



PINGSKILLS TRAINING PLAN

Use *PingSkills Training Secrets Revealed DVD* as a reference

Date	Session 25
Venue	
Training Partner	
Focus of the Session	Serving for Spin

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	Serving Practice – Focus on getting as much spin as you can Pick 2 serves and do these for 15 minutes each	30 15
Match Drills		Serve long with as much spin as possible: Out of 20 serves see how many times you can make your partner miss the return.	20
Break	10 min		10
Games	20 min	Serving Game – Normal rules except if you make your partner miss the return you score 2 points. Normal Games	15 10
Service	10 min	Focus is done earlier in the session	0



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Date	Session 26
Venue	
Training Partner	
Focus of the Session	Serving for Placement

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	FH, FH footwork	15
		Serving Practice – Place a target on the table. See how many times you can hit the target Move the target after 20 attempts	15
		Serve and get your partner to receive the ball then the point finishes. See if you can make it difficult for them to make the return.	15
Match Drills		Serve the same serve to various parts of the table. Out of 20 serves see how many times you can make your partner miss the return.	20
Break	10 min		10
Games	20 min	Serving Game – Normal rules except if you make your partner miss the return you score 2 points.	10
		Normal Games	15
Service	10 min	Focus is done earlier in the session	0



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Date	Session 27
Venue	
Training Partner	
Focus of the Session	Serving for Variation

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	Falconberg footwork	15
		Serving Practice – Place 6 targets on the table. Aim one serve at each target and rotate around the table. Then serve with a different serve or spin each rotation.	15
		Serve and get your partner to receive the ball then the point finishes. See if you can make it difficult for them to make the return.	15
Match Drills		Serve to various parts of the table varying your serve.	20
Break	10 min		10
Games	25 min	Normal Games	25
Service	10 min	Focus is done earlier in the session	0



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Date	Session 28
Venue	
Training Partner	
Focus of the Session	Serving to Win

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	65 min	PingSkills Drill	15
		Serving every serve like you would in a match situation. Take time between each serve Imagine yourself playing in an important match	20
Match Drills	65 min	Serve and get your partner to receive the serve	15
		Serve and free	15
Break	10 min		10
Games	25 min	Best of 5 games under match conditions Try to replicate a match. Find an umpire if you can.	25
Service	0 min	Focus is done earlier in the session	0