Cross court  Down the Line
**Training Secrets Revealed**

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

---

**Legend**

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Forehand</td>
</tr>
<tr>
<td>S</td>
<td>Serve</td>
</tr>
<tr>
<td>FI</td>
<td>Flick/Flip</td>
</tr>
<tr>
<td>n</td>
<td>Number</td>
</tr>
<tr>
<td>Sh</td>
<td>Short</td>
</tr>
<tr>
<td>HL</td>
<td>Half Long</td>
</tr>
<tr>
<td>T</td>
<td>Topspin</td>
</tr>
<tr>
<td>P</td>
<td>Push</td>
</tr>
<tr>
<td>L</td>
<td>Long</td>
</tr>
<tr>
<td>B</td>
<td>Backhand</td>
</tr>
</tbody>
</table>

---

- **Control B**
- **Falkenburg**
- **Lazy Falkenburg**
- **B, F, F Footwork**
- **F, F, B Footwork**
- **Three F Footwork**
- **2B, 1F Footwork**
TRAINING SECRETS REVEALED

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

LEGEND

F = Forehand
S = Serve
FI = Flick/Flip
Sh = Short
HL = Half Long
B = Backhand
T = Topspin
P = Push
L = Long
Random Drills
Footwork/Training Drills
www.pingskills.com

TRAINING SECRETS REVEALED

B Control
Middle Muddle

B Control
Ferly Forehand

B Control
Switching Duel

B Control
Double Trouble

B Control
Totally Random

S P anywhere

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

VARIBLES
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)

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
HL = Half Long
B = Backhand
T = Topspin
P = Push
L = Long
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
Fl = Flick/Flip
Sh = Short
HL = Half Long
B = Backhand
T = Topspin
P = Push
L = Long
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