

How Long Pimples and Antispin Really Work

Written by Greg

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When you hit the ball with your long pips, do you have no idea what will happen next?

Do you have trouble playing opponents who use long pimples or antispin? Can't work out what is going on?

Do you think that long pips and antispin are unpredictable? (*Experienced players know that nothing could be further from the truth*)

Would you like to know what long pip or antispin strokes give your opponents the most trouble, and why?

Can't get a simple explanation from anyone that makes sense?

Then you need to read [How Long Pimples Really Work](#) , and it's companion article - [How Antispin Really Works](#)

. As a world ranked long pip and antispin player with over 20 years experience in table tennis, I'll explain to you clearly and simply how and why long pips and antispin do what they do.

Master the mystery of long pips and antispin - it really is much simpler than you think!