

"Why should I warm up before practice and matches?"

There is a lesson I conduct on a UKCC Level 2 course to prove why it is so important to prepare the mind and body for ping pong. At the Hyndburn course, someone asked if it was on my website. Well it is now!!

You always need to prepare your mind and body for exercise, and for table tennis in particular. If you've been working at a computer all day, your body will not be ready to hit a small projectile spinning it's way toward you.

So a player needs to coordinate mind and body to prepare for ping pong. If you're not convinced, try this on an unsuspecting player.

1. Hold a TT ball in the palm of an outstretched arm, holding the ball with your thumb with your palm facing the floor.
2. Get a player to put their hand on top of your hand and tell them to catch the ball when you drop it.
3. Drop it.
4. 95% of the time, the player will miss the ball as it hurtles toward the ground.
5. Now get in the same stance and this time ask them to imagine the ball dropping and them catching it.
6. Then get them to practice moving their arm quickly under the ball, about 2 - 3 foot under the ball, and pretend to catch the ball. Let them do this 3 - 4 times emphasising the positive thoughts of moving fast and catching the ball before it hits the ground.
7. Do the test again. They will catch it or get very close to catching it.

Proof indeed that preparing mind and body for coordinated exercise really works.

Don't go into a match unprepared. If you fail to prepare, you must surely prepare to fail!!

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