



# PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

<b>Date</b>	Session 37
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Forehand 3 <sup>rd</sup> Ball attack

<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>	FH footwork topspin to BH block	15
		BH to BH push, Pivot FH topspin when ready then free rally	15
<b>Match Drills</b>		Short serve, receiver makes long push to FH server makes FH topspin to FH server makes FH topspin to BH server makes FH topspin to middle	10 10 10
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Games. Start each rally with FH 3 <sup>rd</sup> ball drill.	10
		Normal Games	10
<b>Service</b>	<b>10 min</b>	Short fast topspin serves anywhere	10



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<b>Date</b>	Session 38
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Backhand 3 <sup>rd</sup> Ball attack

<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>	2 BH topspin footwork to BH block	15
		BH to BH push, BH topspin when ready then play the rally	15
<b>Match Drills</b>		Short serve, receiver makes long push to BH server makes BH topspin to BH server makes BH topspin to FH server makes BH topspin to middle	10 10 10
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Games. Start each rally with 3 <sup>rd</sup> ball BH drill.	10
		Normal Games	10
<b>Service</b>	<b>10 min</b>	Short backspin & no spin serves anywhere	10



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<b>Date</b>	Session 39
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Anywhere 3 <sup>rd</sup> Ball attack

<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>	FH, BH topspin footwork to BH block	15
		Short push anywhere, controller pushes long after 2 or 3 balls. Other player makes either FH or BH topspin then play the rally	15
<b>Match Drills</b>		Short serve, receiver makes long push to either side server makes FH or BH topspin to BH server makes FH or BH topspin to FH server makes FH or BH topspin to middle	10 10 10
<b>Break</b>	<b>10 min</b>		10
<b>Games</b>	<b>20 min</b>	Games. Start each rally with 3 <sup>rd</sup> ball from anywhere drill.	10
		Normal Games	10
<b>Service</b>	<b>10 min</b>	Short or long serves thinking about gaining 3 <sup>rd</sup> ball advantage	10



# PINGSKILLS TRAINING PLAN

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<b>Date</b>	Session 40
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	Making 3 <sup>rd</sup> ball effective

<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>	PingSkills Drill to BH block	15
		Short push anywhere, controller pushes long after 2 or 3 balls. Other player makes either FH or BH topspin then play the rally, thinking about placement and speed	15
<b>Match Drills</b>	<b>60 min</b>	Short serve, receiver makes long push to FH server makes FH topspin to 6 positions – one slow one fast to BH, FH ,middle	15
		Short serve, receiver makes long push to BH server makes BH topspin to 6 positions – one slow one fast to BH, FH ,middle	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>	Service variation to different positions and spins	10