



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

Date	Session 17
Venue	
Training Partner	
Focus of the Session	Speed – Generate Speed

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH slow 1 minute then faster topspin 2 min each BH to BH slow 1 minute then faster topspin 2 min each	10
Training Drills	60 min	BH block to FH, FH footwork - 4 balls then free trying to win point with speed	15
		Falconberg - 6 balls then free trying to win point with speed	15
		PingSkills Drill -4 balls then free trying to win point with speed	15
Match Drills		Short serve, long push return to BH, server tries to hit a 3 rd ball or 5 th ball winner	15
Break	10 min		10
Games	20 min	5 th ball game – server has to win the point with 5 th ball Receiver has to return the ball long. If receiver gets 5 th ball back , receiver wins the point.	20
Service	10 min	Short Topspin serves	10



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Date	Session 18
Venue	
Training Partner	
Focus of the Session	Speed – When to play slowly

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	10
Training Drills	60 min	Controller plays 1 slow block in the pattern	15
		FH topspin to BH, FH footwork	15
Match Drills	60 min	BH block to BH, FH, FH footwork	15
		Short serve, long push return to FH, server plays a slow spinny FH topspin cross court.	15
		Short serve, long push return to BH, server plays a slow spinny BH topspin cross court.	15
Break	10 min		10
Games	20 min	One players serves for whole game. – One game each	10
		Free Games	10
Service	10 min	Short Backspin serves	10



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Date	Session 19
Venue	
Training Partner	
Focus of the Session	Speed – Variation of speed

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH – 2 min slow, 3 min fast BH to BH – 2 min slow, 3 min fast	10
Training Drills	60 min	PingSkills Drill – Forehands fast, backhands slow	15
		Lazy Falkenburg – Forehands fast, backhands slow	15
Match Drills		Short serve, long push return to FH, server varies between slow and fast FH topspin cross court.	15
		Short serve, long push return to BH, server varies between slow and fast BH topspin cross court.	15
Break	10 min		10
Games	20 min	Free Games focusing on varying speed of opening topspins	20
Service	10 min	Short No spin serves – trying to disguise action	10



PINGSKILLS TRAINING PLAN

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Date	Session 20
Venue	
Training Partner	
Focus of the Session	Speed – Pushing slow and fast and when to use them

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH	4
		BH to BH	4
		FH and BH pushing anywhere	2
Training Drills	60 min	One short push, then one long push to forehand area, forehand topspin and then free.	15
		One short push, then one long push to backhand area, backhand topspin and then free.	15
Match Drills	60 min	Short serve, receiver pushes short or fast long, free rally.	15
		Short serve, short push return to anywhere, server chooses when to push long and fast. Free rally.	15
Break	10 min		10
Games	20 min	Games focusing on short and long pushing early in the rally. Server must serve short backspin.	20
Service	10 min	Variation of spin on short serves	10