

Let me intruduce my table tennis career

- I started my training at six
- at the age of nine I started training
- at the age of eleven I entered the Shandong province team
- strong competition in China
- I retried twenty one

Asia – europa

[Different between Asia - Europa](#)

<https://www.youtube.com/watch?v=z6IP-TcjtB4>

Serve and reiceve

Serve

- important point form serve
- serve station
- rotation
- serve quality (high of low)
- which place do you want to serve

Reiceve

- direction of the bal
- judgment of rotation
- quickly understand about serve of the opponents
- training training training

Details

>Short

>long

>flip

>half long

>

<https://www.youtube.com/watch?v=869D75pP51E>

<https://www.youtube.com/watch?v=v8advrudYZs>

<https://www.youtube.com/watch?v=A96q8X1SrcI>

Ma lin serve and reiceve

Fan zhendong backhand reiceve