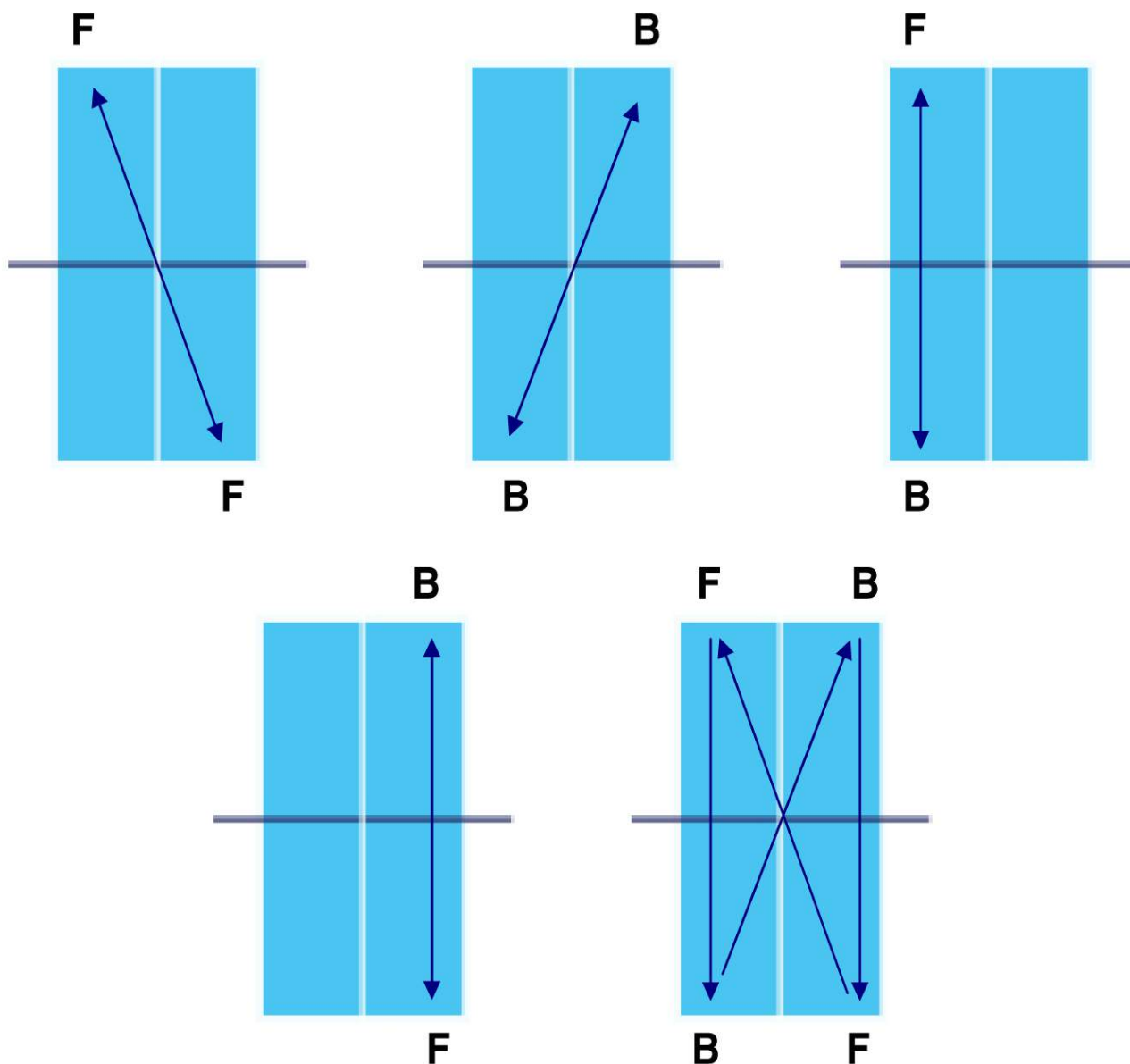


TRAINING SECRETS REVEALED



One Ball Drills
On Table Warm Ups
www.pingskills.com



Cross court Down the Line

LEGEND

F = Forehand
S = Serve
FI = Flick/Flip

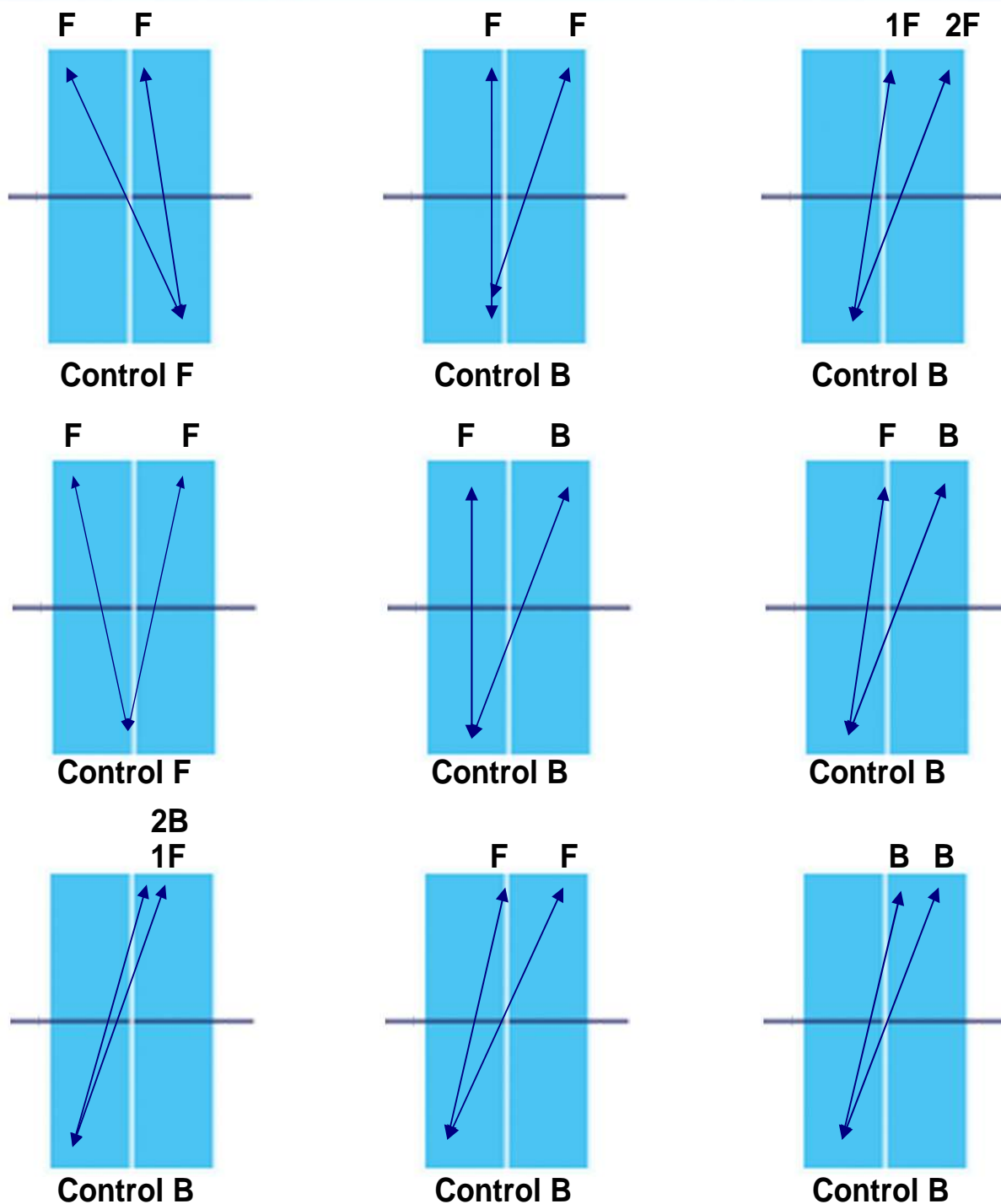
Sh = Short
HL = Half Long
B = Backhand

T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



Two Ball Drills
Footwork/Training Drills
www.pingskills.com



LEGEND

F = Forehand
S = Serve
Fl = Flick/Flip

Sh = Short
HL = Half Long
B = Backhand

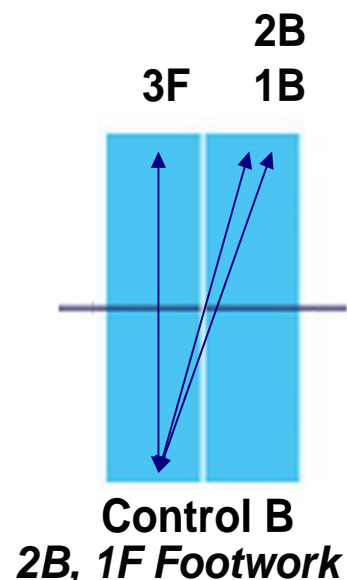
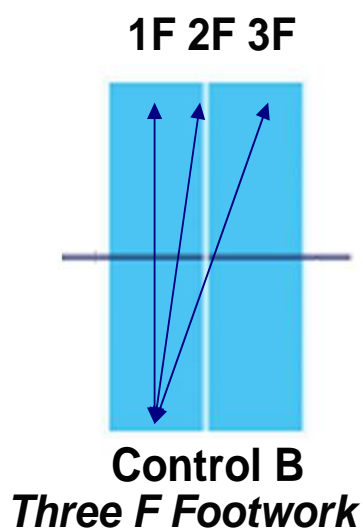
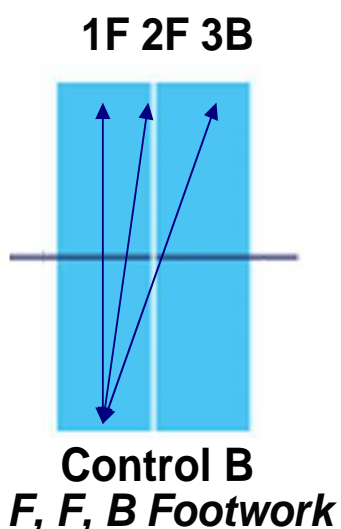
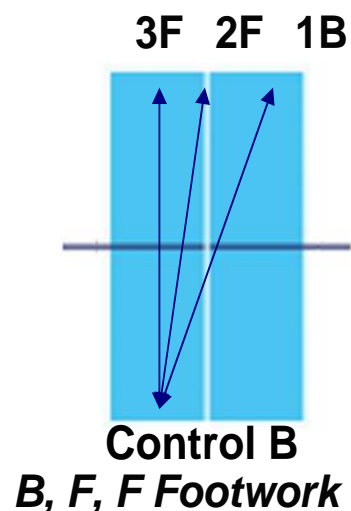
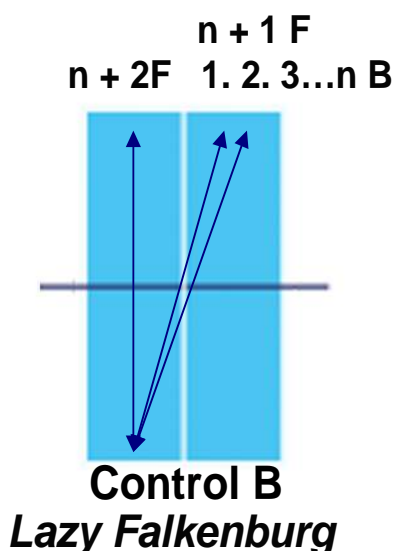
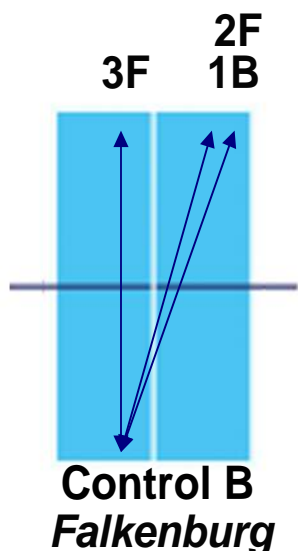
T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



Three Ball Drills
Footwork/Training Drills

www.pingskills.com



LEGEND

F = Forehand
S = Serve
Fl = Flick/Flip

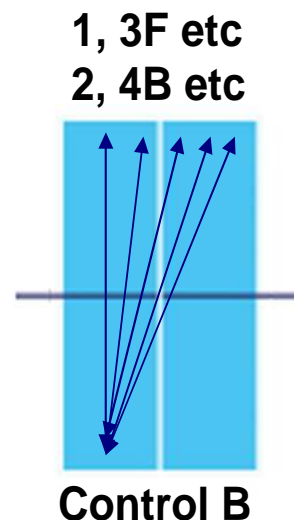
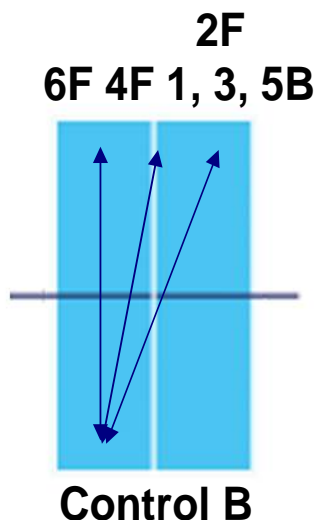
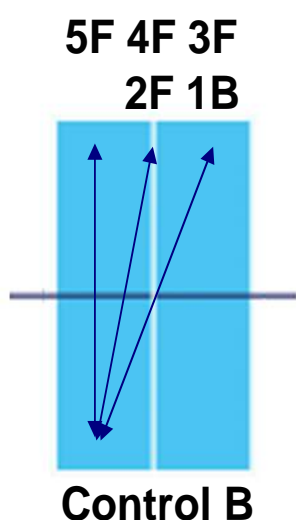
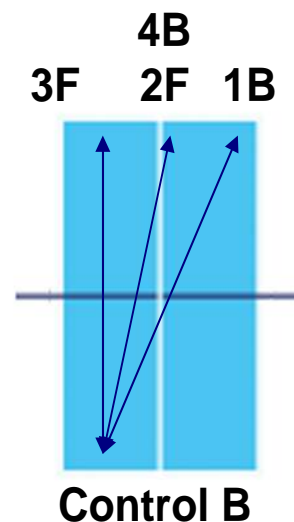
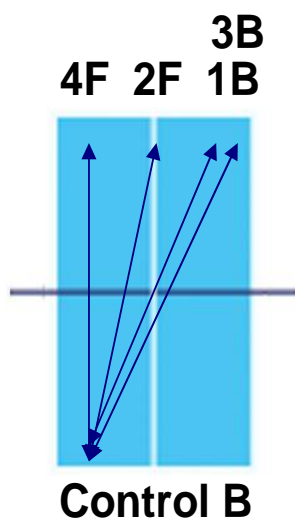
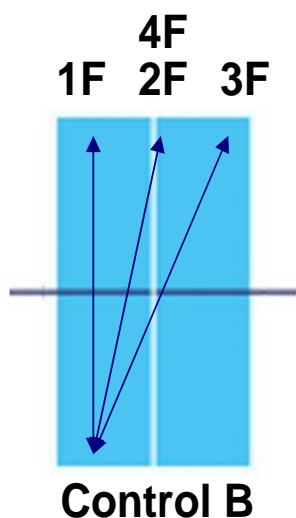
Sh = Short
HL = Half Long
B = Backhand

T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



Four or More Ball Drills
Footwork/Training Drills
www.pingskills.com



LEGEND

F = Forehand
S = Serve
Fl = Flick/Flip

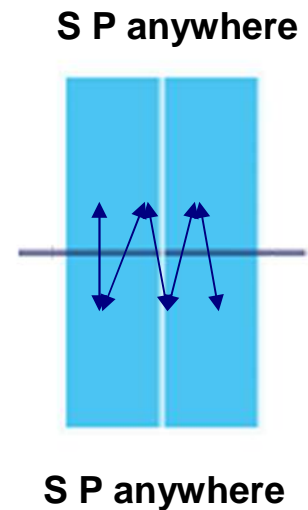
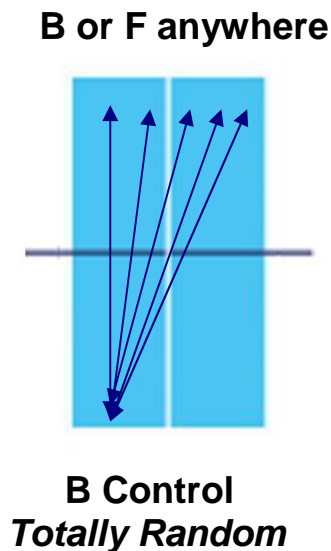
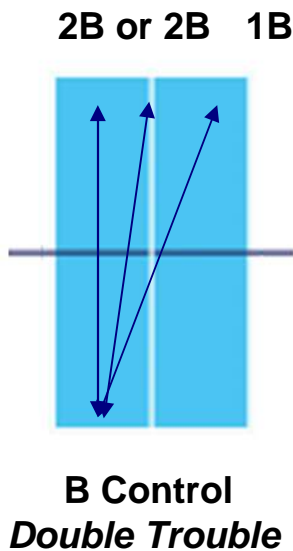
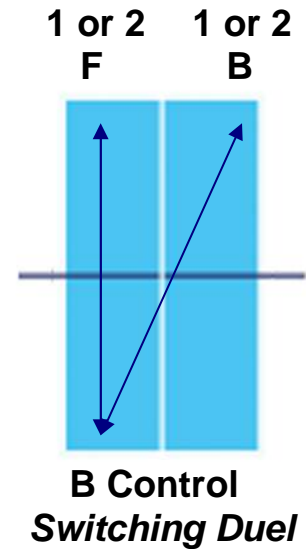
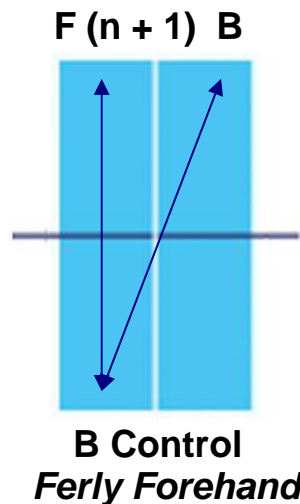
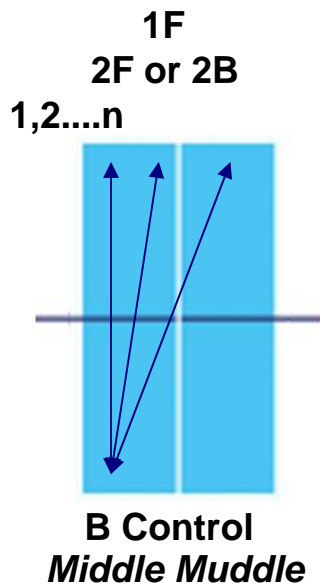
Sh = Short
HL = Half Long
B = Backhand

T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



Random Drills
Footwork/Training Drills
www.pingskills.com



LEGEND

F = Forehand
S = Serve
Fl = Flick/Flip

Sh = Short
HL = Half Long
B = Backhand

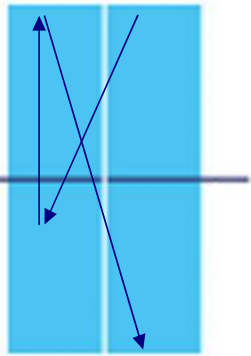
T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



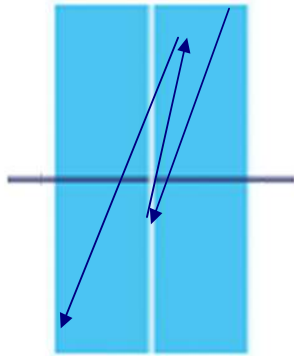
Match Drills
www.pingskills.com

3 FT 1 Sh S



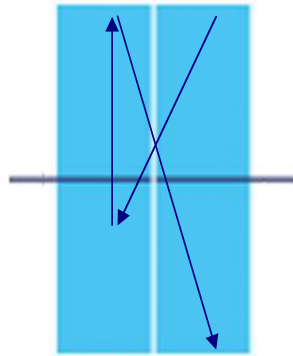
2 B L P
Forehand Opener

3 B T
1 Sh S



2 F L P
Backhand Opener

3 FT 1 Sh S



2 B FI

VARIABLES

Receiving placement

- To Forehand
- To Backhand
- To Middle
- To Anywhere

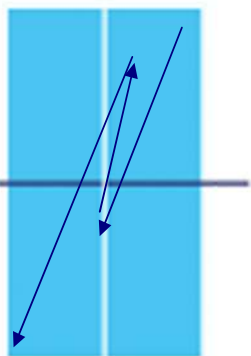
Topspin Stroke

- Use Forehand
- Use Backhand

The type of return:

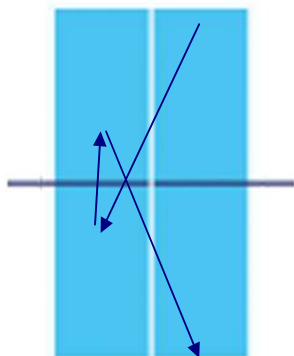
- Push
- Flick
- Topspin (long serve)

3 B T
1 Sh S



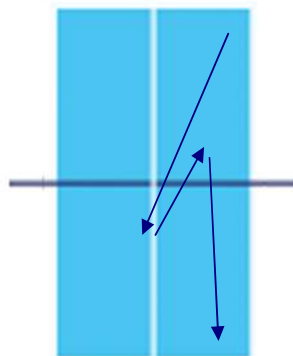
2 B or F FI

3 F FI 1 Sh S



2 Short P

3 B FI
1 Sh S



2 Short P

Topspin Placement

- To Forehand
- To Backhand
- To Middle

The Length of Serve

- Short Serve
- Half Long Serve
- Long & Fast Serve

LEGEND

F = Forehand
S = Serve
FI = Flick/Flip

Sh = Short
HL = Half Long
B = Backhand

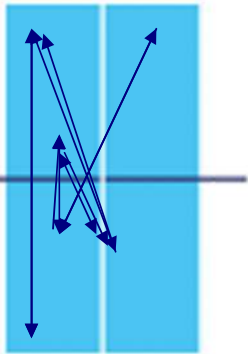
T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



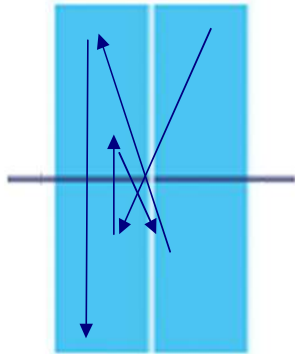
Match Drills
www.pingskills.com

5 FT
3 Sh P 1 Sh P



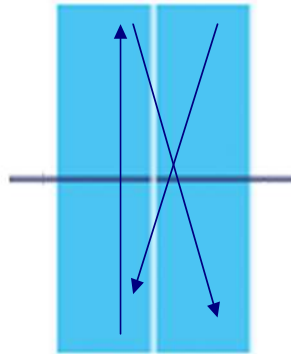
2 Sh P
4 L P

5 FT
3 Sh P 1 Sh P



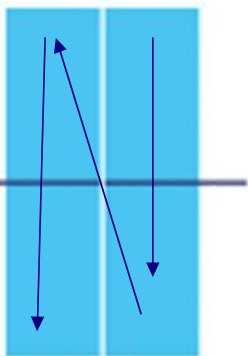
2 Sh P
4 F FI

3 FT 1 HL S



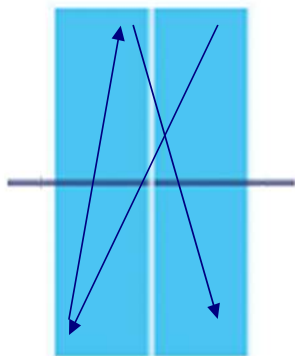
2 B T

3 FT 1 HL S



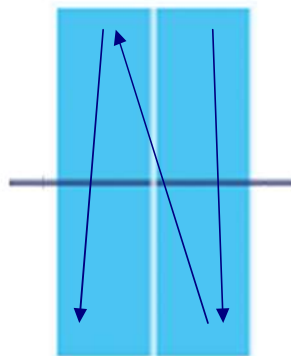
2 FT

3 FT 1 L S



2 B T

3 FT 1 L S



2 FT

VARIABLES

Receiving placement

- To Forehand
- To Backhand
- To Middle
- To Anywhere

Topspin Stroke

- Use Forehand
- Use Backhand

The type of return:

- Use Forehand
- Use Backhand
-

Topspin Placement

- To Forehand
- To Backhand
- To Middle

LEGEND

F = Forehand
S = Serve
FI = Flick/Flip

Sh = Short
HL = Half Long
B = Backhand

T = Topspin
P = Push
L = Long

TRAINING SECRETS REVEALED



Match Drills
www.pingskills.com



Use this space to design some drills for yourself.

Use **Training Secrets Unlocked** to understand which drills will suit your game. Then choose an appropriate and modify it to suit your game.

Things to consider

Your Strengths
What wins you points?
Your Weaknesses
What loses you points?
Development
How would you like to play in a year's time?
Upcoming Matches
Specific tactics against a particular opponent



LEGEND

F = Forehand
S = Serve
FI = Flick/Flip

Sh = Short
HL = Half Long
B = Backhand

T = Topspin
P = Push
L = Long