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#### INTRODUCTION

## Who is Ben Larcombe?

Hello and welcome to The Table Tennis Playbook! My name is Ben. Larcombe and I'm a table tennis coach from London. I'm 23 years old and this is my second year as a full-time coach.

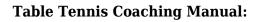
I began playing table tennis at the age of 10, back in 1999, and I've loved the sport from then on. As a player I was a bit of a late developer. It wasn't until I was 16 that I started to practice more than once a week and I entered my first national competition aged 17. Before then I had been practicing once a week, playing in local tournaments and leagues, and representing my county of Surrey. I finished the juniors ranked about 70<sup>th</sup> in England (I said I was a late developer).



Playing senior countles last season (2011/12) for terray.

# **Table Tennis Coaching Manual**

George M. Seddon



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