

CONTENTS

INTRODUCTION	2
Who is Ben Larcombe?	2
What is 'The Table Tennis Playbook'?	3
Who is it for?	4
Why Am I Writing This?	4
How to Use It	5
Terminology	5
SERVICE PLAYS	6
Short Serves	6
Long Serves	10
RETURN OF SERVICE PLAYS	13
Returning Short Serves	13
Returning Long Serves	17
MY FAVOURITE PLAYS	20
NOW IT'S YOUR TURN	24
FINAL WORDS	25

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 70th in England (I said I was a late developer!).



Playing senior counties last season (2011/12) for Surrey.

Table Tennis Coaching Manual

George M. Seddon



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Table of Contents Table Tennis Coaching Manual

1. Understanding the eBook Table Tennis Coaching Manual
 - The Rise of Digital Reading Table Tennis Coaching Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Table Tennis Coaching Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Table Tennis Coaching Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Table Tennis Coaching Manual
 - Personalized Recommendations
 - Table Tennis Coaching Manual User Reviews and Ratings
 - Table Tennis Coaching Manual and Bestseller Lists
5. Accessing Table Tennis Coaching Manual Free and Paid eBooks

- Table Tennis Coaching Manual Public Domain eBooks
- Table Tennis Coaching Manual eBook Subscription Services
- Table Tennis Coaching Manual Budget-Friendly Options
- 6. Navigating Table Tennis Coaching Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Table Tennis Coaching Manual Compatibility with Devices
 - Table Tennis Coaching Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Table Tennis Coaching Manual
 - Highlighting and Note-Taking Table Tennis Coaching Manual
 - Interactive Elements Table Tennis Coaching Manual
- 8. Staying Engaged with Table Tennis Coaching Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Table Tennis Coaching Manual
- 9. Balancing eBooks and Physical Books Table Tennis Coaching Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Table Tennis Coaching Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Table Tennis Coaching Manual
 - Setting Reading Goals Table Tennis Coaching Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Table Tennis Coaching Manual
 - Fact-Checking eBook Content of Table Tennis Coaching Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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