

TABLE TENNIS GROUP - Report by Peter Singer



We are, of course, very much amateurs at this table tennis malarky, but we all harbour some small streak of competitiveness and we would all like to improve our game, even if only marginally. There is no better feeling at 4pm on a Friday afternoon than knowing that, amongst all the slices across the hall, the shots off the ceiling, the painful thumb or finger shots and the complete misses, we have played a few really good rallies and hit a return or two that left our opponent(s) stranded. Oh happy days! So, how to get better? Tom Lodziak (no, me neither) has an interesting Youtube video of 8 Bad Habits. The most common of these, to which your correspondent can certainly relate, are:

- Reaching for the ball instead of moving your body towards it – go on, you can do it;
- Admiring your last shot, so that the return comes as a surprise – always expect a return;
- Mindless serving – take a moment to prepare and decide where and how you are going to serve;
- Pushing a return over the end of the table – use more top spin;
- Standing upright – bend the knees for a lower stance and bounce a bit – easier said than done for some of us, but we can try.

So our early New Year's resolution for 2025 should be to work to eliminate, or at least reduce the incidence of these bad habits (or maybe not wear habits at all, as they do tend to get in the way of a powerful forehand smash – of which more next time).

By the time this edition goes to press, Teesdale Leisure Centre should have re-opened, as the projected date is 18 November. With luck, therefore, we should be playing there again every Friday afternoon between 3pm and 4pm, which hopefully will be more convenient for any prospective new members. Why not come along and give it a try? Self-improvement is an optional extra.

If you would like to join our group to learn the game, improve your skills or just enjoy playing and socialising, please contact Peter Singer (pandjsinger@btinternet.com 07508 663998). All are welcome, whether you play regularly, have not played for some time or have never played before.