

<b>Date</b>	Session 1
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Consistency - Strokes

<b>Physical Warm Up</b>	<b>10 min</b>	Jogging – to get heart rate up	3 min
		Stretches – Follow Training Secrets Revealed guide	7 min
<b>On Table Warm Up</b>	<b>10 min</b>	Forehand to Forehand counterhit	5 min
		Backhand to Backhand counterhit	5 min
<b>Training Drills</b>	<b>60 min</b>	FH consistency – aim to see how many hits you can do in a row together with your partner	15 min
		BH consistency – Same of forehand	15 min
		FH Push consistency – Same	15 min
		BH Push consistency – Same	15 min
<b>Match Drills</b>		Nil	0 min
<b>Break</b>	<b>10 min</b>		10 min
<b>Games</b>	<b>20 min</b>	Games to 11 where you are only allowed to hit the ball slowly	10 min
		Normal Games	10 min
<b>Service</b>	<b>10 min</b>	Accuracy Training – Place a sheet of paper (of a challenging size) on the other end of the table. Serve 50 serves and see how many times you can hit the paper. Record it in the Vault.	10 min



# PINGSKILLS TRAINING PLAN

Select your drills from the PingSkills Training Secrets Revealed DVD

<b>Date</b>	Session 2	
<b>Venue</b>		
<b>Training Partner</b>		
<b>Focus of the Session</b>	Consistency Topspin off backspin	

<b>Physical Warm Up</b>	<b>10 min</b>	Jogging	3
		Side stepping	2
		Stretches	5
<b>On Table Warm Up</b>	<b>10 min</b>	Forehand hitting	5
		Backhand hitting	5
<b>Training Drills</b>	<b>60 min</b>	FH Topspin to block – see how many mistakes it takes to get 100 strokes on the table.	10
		FH Topspin to block – see how many mistakes it takes to get 100 strokes on the table.	10
		Trainerbot will send out three short and one long backspin ball all to your forehand. When you see the long ball you make a forehand topspin	10
		Do the same drill but the short ball pushing will be on the BH side and long ball to the forehand where you topspin.	10
<b>Match Drills</b>		Service 3 <sup>rd</sup> Ball – One player serves, their partner pushes the ball back to the FH side only. The server then make a FH topspin – When one player has completed 40 successful topspins change roles.	20
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	3 <sup>rd</sup> Ball Games – Service as normal – 2 serves each. If the player makes a serve and 3 <sup>rd</sup> ball they win the point automatically. The server must serve with backspin. The receiver is only allowed to push the ball to the FH box.	10
		Normal Games	10
<b>Service</b>	<b>10 min</b>	Practice your favourite serve only. Aim to improve the placement by either getting it shorter (closer to the net) or aiming for a target depending on your skill level.	10



# PINGSKILLS TRAINING PLAN

Use *PingSkills Training Secrets Revealed DVD* as a reference

<b>Date</b>	Session 3
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Consistency Combinations

<b>Physical Warm Up</b>	<b>10 min</b>	Jogging	3
		Side to side shuffling from one side of the court to the other	3
		Stretches	4
<b>On Table Warm Up</b>	<b>10 min</b>	FH to FH	5
		BH to BH	5
<b>Training Drills</b>	<b>60 min</b>	FH, BH switching	15
		BH, FH, FH switching	15
		PingSkills Drill	15
<b>Match Drills</b>		Server serves short, Receiver pushes long to FH. Server topspins to BH. Receiver Blocks to BH then free rally	15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Free Games	20
<b>Service</b>	<b>10 min</b>	Serve Long and fast practice to either corner	10



# PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

<b>Date</b>	Session 4
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Consistency – 3 <sup>rd</sup> Ball Topspin and rallying

<b>Physical Warm Up</b>	<b>10 min</b>	Jogging	3
		Side shuffles	2
		Stretches	5
<b>On Table Warm Up</b>	<b>10 min</b>	FH to FH – count how many hits you can do in a row with your partner. Record the result on our Consistency Chart	5
		BH to BH – count how many hits you can do in a row with your partner. Record the result on our Consistency Chart	5
<b>Training Drills</b>	<b>60 min</b>	FH Topspin to BH Block – after 6 balls you can hit faster Swap roles with your partner	20
		FH Push to FH Push – trying to keep the ball close to the net	5
		Pushing anywhere then one player topspins when they get the opportunity – After 20 successful topspins change roles.	15
<b>Match Drills</b>		Service 3 <sup>rd</sup> Ball – One player serves, the receiver pushes long to the FH side and the server makes a FH topspin. After 10 min you change roles.	20
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	3 <sup>rd</sup> ball games – Players serve as normal. The server must serve with backspin, receiver must push long to the FH side, then play the rally out.	10
		Normal Games	10
<b>Service</b>	<b>10 min</b>	Short service practice – Place a target on the table close to the net and see how many times you can hit it in 10 minutes.	10