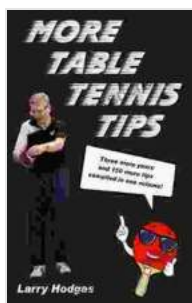


# More Table Tennis Tips from Larry Hodges

Larry Hodges is a world-renowned table tennis coach and player. He has coached some of the top players in the world, including Olympic medalists and world champions. In this article, he shares some of his best tips for improving your game.



## More Table Tennis Tips by Larry Hodges

★★★★☆ 4.8 out of 5

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## 1. Practice regularly

The most important tip for improving your table tennis game is to practice regularly. The more you practice, the better you will become. Try to practice at least three times per week, and if you can, practice more often.

When you practice, focus on improving your technique. Work on your footwork, your stroke, and your spin. You should also practice playing against different opponents, so that you can learn to adapt your game to different styles.

## 2. Get a good coach

A good coach can help you to improve your game much faster than you can on your own. A coach can help you to identify your weaknesses and develop a plan to improve them. They can also help you to develop your confidence and mental toughness.

If you are serious about improving your table tennis game, I highly recommend getting a good coach.

### **3. Watch videos of top players**

Watching videos of top players is a great way to learn new techniques and strategies. Pay attention to the way they move their feet, the way they swing their racket, and the way they use spin. You can learn a lot by watching the best players in the world.

Here are some of my favorite videos of top table tennis players:

- Ma Long vs. Fan Zhendong
- Xu Xin vs. Timo Boll
- Ding Ning vs. Liu Shiwen

### **4. Play in tournaments**

Playing in tournaments is a great way to test your skills and improve your game. You will get to play against different opponents, and you will learn to deal with the pressure of competition.

If you are new to tournaments, I recommend starting with smaller tournaments. As you get more experience, you can start playing in larger tournaments.

## 5. Have fun

Table tennis is a great game, and it is important to have fun while you are playing. If you are not enjoying yourself, you are less likely to stick with it and improve your game.

So make sure to have fun when you are playing table tennis. Play with friends, enter tournaments, and just enjoy the game.

I hope these tips have been helpful. If you follow these tips, you will be well on your way to improving your table tennis game.

And remember, the most important thing is to have fun.



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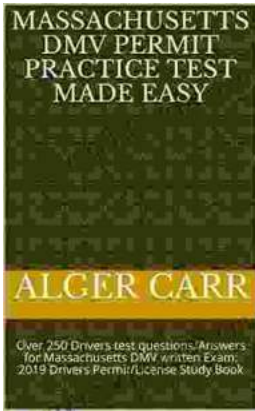
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