

## **Ping Tennis or Table Pong**

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**What is the game we play? Some call it Ping Pong while others call it Table Tennis. To a large degree, what you call it is a matter of whether you view it as a game or a sport.**

**In the U.S., it is mostly a game played in basements, garages and game rooms and is called Ping Pong. Everywhere else, it is Table Tennis and is the worlds largest participation sport (soccer is up there high also). It is played in gyms, arenas and dedicated clubs.**

How else might we distinguish Ping Pong from Table Tennis?

**Ping Pong** is a fun social game.

**Table Tennis** is a highly skilled athletic sport.

In **Ping Pong**, the person with the most natural talent usually wins.

In **Table Tennis**, the person who has the best strategy and has learned and developed the higher-level skills is the winner.

In **Ping Pong**, players stand up straight in the middle at the end of the table and use a lot of hand and wrist motion to hit the ball.

In **Table Tennis** the player gets low in a ready position and then uses his/her whole body to move and stroke the ball.

**Ping Pong** players rarely sweat.

**Table Tennis** players are involved in vigorous exercise.

**Ping Pong** players often serve directly from their hand.

**Table Tennis** players must follow the “toss the ball” rule for serving.

**Ping Pong is a great game and Table Tennis is a great sport.**