



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 9
Venue	
Training Partner	
Focus of the Session	Forehand Attacking Technique

Physical Warm Up	10 min	Jogging	3
		Side stepping	2
		Shadow swings	5
On Table Warm Up	10 min	FH to FH – work on your technique only	5
		BH to BH – work on your technique only	5
Training Drills	60 min	Forehand Frenzy – concentrate on your technique	15
		Switching Duel – try to topspin all FH strokes	15
		Double Trouble – try to topspin all FH strokes	15
Match Drills		Short backspin serve Receiver returns to FH corner Server makes FH topspin to opponents FH Keep playing across court Build up speed if you make 3 or 4 forehand in a row	15
Break	10 min		
Games	20 min	FH to FH Games	10
		Free Games	10
Service	10 min	Work on getting your new serve short with the use of a target	10



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Date	Session 10
Venue	
Training Partner	
Focus of the Session	Backhand Attacking Technique

Physical Warm Up	10 min	Choose your own Warm Up	10
On Table Warm Up	10 min	BH Counterhitting and topspins – work on your technique only FH Counterhitting and topspins – refresh last session's technique	5 5
Training Drills	60 min	BH BH Footwork – Placing wide on BH and closer to the middle line	15
		Two BH and then FH pivot - Can use one BH Counterhit, one BH Topspin then FH Topspin	15
		Lazy Falkenberg	15
Match Drills		Short serve with backspin Receiver returns push to the BH Server makes a BH topspin then continue in the BH side for the whole rally.	15
Break	10 min		
Games	20 min	Use Match Drill and put it into a Game	10
		Free Games	10
Service	10 min	Testing the new short serve – Set up some challenges <ul style="list-style-type: none"> - how many serves you can get short out of 10 - how many times you can hit a target out of 10 - how many times you can get the ball to stop on the other side of the table without going off the end 	10



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Date	Session 11
Venue	
Training Partner	
Focus of the Session	Stroke Technique - Pushing

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH	5
		BH to BH	5
Training Drills	60 min	Consistent BH BH Pushing followed by FH FH pushing	15
		Push anywhere – first consistently then play a pushing game	15
		Push anywhere and one person makes a topspin when ready	15
Match Drills		Start with a backspin serve Receiver pushes trying to make it hard for server to attack Server topspins when possible Play out the rally	15
Break	10 min		10
Games	20 min	Pushing game where you only win a point by touching the net	10
		Free Games	10
Service	10 min	Work on your new serve and focus on varying the placement	10



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Date	Session 12
Venue	
Training Partner	
Focus of the Session	Stroke Technique: Defensive Strokes

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH and BH to BH	5
		Topspin to Topspin	5
Training Drills	60 min	Lobbing	15
		Chopping	15
		Chopping & Lobbing	15
		BH Push, BH Chop, FH Push, FH Chop	15
Match Drills			
Break	10 min		10
Games	20 min	Defensive Games	20
Service	10 min	Work on your new serve and focus on varying the spin and adding deception	10

