



PINGSKILLS TRAINING PLAN

Use *PingSkills Training Secrets Revealed DVD* as a reference

Date	Session 13
Venue	
Training Partner	
Focus of the Session	Placement – Selecting the best position

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to BH down the line	5
		BH to FH down the line	5
Training Drills	60 min	FH Topspin to FH, Middle & BH – 3 positions	15
		FH Topspin to anywhere slowly	15
		Both play anywhere slowly – Training 7 min, Game 7 min	15
Match Drills		Short Serve, Receiver pushes long to FH Server topspins to either FH, Middle or Backhand working out where it is best to place the topspin, play out the rally	15
Break	10 min		10
Games	20 min	Free games – focus on placement during the game	20
Service	10 min	All serves – placing long and fast	10



PINGSKILLS TRAINING PLAN

Use *PingSkills Training Secrets Revealed DVD* as a reference

Date	Session 14
Venue	
Training Partner	
Focus of the Session	Placement – Finding the Crossover point

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	Cross court, Down the Line	5
		Switch roles	5
Training Drills	60 min	All drills done to Blockers crossover point	
		Three FH drill – all topspin	15
		Falkenburg	15
		PingSkills Drill	15
Match Drills		Short serve Receiver pushes to anywhere in the FH box Server tries to find the middle (crossover point) Play the rally	15
Break	10 min		10
Games	20 min	Free games – focus on finding your opponent's middle	20
Service	10 min	All serves – placing short to different positions	10



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 15
Venue	
Training Partner	
Focus of the Session	Placement – Length

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 block to short FH, Long FH	15
		BH block to short BH, Long BH	15
		BH Block to Short FH, Long BH, Short BH, Long FH	15
Match Drills		Alternating Long fast serve or Short serve only to FH then free rally Last 2 minutes either long or short serve then free rally	15
Break	10 min		10
Games	20 min	FH only game then BH only game, working on variation of placement short and long and width	20
Service	10 min	All serves – placing short or long variation	10



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 16
Venue	
Training Partner	
Focus of the Session	Placement – Attacking with BH to different positions

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	Hitting the ball anywhere on the table slowly at first	10
Training Drills	60 min	BH topspin to 3 positions. FH, middle and BH	15
		BH topspin to anywhere	15
Match Drills		Short serve, long push return to BH, BH topspin to various positions on table	15
		Short serve, long push return to anywhere long, FH or BH topspin to various positions on table	15
Break	10 min		10
Games	20 min	Free games, focus on where you are placing your first attack	20
Service	10 min	All serves – focusing on length and width	10