

# TABLE TENNIS

---

## Steps to Success

**Larry Hodges**

USATT Certified National Coach,  
Member of USATT Hall of Fame,  
and Former USATT Coaching Chairman

in cooperation with  
USA Table Tennis  
[www.usatt.org](http://www.usatt.org)



**Human Kinetics**

Library of Congress Cataloging-in-Publication Data

Hodges, Larry, 1960-  
Table tennis : steps to success / Larry Hodges.  
p. cm. -- (Steps to success activity series)  
ISBN 0-87322-403-5  
1. Table tennis. I. Title. II. Series.  
GV1005.H58 1993  
796.34'6--dc20

92-37606  
CIP

ISBN-10: 0-87322-403-5  
ISBN-13: 978-0-87322-403-1

Copyright © 1993 by Human Kinetics, Inc.

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

Acquisitions Editor: Brian Holding  
Developmental Editor: Judy Patterson Wright, PhD  
Assistant Editors: Laura Bofinger, Valerie Hall, Moyra Knight, Julie Swadener, and Dawn Roselund  
Copyeditor: Chris DeVito  
Proofreader: Laurie McGee  
Production Director: Ernie Noa  
Typesetter and Text Layout: Kathy Boudreau-Fuoss  
Text Design: Keith Blomberg  
Cover Design: Jack Davis  
Cover Photo: Will Zehr  
Illustrations: Tim Offenstein  
Printer: United Graphics

Instructional Designer for the Steps to Success Activity Series: Joan N. Vickers, EdD, University of Calgary, Calgary, Alberta, Canada

Some line drawings in "Warming Up for Success" are from *Self-Defense: Steps to Success* by Joan M. Nelson, 1991, Champaign, Illinois: Leisure Press. Copyright 1991 by Leisure Press. Adapted and reprinted by permission; and from *Tennis: Steps to Success* by Jim Brown, 1989, Champaign, Illinois: Leisure Press. Copyright 1989 by Leisure Press. Reprinted by permission; and from *Weight Training: Steps to Success* by Thomas R. Baechle and Barney R. Groves, 1992, Champaign, Illinois: Leisure Press. Copyright 1992 by Leisure Press. Reprinted by permission.

Human Kinetics books are available at special discounts for bulk purchase. Special editions or book excerpts can also be created to specification. For details, contact the Special Sales Manager at Human Kinetics.

Printed in the United States of America

15

**Human Kinetics**  
Web site: [www.HumanKinetics.com](http://www.HumanKinetics.com)

*United States:* Human Kinetics  
P.O. Box 5076  
Champaign, IL 61825-5076  
800-747-4457  
e-mail: [humank@hkusa.com](mailto:humank@hkusa.com)

*Canada:* Human Kinetics  
475 Devonshire Road, Unit 100  
Windsor, ON N8Y 2L5  
800-465-7301 (in Canada only)  
e-mail: [info@hkcanada.com](mailto:info@hkcanada.com)

*Europe:* Human Kinetics  
107 Bradford Road  
Stanningley  
Leeds LS28 6AT, United Kingdom  
+44 (0)113 255 5665  
e-mail: [hk@hkeurope.com](mailto:hk@hkeurope.com)

*Australia:* Human Kinetics  
57A Price Avenue  
Lower Mitcham, South Australia 5062  
08 8372 0999  
e-mail: [info@hkaustralia.com](mailto:info@hkaustralia.com)

*New Zealand:* Human Kinetics  
Division of Sports Distributors NZ Ltd.  
P.O. Box 300 226 Albany  
North Shore City, Auckland  
0064 9 448 1207  
e-mail: [info@humankinetics.co.nz](mailto:info@humankinetics.co.nz)