



# PINGSKILLS TRAINING PLAN

*Use PingSkills Training Secrets Revealed DVD as a reference*

<b>Date</b>	Session 21
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Spin – Generating more spin

<b>Physical Warm Up</b>	<b>10 min</b>	Choose your own physical warm up	10
<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>	Topspin as many balls as you can for these drills	
		FH, FH, BH	15
		PingSkills Drill	15
		BH to BH, then pivot FH then free.	15
<b>Match Drills</b>		Long serve anywhere, receiver topspins cross court then free.	15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Match drill in game format.	10
		Free Games	10
<b>Service</b>	<b>10 min</b>	Work on generating as much spin on your serves as you can	10



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<b>Date</b>	Session 22
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Spin - Disguising spin

<b>Physical Warm Up</b>	<b>10 min</b>	Choose your own physical warm up	10
<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>	BH, BH footwork – 1 heavy spin, one less spin	15
		FH, FH footwork – 1 heavy spin, one less spin	15
		Double Trouble - 1 or 2 BH, 1 or 2 FH	15
<b>Match Drills</b>		Short serve, long push to FH, FH topspin then free Half time to FH then repeat to BH side. Try to change the spin on your topspin and serve.	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>	Disguising spin on serve	10



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<b>Date</b>	Session 23
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Spin – Fast topspin

<b>Physical Warm Up</b>	<b>10 min</b>	Choose your own physical warm up	10
<b>On Table Warm Up</b>	<b>10 min</b>	FH to FH – including topspin	5
		BH to BH – including topspin	5
<b>Training Drills</b>	<b>60 min</b>	FH topspin to block – Fast topspin	15
		FH, FH footwork – Fast topspin	15
		FH, BH footwork – Fast topspin on either one or both sides	15
<b>Match Drills</b>		Short serve, long push to FH, FH fast topspin then free	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>	Disguising spin – different serve to last session	10



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<b>Date</b>	Session 24
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Spin – Sidespin Topspin

<b>Physical Warm Up</b>	<b>10 min</b>	Choose your own physical warm up	10
<b>On Table Warm Up</b>	<b>10 min</b>	FH to FH – including topspin BH to BH – including topspin	5 5
<b>Training Drills</b>	<b>60 min</b>	FH topspin to block – 2 straight topspin then start sidespin	15
		FH topspin to topspin from FH corners – Add sidespin when able	15
		FH topspin to topspin from BH corners – Add sidespin when able	15
<b>Match Drills</b>		Short serve, long push to FH, FH straight or sidespin or fade topspin then free	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>	Sidespin and straight topspin serves	10