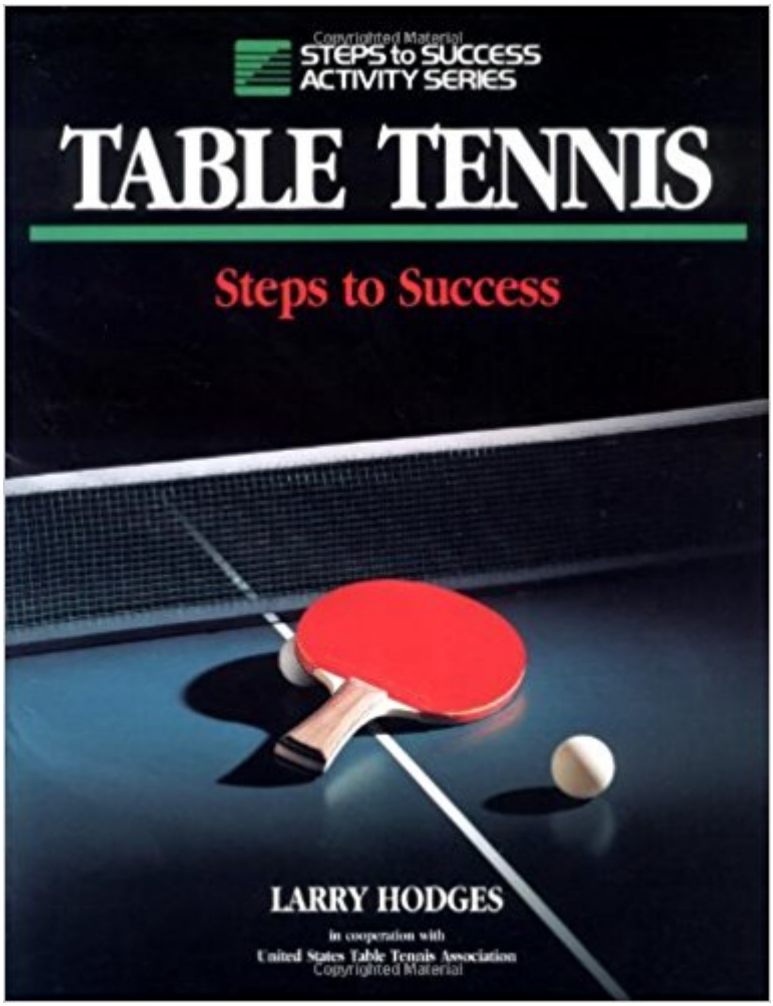
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Table Tennis: Steps To Success



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Synopsis

Table Tennis: Steps to Success is the first book to give you a self-paced program for learning the important skills and game strategies in table tennis. By following this unique step-by-step approach, you will improve the level of your game and learn to play like a champion.Written by master teacher, coach, and player Larry Hodges, this table tennis book is part of the Steps to Success Activity Series--the most extensively researched and carefully developed set of sport skills instruction books ever published.Each of the 15 steps featured in Table Tennis: Steps to Success provides a solid foundation of basic skills and concepts. As you progress, you will learn how to adapt your game using the advanced strategies and playing techniques. Each step (chapter)- explains why the skill or concept is important,- identifies the keys to correct technique,- helps you correct common errors,- explains how to practice each skill in realistic ways,- lists specific performance goals for each drill,- gives you a summary checklist for evaluating proper technique, and- lets you proceed at your own pace.Drawing upon his vast coaching experience and his extensive involvement with the U.S. Table Tennis Association, Larry Hodges presents useful advice in game strategies and tactics. He also covers two areas of the game that are very important, yet often overlooked--footwork and mental preparation.In addition, you will learn how to- select serves and return shots that will give your opponents problems;- add excitement to your game by putting topspin, backspin, or sidespin on the ball;- choose the proper stroke to match your particularneeds--whether for quickness, power, deception, or just fun;- select the grip that is best for you;- improve your practices and games by starting out with an effective warm-up routine;- find and enter tournaments; and- prepare for tournament competition so that you'll perform your best.Table Tennis: Steps to Success features over 120 drills and 140 illustrations and will help students get started, make steady progress, practice match-winning skills, and correct problems as they develop. The result--successful table tennis players who will enjoy the game for the rest of their lives. So learn how to play an effective game of table tennis; let your opponents play "Ping Pong"!See all the titles available in the Steps to Success Series.

Book Information

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Customer Reviews

""The best presentation of table tennis techniques and strategies ever written. At last! A book that really covers the sport.""Todd SweerisU.S. World Team member ""Written by one of the most knowledgeable and experienced coaches in the U.S., this book gives away the secrets of China and Sweden.""Diana Gee1988 & 1992 U.S. Olympic Team member

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important book for sport

It gives many tips and explains everything from beginning table tennis to some more advanced play.i read it almost every time, I have trouble with different things and it helps.I would recommend it to someone starting out

Item received according to description!Well done!!!

Good quality product delivered on time at the right price.

Good

I found the book to be very helpful and informative. I have just begun playing competitively for the past year and found that the graphics/steps really have helped my game. I’d recommend this book

to anyone who is just developing their game. I have bought other table tennis books, but they lacked the graphics this book has, so I am very happy with this purchase.

I highly recommend this book as a supplementary material for references as technique guidelines and theory support. In fact, I dont' think anyone can actually learn any sport from any book, however well-written the book may be. Table-tennis is no exception. As is indicated in the book, to learn to play the game, you need to practice. With this book, however, you can correct your weakness, look up for any question you gathered during the practice. The book covers almost all the basic drills in the modern table-tennis game.The book is divided into chapters. For beginners, I suggest you follow the steps and do the excersies in the end of every chapter. For those who already have some basic knowledge, just check the parts you're confused with. You can easily find your part because the index is very clarified.This is a book for beginners and intermediate-level players. If you are an advanced player who already developed a mature playing style, I don't think this book will help you. In this case, you should check out other tactic books or tourement vedios.As to the new 40mm ball games, the new rule doesn't change the basic techniques. Therefore, the book still works. What is changed by the new ball is mostly the equipement and tactics, which is not the main concern of the book.

This book is one of the best book on table tennis that I have ever read. The clear and concise text makes this book very readable. While you may not turn into a table tennis champion overnight, following the instructions by Mr. Hodges by disciplined practice, a newcomer to the sport can learn the game, but it can also be used as a reference for intermediate players to correct their stroke or to improve it.This book is useful not only because it explains the different strokes but it also contains sections on physical training and tactics against different style of play.Table Tennis: Steps to Success is a must-have in any table tennis player's library.

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