

MDTTC News



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Archive of past [MDTTC Newsletters](#)

Welcome to the eighth issue of the MDTTC News. As usual, there's lots of news to report and new and ongoing programs, and we hope to see you at some of them. As usual a special thanks to MDTTC sponsors [Butterfly](#), [Go Table Tennis](#), and [James Wu/Llewellyn realtor](#). Make sure to read my daily table tennis blog - I often write about MDTTC happenings there.

-Editor and Coach [Larry Hodges](#)

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Ongoing Programs

- **Beginning Junior Class.** This is for beginning juniors ages 6-13, with Coach Larry Hodges (with Raghu Nadmichettu and John Hsu assisting), and are held Saturdays 10:30AM-Noon and Sundays 4:30-6:00 PM. See the [Group Training page](#).
- **Group Sessions.** While this is primarily for juniors, all ages are welcome - it's about 1/3 adults. They meet on Sat & Sun, 4:30-6:30. The first 30 minutes is practice/warm-up, then 90 minutes of matches. See the [Group Training page](#).
- **Private Coaching,** by Coaches Cheng Yinghua, Jack Huang, or Larry Hodges. Coaching is also available from Wang Qing Liang, Chen Bo Wen, and Raghu Nadmichettu. See [Private Coaching page](#).
- **Leagues.** MDTTC runs four different leagues. Take your pick! They are the [Tuesday and Friday Leagues](#) (for all ages and levels); the [Corporate League](#); and the [Elite League](#).
- **Training Camps.** See the [Training Camp page](#) for more info. (Schedule is not yet up for 2013, but will include the Spring Break Camp, March 25-29, plus continuous camps all summer starting in early June.)
- **Tournaments.** Our next tournament is March 2-3. See [Tournament Page](#).

Adult Beginning Class

Interested in a beginning class for adults? If there is interest, we will run one. (We've run numerous ones in the past.) The class would be for beginners up to about 1200 level, and would cover all the basics - strokes, footwork, serve, receive, tactics, and equipment. The class would tentatively be on Thursday nights, 7:30-9:00 PM, for ten weeks. If interested, email [Larry Hodges](#).

USA Nationals

Congrats to the following MDTTC players:

- Charlene Liu, who won Over 50 and Over 60 Women.
- Derek Nie, who made the National Mini-Cadet Boys' Team (top four under age 13), finishing second.
- Crystal Wang, who made the National Mini-Cadet Girls' Team (top four under age 13), finishing third, and finished sixth in Junior Girls Teams, (technically 8th, since the top two seeds, Ariel Hsing and Lily Zhang, were seeded on to the team). So she is on the Junior Girl's "B" Team.
- Han Xiao, who won Men's Doubles with Timothy Wang, and made the semifinals of Mixed Doubles with Lily Zhang.
- Wang Qing Liang, Chen Bo Wen, and Nathan Hsu, who finished second in the National Club Championships.
- Nathan Hsu and Tong Tong Gong, who made the semifinals of the Junior Boys' Teams.
- Changping Duan and Hossein Sharifi, who finished third in Over 60 Doubles.
- Adam Yao, who made the quarterfinals of 10 & Under Boys' Singles.

MDTTC Christmas Camp

Nearly 50 players attended the camp (not all at the same time!), held Dec. 26-31, with players from MD, VA, NY, NJ, PA, NC, OH, and Taipei! Morning sessions were mostly short lectures

and multiball training, with afternoons for regular training at the table. All the MDTTC coaches participated. Our next camp will be the Spring Break Camp (March 25-29), and then there will be camps all summer long.

There were many highlights in the camp, but one memorable one was the candy game on Dec. 30, where Coach Larry put hoards of candy on the table and fed multiball while the players rotated, two shots each, where they got to keep whatever they knocked off the table.

Rental Space for Corporate and Private Events

MDTTC offers space rental for special corporate and private events. Here is [Facility Rental Information](#), and here is info on [Birthday Party Packages](#).

MDTTC Web and Facebook Pages

Don't forget to see the regularly updated [MDTTC Facebook page](#), and make sure to "like" it! Stop by and see all the photos, read the latest news, or post your own comments. Also see the [MDTTC web page](#) for regularly updated info.

Double Take Deals

MDTTC has a special running at [DoubleTakeDeals.com](#) - "\$50 For 10 Unlimited Ping Pong Passes (\$100 Value)." If you aren't an MDTTC member but are thinking of joining, don't miss this opportunity! This offer is also great as gifts certificates for your friends and families.

TIP OF THE MONTH: Twisting Your Opponent Into a Pretzel

By Larry Hodges

Want to twist your opponent into a pretzel? You can do so with one of the most common serving combos in table tennis: short serves to the forehand and long, breaking serves to the backhand.

Short serves to the forehand are usually more awkward to handle than short ones to the backhand. This is because the wrist is freer on the backhand side to adjust the racket angle, and also because contact is made in front of you, right in front of your eyes, instead of to the side with a forehand receive. Long serves to the backhand are usually trickier to handle than long ones to the forehand. This is because most players loop better on the forehand side, and because you have a bigger hitting zone on that side than on the backhand side, where a breaking serve can be awkward to handle.

Serving short to the forehand or long to the backhand also maximizes the amount of table the receiver has to cover. Suppose you serve very short and wide to the forehand, so the receiver has to contact the ball one foot from the net near the sideline. Suppose you serve long to the backhand, so the receiver contacts the ball about a foot past the end-line behind the backhand corner. Then the distance between these two contact points is about 6.7 feet. (The same is true, of course, if you serve short to the backhand or long to the forehand.) If you instead serve short and long to the forehand (or to the backhand), then the distance is about five feet. That's over 20 inches of extra movement for the receiver. It's even more if you serve wide to the backhand, and perhaps break it even wider with sidespin, so the receiver has to take the ball from outside the backhand corner. The contact points between a short serve to the forehand and a deep breaking serve to the wide backhand can be seven feet apart.

So why not combine these two into a deadly duo?

You can do this with forehand or backhand serves. (It's usually a bit more effective with a forehand pendulum serve, which allows you to break the deep serve to the backhand away from the receiver. However, a backhand serve type sidespin allows you to actually break the short serve a bit away from the receiver, though not as much since has less travel time.) Make sure to start out the same, with the same motion until just before contact. Then either serve very low and short to the forehand, or a long, breaking serve into the backhand.

Short serves are often best where the second bounce on the far side of the table, if allowed, would be near the end-line. However, in this case, it's better to serve very short to maximize how much distance the receiver has to reach to get to the serve. Make him cover the full seven feet.

The receiver also has to prepare for the deep serve into the backhand. By making it break, it makes the receiver reach even more. (This is especially true if you can break it away from the receiver, such as a forehand pendulum serve if both players are righties.) It's often effective to focus on deep spin serves, but not too fast. A fast serve to the backhand can often be more easily backhand countered, using your own speed against you.

So the receiver has to be ready both for the quick step in to reach the short serve to the forehand, while also covering that deep, breaking serve into the backhand. This is not an easy task, and leads to many mistakes. On top of that, it also makes it almost impossible for a receiver to forehand loop the serve from the backhand side.

So twist your opponent into a pretzel as he tries to cover these two diagonally opposed serves that the human body was never designed for. Make him cover the full seven feet as you turn him into a cooked pretzel . . . and break him.