



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 33
Venue	
Training Partner	
Focus of the Session	Defensive skills - Blocking

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	FH topspin to two sides, blocking – 3 patterns then free	15
		BH topspin to anywhere blocking	15
		Anywhere topspin to anywhere blocking consistency	15
Match Drills		Long serve, receiver makes topspin return anywhere server only blocks.	15
Break	10 min		10
Games	20 min	Games. One person only blocks the other only topspins.	20
Service	10 min	Service variation with your favourite serve	10



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Date	Session 34
Venue	
Training Partner	
Focus of the Session	Defensive skills - Chopping

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	FH topspin to FH chop – 5 balls then free	15
		BH or FH topspin from BH corner to BH chop – 5 balls then free	15
		Anywhere topspin to anywhere chopping consistency	15
Match Drills		Long serve, receiver makes topspin return anywhere server only chops.	15
Break	10 min		10
Games	20 min	Games. Server only chops the other only topspins.	5
		Normal Games	10
Service	10 min	Service variation with your second choice serve	10



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Date	Session 35
Venue	
Training Partner	
Focus of the Session	Defensive skills - Lobbing

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	FH smash to FH lob – 5 balls then free	15
		Smash from BH corner to BH lob – 5 balls then free	15
		Anywhere smash to anywhere lobbing	15
Match Drills		Short serve, receiver makes long push anywhere and then defends during the rally.	15
Break	10 min		10
Games	20 min	Games. Receiver only lobs the other only attacks.	10
		Normal Games	10
Service	10 min	Long serves variation.	10



PINGSKILLS TRAINING PLAN

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Date	Session 36
Venue	
Training Partner	
Focus of the Session	Defensive skills – Turning defence into attack

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	Anywhere topspin to anywhere block – 5 balls then free	15
		Anywhere topspin to anywhere chop – 5 balls then free	15
		Anywhere topspin to anywhere defence of any type 5 balls then defender takes the attack	15
Match Drills		Short serve, receiver makes long push anywhere server attacks, receiver defends for 2 balls then is allowed to attack.	15
Break	10 min		10
Games	20 min	Games. Server only attacks the receiver only defends for 2 balls then free.	10
		Normal Games	10
Service	10 min	Half long serves	10