



STEPS to SUCCESS ACTIVITY SERIES

TABLE TENNIS

Steps to Success

You have taken your first step to success in learning table tennis with the purchase of this book. *Table Tennis: Steps to Success* combines the knowledge and experience of master teacher Larry Hodges with the latest developments in learning how to become a proficient player.

Table Tennis: Steps to Success is a unique guide designed to maximize your table tennis progress. It is a breakthrough in sport skill instruction through its development of complete learning progressions—the *steps to success*. You will climb 15 steps on your way to table tennis success. Each step (chapter)

- explains why the concept of skill 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.

Each of the steps you will take is an easy transition from the one before. Your first few steps provide a solid foundation of basic skills and concepts. As you progress you will learn how to choose the proper stroke to match your various table tennis needs—whether for quickness, power, deception, or just fun. As you approach the top of your climb to success you will have gained confidence in your table tennis ability and experienced the satisfaction of becoming an accomplished player.

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