



# MARYLAND TABLE TENNIS CENTER

## **Forehand Smashing Seminar**

**All Ages and Levels**

**When** Wednesday, Oct. 16, 2019, 7:30-9:00PM - COME EARLY TO WARM UP!!!

**Fee** Members: \$20; Non-Members: \$25  
☆☆☆100% of fees goes to the HW Global Junior Program at MDTTC☆☆☆

**Coach** MDTTC Coach Larry Hodges, USATT Hall of Famer & National Coach.  
Author of 8 books on table tennis, including *Table Tennis Tactics for Thinkers*.

**Format** Seminar will alternate between lecture/demos and table practice.  
*Come prepared to smash!!!*

**Registration** Reserve a spot by emailing Coach Larry at [larry@larrytt.com](mailto:larry@larrytt.com)

### **Smashing Topics**

- Should You Smash or Loop?
- Technique
- Balance and Recovery
- Muscle Memory and the Subconscious
- Drills to Develop a Great Smash
- Smashing Backspin
- Smashing Loops
- Smashing Lobs
- BONUS - at 9PM we'll have a smashing competition!



**I learned this at the  
Smashing Seminar!!!**

