



# PINGSKILLS TRAINING PLAN

*Use PingSkills Training Secrets Revealed DVD as a reference*

<b>Date</b>	Session 41
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Match Strategy – Your Strengths

<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>	Choose Drills that are in line with your strengths	15
		Do 2 drills each	15
<b>Match Drills</b>		Choose 2 Drills designed to improve your strength. – How do you win points?	15 15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Normal Games	20
<b>Service</b>	<b>10 min</b>	Strongest serve	10



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<b>Date</b>	Session 42
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Match Strategy – Analysing your Opponent

<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>	Think of one player you are aiming to beat: Work out a strategy for beating them. Find 2 drills that will reflect this strategy.	15
		Do 2 drills each	15
<b>Match Drills</b>		Choose 2 Drills designed to beat your opponent. – How do you win points against that player?	15 15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Normal Games	20
<b>Service</b>	<b>10 min</b>	Pick a serve you would use against your greatest opponent	10



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<b>Date</b>	Session 43
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Match Strategy – Playing Attacking Players

<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>	Short Pushing – Both players keep the ball short	5
		Short Pushing Game	10
		Blocking from anywhere to forehand topspin	15
		Counter topspin – 2 BH blocks, then FH counter topspin then free	15
<b>Match Drills</b>		Short serve and keep the ball short until one player can open	15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Normal Games	20
<b>Service</b>	<b>10 min</b>	Best serve – Placement variation	10



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<b>Date</b>	Session 44
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Match Strategy – Playing Blockers

<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>	Short Pushing 2 to 3 balls then push long and fast anywhere	15
		Topspin from anywhere to FH block - vary spin & speed	15
		Topspin from anywhere to BH block – vary spin & speed	15
<b>Match Drills</b>		Short serve receiver pushes long anywhere the server only topspins in the rally the receiver only blocks.	15
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Use the Match drill and turn it into a game.	20
<b>Service</b>	<b>10 min</b>	Best serve – Spin variation and deception	10