



PINGSKILLS TRAINING PLAN

Use *PingSkills Training Secrets Revealed DVD* as a reference

| | |
|-----------------------------|---------------------------|
| Date | Session 29 |
| Venue | |
| Training Partner | |
| Focus of the Session | Returning with Short Push |

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|-------------------------|---------------|---|----------|
| Physical Warm Up | 10 min | Choose your own physical warm up | 10 |
| On Table Warm Up | 10 min | FH to FH – including topspin BH to BH – including topspin | 5 5 |
| Training Drills | 50 min | Increasing footwork | 15 |
| | | Pushing practice. Trying to get the ball short and low Your partner serves short backspin serves. You push the ball as sort and low as possible. | 5 15 |
| Match Drills | | Partner serves short. You return the ball short with a push, then play the point free. | 15 |
| Break | 10 min | | 10 |
| Games | 30 min | Short Push game Normal games | 10 20 |
| Service | 10 min | Short backspin serves anywhere. Any type of serve you want to practice. | 10 |



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|-----------------------------|-----------------------------------|
| Date | Session 30 |
| Venue | |
| Training Partner | |
| Focus of the Session | Returning with Flick or long push |

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|-------------------------|---------------|---|--------------------|
| Physical Warm Up | 10 min | Choose your own physical warm up | 10 |
| On Table Warm Up | 10 min | FH to FH – including topspin BH to BH – including topspin | 5 5 |
| Training Drills | 60 min | 2 Backhands 1 Forehand PingSkills Drill Pushing practice. Short & long pushing Pushing the ball short anywhere. Flick when either get the opportunity. | 15 15 5 5 |
| Match Drills | | Your partner serves short serves with variation of spin. You push the ball long or flick depending on the type of serve. Play out the rally. | 20 |
| Break | 10 min | | 10 |
| Games | 20 min | Long Pushing or Flicking game. If you long push or flick the other player must attack and then you only have one more ball to win the point otherwise your opponent wins the point. | 20 |
| Service | 10 min | Short no spin, sidespin or topspin serves anywhere. Any type of serve you want to practice. | 10 |



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|-----------------------------|------------------------|
| Date | Session 31 |
| Venue | |
| Training Partner | |
| Focus of the Session | Returning with Topspin |

| | | | |
|-------------------------|---------------|---|--------|
| Physical Warm Up | 10 min | Choose your own physical warm up | 10 |
| On Table Warm Up | 10 min | FH to FH – including topspin BH to BH – including topspin | 5 5 |
| Training Drills | 60 min | 1 Forehand & 1 Backhand topspin to block consistency | 15 |
| Match Drills | | Your partner serves long backspin or topspin to forehand side. You make a topspin return cross then free rally. | 15 |
| | | Your partner serves long backspin or topspin to backhand side. You make a topspin return cross then free rally. | 15 |
| | | Partner serves long to either side. You return with topspin, then play the point free. | 15 |
| Break | 10 min | | 10 |
| Games | 20 min | Normal games trying to serve some long serves. | 20 |
| Service | 10 min | Long serves anywhere. Any type of serve you want to practice. | 10 |



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| | |
|-----------------------------|---|
| Date | Session 32 |
| Venue | |
| Training Partner | |
| Focus of the Session | Service Returning – Making the right choice |

| | | | |
|-------------------------|---------------|---|----|
| Physical Warm Up | 10 min | Choose your own physical warm up | 10 |
| On Table Warm Up | 10 min | FH to FH – including topspin | 5 |
| | | BH to BH – including topspin | 5 |
| Training Drills | 60 min | Backhand Recovery – BH, FH, FH, BH on the way back in the middle | 15 |
| | | Sit & Run footwork – BH, FH middle, BH, FH, FH, FH | 15 |
| Match Drills | 60 min | Your partner serves short anywhere. You choose between a short push, flick or long push return and then play the rally. | 15 |
| | | Your partner serves anywhere. You make a topspin return off any long ball and push or flick off any short ball. | 15 |
| Break | 10 min | | 10 |
| Games | 20 min | Normal Games | 20 |
| Service | 10 min | Varying short and long serves | 10 |