



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 5
Venue	
Training Partner	
Focus of the Session	Footwork Basic side movement – 2 Ball Drills

Physical Warm Up	10 min	Jogging	5
		Stretching	3
		Side stepping	2
On Table Warm Up	10 min	FH to BH down the line	5
		BH to FH down the line	5
Training Drills	60 min	FH, FH footwork	15
		FH, BH footwork	15
		FH BH pivot footwork	15
		BH, BH footwork	15
Match Drills		Nil	
Break	10 min		
Games	20 min	Game where you do the FH BH footwork drill. One game each.	10
		Normal Games	10
Service	10 min	Long fast service practice. One to the FH, one to the BH corner. Receiver can practice their footwork, moving to both positions. Don't finish the rally. Just complete the serve and return. Each player serves for 5 minutes.	10



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Date	Session 6
Venue	
Training Partner	
Focus of the Session	3 Ball Footwork

Physical Warm Up	10 min	Side stepping Stretches	
On Table Warm Up	10 min	FH consistency - see how many in a row, no mistakes BH consistency – see how many in a row, no mistakes	5 5
Training Drills	60 min	Three FH footwork BH, FH (middle) FH (corner) Falconberg	15 15 15
Match Drills		Short serve to middle Receiver pushes wide to FH Server FH topspin across court Free rally	15
Break	10 min		
Games	20 min	Free games	20
Service	10 min	Pick your best serve. Serve short to middle, variation of spin	10



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Date	Session 7
Venue	
Training Partner	
Focus of the Session	4 Ball Footwork

Physical Warm Up	10 min	Jogging	3
		Transfer ball	3
		Stretches	4
On Table Warm Up	10 min	Cross court down the line	10
Training Drills	60 min	FH, BH footwork	15
		PingSkills Drill	15
		Middle, FH, Middle BH	15
Match Drills		Start with short serve Receiver pushes to Middle Server makes either FH or BH topspin to BH corner then continue 4 ball drill	15
Break	10 min		
Games	20 min	Free Games	20
Service	10 min	Try a new serve that you don't normally do in matches. Practice just getting as much spin on it as you can.	10



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Date	Session 8
Venue	
Training Partner	
Focus of the Session	Fast footwork

Physical Warm Up	10 min	Jogging	3
		Side stepping	2
		Stretches	5
On Table Warm Up	10 min	FH to FH at a faster pace	5
		BH to BH at a faster pace	5
Training Drills	60 min	FH, FH footwork – not too wide but at a pace that will challenge you. You should only be getting 6 to 8 balls on per rally.	15
		BH FH footwork	15
		PingSkills Drill	15
Match Drills		Server serves short Receiver pushes long to FH corner Server topspins fast to FH corner and then continues fast FH, FH footwork	15
Break	10 min		
Games	20 min	3 rd Ball games	10
		Normal Games	10
Service	10 min	Try the new serve you practiced last session. This time practice getting the ball a bit shorter on the other end of the table.	