



TABLE TENNIS



WHAT YOU NEED

Table Tennis Racket

- A well-chosen table tennis racket is crucial for the game. The racket should be tailored to the player's style of play, with the right combination of rubber and wood to provide spin, control, and speed.

Table Tennis Balls

- Table tennis balls must meet official standards (usually made of celluloid or plastic). The quality of the ball affects the feel and precision of the game. In competitions, balls are typically 40mm in size and weigh 2.7g.

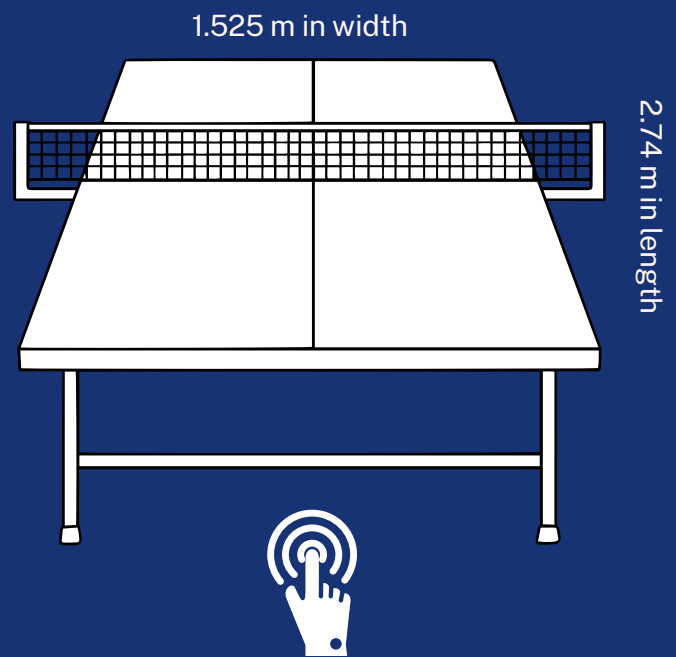
Table Tennis Table

- A high-quality table tennis table ensures even and precise play. It should be the correct size (2.74m x 1.525m) and have an optimal surface for the best ball rebound. For tournaments, an ITTF-certified table is required.

Table Tennis Shoes

- Specialized table tennis shoes offer stability, cushioning, and the flexibility needed for quick movements and rapid direction changes on the court. They are lightweight and have a non-slip sole to maximize grip on the floor.

THE TABLE



[Click here for Interactive Overview](#)

