

Common Problems Solved



COMMON PROBLEMS SOLVED.
A PRACTICAL BEGINNER GUIDE
TO LONG PIPS CONTROL,
RETURNS, AND DECISION-MAKING

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MEET COACH AGA



COACH AGA

**PLAY SMART. PLAY
CREATIVE. PLAY WITH
CONFIDENCE.**

BOOK A SESSION / CONTACT

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ABOUT ME

I played table tennis professionally in Poland, studied at the Academy of Sport, and have coached players of all ages for over 15 years.

For the last five years, I've been coaching in the United States while still competing and creating content as AgaPingPong.

WHY THIS GUIDE EXISTS

Every long pips shot changes based on a few key factors:

- ball height
- incoming spin
- incoming speed
- opponent position

You don't need to control all of them at once.

This guide shows you which one matters most in each situation.

FOR A DEMONSTRATION OF THESE TECHNIQUES,
CHECK THE YOUTUBE LINK
INCLUDED WITH THIS GUIDE.



Press this button to go
to the YouTube
episode.



***This is a decision-first system for close-to-the-table players using long pips on the backhand — focused on modern play, not classic defensive chopping.**

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THREE CORE DRILLS FOR LONG PIPS:
CONTROL · BLOCK · COUNTER

RECEIVING UNDERSPIN SERVE (TWO SMART OPTIONS)



1. SAFE OPTION → PUSH (CONTROL FIRST)

Choose push when:

- the ball stays low
- the spin looks heavy
- the logo blurs
- the bounce slows
- you hear that scratchy brush sound

Technique:

- meet the ball early
- keep the blade slightly open
- contact the centre of the racket
- make a short, forward press (not a lift)



COACH TIP

Think “slow and early.”
Heavy underspin rewards
players who stay calm, meet
the ball early, and keep
their touch soft and stable.

2. ATTACKING OPTION — COMPACT ATTACK

(when the ball is slightly above net height)

Technique (Right-handed)

- Contact zone: upper half of the racket
- Racket angle: slightly open
- Wrist: relaxed, controlled
- Motion: 9 o'clock → 12 o'clock
- Finish: stop at 12 — no follow-through

Think:

Short action. Clear contact. Placement



COACH TIP

**KEEP YOUR WRIST RELAXED BEFORE CONTACT.
A LOOSE WRIST MAKES THE BALL FASTER AND
HARDER TO READ.**

**IF YOU'RE NEW, CHOOSE THE OPTION THAT FITS
YOUR STYLE — PUSH FOR CONTROL, ATTACK FOR
PRESSURE. LEARN BOTH, THEN USE THE ONE
THAT FEELS NATURAL FOR YOUR GAME.**



NO-SPIN BALLS WHY THEY FEEL UNCOMFORTABLE AND HOW TO HANDLE THEM WITH LONG PIPS



COACH TIP

**NO-SPIN BALLS CHALLENGE
LONG PIPS PLAYERS BECAUSE
NOTHING HAPPENS
AUTOMATICALLY.**

**THERE IS NO INCOMING SPIN TO
WORK WITH.**

**CONTROL COMES ENTIRELY FROM
YOUR CONTACT.**

1. WHAT NO-SPIN CHANGES

With backspin, the ball pushes into your racket.

With no-spin, there is nothing to react to.

That's why the contact feels:

- empty
- unclear
- uncomfortable

This is normal.

2. WHAT YOU MUST DO DIFFERENTLY

Against no-spin, you cannot wait for the rubber to help you.

You must:

- stay present at contact
- guide the ball forward
- control the depth yourself

Not with power.

With intention.

3. THE KEY ADJUSTMENT

No-spin does not require a bigger action.

It requires:

- a slightly more active contact
- a clearer forward direction

You are helping the ball go forward — without adding speed.

4. WHAT YOU SHOULD FEEL

A correct contact feels:

- clear
- short
- controlled

If you wait too long, the ball drops and control disappears.

If you rush, the ball pops up.



COACH TIP

NO-SPIN TESTS YOUR TOUCH.

IF THE BALL GOES LONG , YOU DID TOO MUCH.

IF THE BALL POPS UP, YOU DID TOO LITTLE.

THE GOAL IS NOT FORCE. THE GOAL IS CLEAN CONTACT.



HOW TO PUSH WITH LONG PIPS



1. UNDERSTANDING THE PUSH

Long pips can return the ball in many ways — soft and slow, or sharp and firm.

Your goal with the push is simple: keep it low, keep it safe, break their rhythm. Use a soft drop-push (short and low) when you want to control the rally, or a firmer forward push to add pressure.

As you improve, you can mix side-pushes and forward pushes to change pace and angle.



COACH TIP

Meet the ball early, before it sinks.

Keep the wrist relaxed at the start add pressure only at contact to control the ball.

Guide it forward with a tiny brush, not up.

Stable racket. The legs start the movement.

3.CHOOSING THE RIGHT PUSH FOR THE SITUATION

Before you choose how to push, you must read the situation.

Two things matter most:

ball length

opponent position

When the ball is **short**, you have more control.

If the opponent has stepped back or is preparing to attack, you can:

- play a short, aggressive push
- use a drop push to break the rhythm

A drop push works best when the opponent is slightly away from the table. A drop to the forehand is especially effective

It's harder to step in on that side.

Goal: surprise and placement.

When the ball is **half-long or long**, the margin is smaller.

Drop pushes become risky. Here, keep it simple:

- push deep
- keep the ball low
- place it with intention

The elbow is a very reliable target.

Goal: take away the first attack/easy attack



COACH TIP

CREATIVITY COMES AFTER CONTROL.



DECEPTION WITH LONG PIPS

DECEPTION



Same motion – different result

COACH TIP

Good deception = simple motion + smart variation. You don't need to change everything. One small adjustment is enough.

1. WHAT DECEPTION MEANS

Deception with long pips comes from:

- timing (early vs late)
- depth (short vs deep)
- contact (soft vs firmer)

Long pips naturally reverse spin.

Your job is to make that reversal unpredictable through timing and contact changes.

3. TACTICAL USE

Deception works when your opponent cannot predict the next ball.

Use tempo, placement, and contact changes to keep them guessing.

How to apply it:

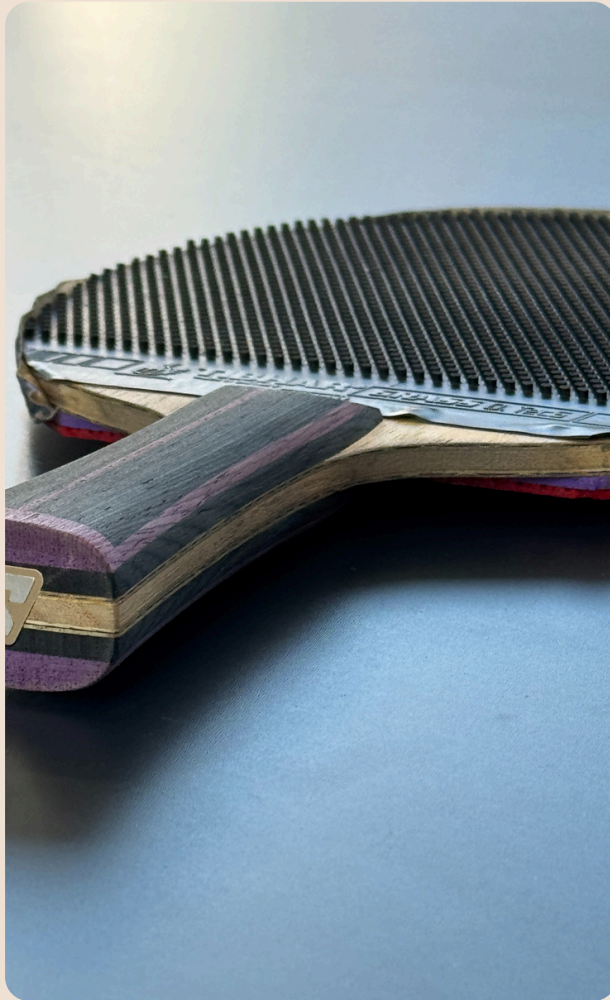
- mix slow/fast, short/deep
- change height and timing, not only direction
- repeat the same setup, but change the contact
- use your safe push to build, and your brush shots to break rhythm
- after every 3–4 points, change something small (tempo, depth, contact)

COACH TIP

**DECEPTION IS NOT SPEED — IT'S TIMING.
KEEP THE MOTION SIMPLE AND CHANGE THE CONTACT.
ONE SMALL ADJUSTMENT CAN COMPLETELY CHANGE THE
BALL THEY RECEIVE.**



CHOOSING YOUR FIRST LONG PIPS SETUP



1. WHY LP PLAYERS NEED DIFFERENT EQUIPMENT

Long pips react differently from inverted rubber.

They don't grab and generate spin they respond to what's already coming in.

That means your racket must give you:

- control
- stability
- clean feedback
- predictable response

A fast blade or bouncy rubber makes long pips behave wildly, and you lose rhythm.

A calmer setup gives you time, feel, and real control.

Long pips players win by timing and rhythm, not power- your equipment must support that.

COACH TIP

Ask a coach or pro shop to glue the racket.

A clean setup feels better, lasts longer, and plays more consistently.

2. SIMPLE SETUP

Here is the safest starting point:

Blade: All-wood, all-round, hybrid blades, medium speed.

Why? Because it gives more control and a “softer” feeling.

Long Pips (Backhand):

- OX (no sponge) if you want easier blocks and more disruption
- Thin sponge 0.5–1.0 mm if you want a bit more control and easier attacking

Both work — choose what feels natural.

Forehand Rubber:

A classic, medium-speed inverted.

Nothing too fast. Something that helps you learn correct technique.



COACH TIP

PROS TEST RACKETS USING ONLY FOUR THINGS:

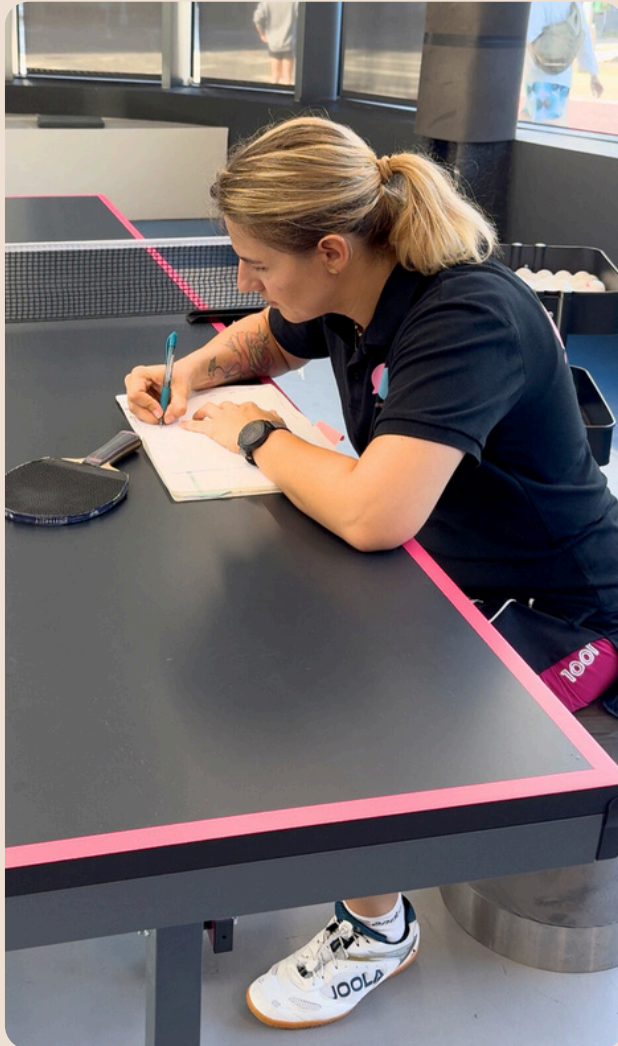
PUSH, TOPSPIN, BLOCK, RECEIVE

THESE SIMPLE TOUCHES SHOW EVERYTHING — CONTROL, STABILITY, AND HOW THE RUBBER REACTS TO SPIN.

IF IT FEELS CALM AND PREDICTABLE, IT'S THE RIGHT RACKET FOR YOU.

REMEMBER EQUIPMENT WILL NOT FIX POOR DECISIONS. FOR BEGINNERS, THIS IS ABOUT FEEL NOT COPYING PROFESSIONAL SETUPS.

MATCH ANALYSIS



COACH TIP

**Patterns decide points.
Not single mistakes.**

1. BREAK RALLIES INTO 5 PARTS

Serve → Return → Third Ball →
Open Rally → Rally End

This helps you see where
points are decided.

Most points are decided early,
often by the serve/return
battle or the third ball.

2. WATCH FOR PATTERNS

Improvement comes from
seeing patterns, not single
mistakes.

Look for:

- where they serve most
- which ball they attack
- which ball they avoid
- when they pivot

Once you see their routine →
you can break their rhythm.

3. LP-SPECIFIC SITUATIONS

If they lift heavy underspin easily → serve more no-spin and mix depth.

If they struggle with slow rhythm → use more drop-push and early timing.

If they love fast rallies → change pace with chop-block or float.

Long pips win by changing timing, not by hitting hard.

- If rallies feel rushed → slow the tempo
- If they attack everything → play lower and shorter
- If they wait comfortably → change depth or timing

COACH TIP

LONG PIPS PLAYERS DON'T REACT TO MISTAKES.

THEY REACT TO PATTERNS.

SEE THE PATTERN → CHANGE ONE THING → REPEAT.

THREE CORE DRILLS FOR LONG PIPS: CONTROL · BLOCK · COUNTER

**IT'S NOT
JUST A GAME.
IT'S A
COORDINATION
MACHINE.**

✦ Want a sharper mind
and faster body?

Start playing.



COACH TIP

- Relax the grip
- Move early, small steps
- Use their speed
- Control first

1. 2 FH – 1 BH CONTROL LOOP

SETUP:

Start slow. The goal is rhythm, not speed.

With your partner: they play one ball to your backhand and two to your forehand. Or 2 forehands and 2 backhands. They keep the pattern consistent. Your job is to return with clean, stable pips shots and move smoothly between BH and FH.

GOAL:

Primary goal: consistency and timing

Secondary goal: height control after pips



2. RANDOM RALLY TO PIPS (ADAPTATION DRILL)

SETUP:

Find a partner willing to play the whole table into your pips: topspin, float, fast, slow, deep, short.

Your job is to return each ball to a different place using a long pips variation.

GOAL:

Train reaction and adaptability.

Mix your replies: short, deep, side-swipe, placement change, tempo change.

Learn to read, adjust, and create discomfort — not just repeat strokes.

3. SERVE → PIPS → BLOCK

SETUP:

You serve short. The opponent returns the ball to your long pips side. From the long pips, you play one controlled ball to a pre-agreed target (for example: wide forehand or backhand). The opponent attacks to your long pips. You block safely and deep.

GOAL:

Develop a low, early, controlled block (or chop-block) to neutralize their first attack.

Stay calm, use their speed, and focus on your racket angle rather than power. Agree on the target before the drill starts.

The quality of the drill comes from clarity, not surprise.

THIS GUIDE IS THE FOUNDATION.

You've learned how to:

- read the ball
- choose the right option
- use long pips to control rhythm and create discomfort

This is where understanding begins.

WHAT'S NEXT?

Deeper guides are coming, focused on:

- building point patterns with long pips
- advanced deception and rhythm control
- real match decision-making — what to play, and why
- how to play all pips shots

These guides are for players who want structure, not tricks.

If you like this way of thinking...

I share the same ideas daily through videos, match examples, and real training situations.

► YouTube — @AgaPingPong

📷 Instagram — @AgaPingPong

Play with confidence.

Coach Aga

THANK
YOU!

