



PINGSKILLS TRAINING PLAN

Date	Session 1
Venue	
Training Partner	
Focus of the Session	Consistency - Strokes

Physical Warm Up	10 min	Jogging – to get heart rate up	3 min
		Stretches – Follow Training Secrets Revealed guide	7 min
On Table Warm Up	10 min	Forehand to Forehand counterhit	5 min
		Backhand to Backhand counterhit	5 min
Training Drills	60 min	FH consistency – aim to see how many hits you can do in a row together with your partner	15 min
		BH consistency – Same of forehand	15 min
		FH Push consistency – Same	15 min
		BH Push consistency – Same	15 min
Match Drills		Nil	0 min
Break	10 min		10 min
Games	20 min	Games to 11 where you are only allowed to hit the ball slowly	10 min
		Normal Games	10 min
Service	10 min	Accuracy Training – Place a sheet of paper (of a challenging size) on the other end of the table. Serve 50 serves and see how many times you can hit the paper. Record it in the Vault.	10 min



PINGSKILLS TRAINING PLAN

Date	Session 2	
Venue		
Training Partner		
Focus of the Session	Consistency Topspin off backspin	

Physical Warm Up	10 min	Jogging	3
		Side stepping	2
		Stretches	5
On Table Warm Up	10 min	Forehand hitting	5
		Backhand hitting	5
Training Drills	60 min	FH Topspin to block – see how many mistakes it takes to get 100 strokes on the table.	10
		FH Topspin to block – see how many mistakes it takes to get 100 strokes on the table.	10
		Trainerbot will send out three short and one long backspin ball all to your forehand. When you see the long ball you make a forehand topspin	10
		Do the same drill but the short ball pushing will be on the BH side and long ball to the forehand where you topspin.	10
Match Drills		Service 3 rd Ball – One player serves, their partner pushes the ball back to the FH side only. The server then make a FH topspin – When one player has completed 40 successful topspins change roles.	20
Break	10 min		10
Games	20 min	3 rd Ball Games – Service as normal – 2 serves each. If the player makes a serve and 3 rd ball they win the point automatically. The server must serve with backspin. The receiver is only allowed to push the ball to the FH box.	10
		Normal Games	10
Service	10 min	Practice your favourite serve only. Aim to improve the placement by either getting it shorter (closer to the net) or aiming for a target depending on your skill level.	10



PINGSKILLS TRAINING PLAN

Date	Session 3
Venue	
Training Partner	
Focus of the Session	Consistency Combinations

Physical Warm Up	10 min	Jogging	3
		Side to side shuffling from one side of the court to the other	3
		Stretches	4
On Table Warm Up	10 min	FH to FH	5
		BH to BH	5
Training Drills	60 min	FH, BH switching	15
		BH, FH, FH switching	15
		PingSkills Drill	15
Match Drills		Server serves short, Receiver pushes long to FH. Server topspins to BH. Receiver Blocks to BH then free rally	15
Break	10 min		10
Games	20 min	Free Games	20
Service	10 min	Serve Long and fast practice to either corner	10



PINGSKILLS TRAINING PLAN

Date	Session 4
Venue	
Training Partner	
Focus of the Session	Consistency – 3 rd Ball Topspin and rallying

Physical Warm Up	10 min	Jogging	3
		Side shuffles	2
		Stretches	5
On Table Warm Up	10 min	FH to FH – count how many hits you can do in a row with your partner. Record the result on our Consistency Chart	5
		BH to BH – count how many hits you can do in a row with your partner. Record the result on our Consistency Chart	5
Training Drills	60 min	FH Topspin to BH Block – after 6 balls you can hit faster Swap roles with your partner	20
		FH Push to FH Push – trying to keep the ball close to the net	5
		Pushing anywhere then one player topspins when they get the opportunity – After 20 successful topspins change roles.	15
Match Drills	60 min	Service 3 rd Ball – One player serves, the receiver pushes long to the FH side and the server makes a FH topspin. After 10 min you change roles.	20
Break	10 min		10
Games	20 min	3 rd ball games – Players serve as normal. The server must serve with backspin, receiver must push long to the FH side, then play the rally out.	10
		Normal Games	10
Service	10 min	Short service practice – Place a target on the table close to the net and see how many times you can hit it in 10 minutes.	10



PINGSKILLS TRAINING PLAN

Date	Session 5
Venue	
Training Partner	
Focus of the Session	Footwork Basic side movement – 2 Ball Drills

Physical Warm Up	10 min	Jogging	5
		Stretching	3
		Side stepping	2
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, FH footwork	15
		FH, BH footwork	15
		FH BH pivot footwork	15
		BH, BH footwork	15
Match Drills		Nil	
Break	10 min		
Games	20 min	Game where you do the FH BH footwork drill. One game each.	10
		Normal Games	10
Service	10 min	Long fast service practice. One to the FH, one to the BH corner. Receiver can practice their footwork, moving to both positions. Don't finish the rally. Just complete the serve and return. Each player serves for 5 minutes.	10



PINGSKILLS TRAINING PLAN

Date	Session 6
Venue	
Training Partner	
Focus of the Session	3 Ball Footwork

Physical Warm Up	10 min	Side stepping Stretches	
On Table Warm Up	10 min	FH consistency - see how many in a row, no mistakes	5
		BH consistency – see how many in a row, no mistakes	5
Training Drills	60 min	Three FH footwork	15
		BH, FH (middle) FH (corner)	15
		Falconberg	15
Match Drills		Short serve to middle Receiver pushes wide to FH Server FH topspin across court Free rally	15
Break	10 min		
Games	20 min	Free games	20
Service	10 min	Pick your best serve. Serve short to middle, variation of spin	10



PINGSKILLS TRAINING PLAN

Date	Session 7
Venue	
Training Partner	
Focus of the Session	4 Ball Footwork

Physical Warm Up	10 min	Jogging	3
		Transfer ball	3
		Stretches	4
On Table Warm Up	10 min	Cross court down the line	10
Training Drills	60 min	FH, BH footwork	15
		PingSkills Drill	15
		Middle, FH, Middle BH	15
Match Drills		Start with short serve Receiver pushes to Middle Server makes either FH or BH topspin to BH corner then continue 4 ball drill	15
Break	10 min		
Games	20 min	Free Games	20
Service	10 min	Try a new serve that you don't normally do in matches. Practice just getting as much spin on it as you can.	10



PINGSKILLS TRAINING PLAN

Date	Session 8
Venue	
Training Partner	
Focus of the Session	Fast footwork

Physical Warm Up	10 min	Jogging	3
		Side stepping	2
		Stretches	5
On Table Warm Up	10 min	FH to FH at a faster pace	5
		BH to BH at a faster pace	5
Training Drills	60 min	FH, FH footwork – not too wide but at a pace that will challenge you. You should only be getting 6 to 8 balls on per rally.	15
		BH FH footwork	15
		PingSkills Drill	15
Match Drills		Server serves short Receiver pushes long to FH corner Server topspins fast to FH corner and then continues fast FH, FH footwork	15
Break	10 min		
Games	20 min	3 rd Ball games	10
		Normal Games	10
Service	10 min	Try the new serve you practiced last session. This time practice getting the ball a bit shorter on the other end of the table.	



PINGSKILLS TRAINING PLAN

Date	Session 9
Venue	
Training Partner	
Focus of the Session	Forehand Attacking Technique

Physical Warm Up	10 min	Jogging	3
		Side stepping	2
		Shadow swings	5
On Table Warm Up	10 min	FH to FH – work on your technique only	5
		BH to BH – work on your technique only	5
Training Drills	60 min	Forehand Frenzy – concentrate on your technique	15
		Switching Duel – try to topspin all FH strokes	15
		Double Trouble – try to topspin all FH strokes	15
Match Drills		Short backspin serve Receiver returns to FH corner Server makes FH topspin to opponents FH Keep playing across court Build up speed if you make 3 or 4 forehand in a row	15
Break	10 min		
Games	20 min	FH to FH Games	10
		Free Games	10
Service	10 min	Work on getting your new serve short with the use of a target	10



PINGSKILLS TRAINING PLAN

Date	Session 10
Venue	
Training Partner	
Focus of the Session	Backhand Attacking Technique

Physical Warm Up	10 min	Choose your own Warm Up	10
On Table Warm Up	10 min	BH Counterhitting and topspins – work on your technique only FH Counterhitting and topspins – refresh last session's technique	5 5
Training Drills	60 min	BH BH Footwork – Placing wide on BH and closer to the middle line	15
		Two BH and then FH pivot - Can use one BH Counterhit, one BH Topspin then FH Topspin	15
		Lazy Falkenberg	15
Match Drills		Short serve with backspin Receiver returns push to the BH Server makes a BH topspin then continue in the BH side for the whole rally.	15
Break	10 min		
Games	20 min	Use Match Drill and put it into a Game Free Games	10 10
Service	10 min	Testing the new short serve – Set up some challenges <ul style="list-style-type: none"> - how many serves you can get short out of 10 - how many times you can hit a target out of 10 - how many times you can get the ball to stop on the other side of the table without going off the end 	10



PINGSKILLS TRAINING PLAN

Date	Session 11
Venue	
Training Partner	
Focus of the Session	Stroke Technique - Pushing

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	Consistent BH BH Pushing followed by FH FH pushing	15
		Push anywhere – first consistently then play a pushing game	15
		Push anywhere and one person makes a topspin when ready	15
Match Drills	60 min	Start with a backspin serve Receiver pushes trying to make it hard for server to attack Server topspins when possible Play out the rally	15
Break	10 min		10
Games	20 min	Pushing game where you only win a point by touching the net	10
		Free Games	10
Service	10 min	Work on your new serve and focus on varying the placement	10



PINGSKILLS TRAINING PLAN

Date	Session 12
Venue	
Training Partner	
Focus of the Session	Stroke Technique: Defensive Strokes

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH and BH to BH Topspin to Topspin	5 5
Training Drills	60 min	Lobbing	15
		Chopping	15
		Chopping & Lobbing	15
		BH Push, BH Chop, FH Push, FH Chop	15
Match Drills			
Break	10 min		10
Games	20 min	Defensive Games	20
Service	10 min	Work on your new serve and focus on varying the spin and adding deception	10



PINGSKILLS TRAINING PLAN

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

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 Switch roles	5 5
Training Drills	60 min	All drills done to Blockers crossover point	
		Three FH drill – all topspin	15
		Falkenburg PingSkills Drill	15 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

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 BH to BH	5 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

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



PINGSKILLS TRAINING PLAN

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



PINGSKILLS TRAINING PLAN

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	
		FH topspin to BH, FH footwork	15
		BH block to BH, FH, FH footwork	15
Match Drills		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



PINGSKILLS TRAINING PLAN

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

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



PINGSKILLS TRAINING PLAN

Date	Session 21
Venue	
Training Partner	
Focus of the Session	Spin – Generating more spin

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Topspin as many balls as you can for these drills FH, FH, BH	15
		PingSkills Drill	15
		BH to BH, then pivot FH then free.	15
Match Drills		Long serve anywhere, receiver topspins cross court then free.	15
Break	10 min		10
Games	20 min	Match drill in game format. Free Games	10 10
Service	10 min	Work on generating as much spin on your serves as you can	10



PINGSKILLS TRAINING PLAN

Date	Session 22
Venue	
Training Partner	
Focus of the Session	Spin - Disguising spin

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	BH, BH footwork – 1 heavy spin, one less spin	15
		FH, FH footwork – 1 heavy spin, one less spin	15
		Double Trouble - 1 or 2 BH, 1 or 2 FH	15
Match Drills		Short serve, long push to FH, FH topspin then free Half time to FH then repeat to BH side. Try to change the spin on your topspin and serve.	15
Break	10 min		10
Games	20 min	Free Games	20
Service	10 min	Disguising spin on serve	10



PINGSKILLS TRAINING PLAN

Date	Session 23
Venue	
Training Partner	
Focus of the Session	Spin – Fast 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	FH topspin to block – Fast topspin	15
		FH, FH footwork – Fast topspin	15
		FH, BH footwork – Fast topspin on either one or both sides	15
Match Drills		Short serve, long push to FH, FH fast topspin then free	15
Break	10 min		10
Games	20 min	Free Games	20
Service	10 min	Disguising spin – different serve to last session	10



PINGSKILLS TRAINING PLAN

Date	Session 24
Venue	
Training Partner	
Focus of the Session	Spin – Sidespin 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	FH topspin to block – 2 straight topspin then start sidespin	15
		FH topspin to topspin from FH corners – Add sidespin when able	15
		FH topspin to topspin from BH corners – Add sidespin when able	15
Match Drills		Short serve, long push to FH, FH straight or sidespin or fade topspin then free	15
Break	10 min		10
Games	20 min	Free Games	20
Service	10 min	Sidespin and straight topspin serves	10



PINGSKILLS TRAINING PLAN

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	5
		BH to BH – including topspin	5
Training Drills	60 min	Serving Practice – Focus on getting as much spin as you can	30
		Pick 2 serves and do these for 15 minutes each Serve and get your partner to receive the ball then the point finishes	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.	15
		Normal Games	10
Service	10 min	Focus is done earlier in the session	0



PINGSKILLS TRAINING PLAN

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
Match Drills	60 min	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
		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



PINGSKILLS TRAINING PLAN

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 BH to BH	5 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
Match Drills		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



PINGSKILLS TRAINING PLAN

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
		Serve and get your partner to receive the serve	15
Match Drills		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



PINGSKILLS TRAINING PLAN

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

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



PINGSKILLS TRAINING PLAN

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

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



PINGSKILLS TRAINING PLAN

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. Partner serves long to either side. You return with topspin, then play the point free.	15 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



PINGSKILLS TRAINING PLAN

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 BH to BH – including topspin	5 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		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



PINGSKILLS TRAINING PLAN

Date	Session 33
Venue	
Training Partner	
Focus of the Session	Defensive skills - Blocking

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 topspin to two sides, blocking – 3 patterns then free	15
		BH topspin to anywhere blocking	15
		Anywhere topspin to anywhere blocking consistency	15
Match Drills		Long serve, receiver makes topspin return anywhere server only blocks.	15
Break	10 min		10
Games	20 min	Games. One person only blocks the other only topspins.	20
Service	10 min	Service variation with your favourite serve	10



PINGSKILLS TRAINING PLAN

Date	Session 34
Venue	
Training Partner	
Focus of the Session	Defensive skills - Chopping

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 topspin to FH chop – 5 balls then free	15
		BH or FH topspin from BH corner to BH chop – 5 balls then free	15
		Anywhere topspin to anywhere chopping consistency	15
Match Drills		Long serve, receiver makes topspin return anywhere server only chops.	15
Break	10 min		10
Games	20 min	Games. Server only chops the other only topspins.	5
		Normal Games	10
Service	10 min	Service variation with your second choice serve	10



PINGSKILLS TRAINING PLAN

Date	Session 35
Venue	
Training Partner	
Focus of the Session	Defensive skills - Lobbing

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 smash to FH lob – 5 balls then free	15
		Smash from BH corner to BH lob – 5 balls then free	15
		Anywhere smash to anywhere lobbing	15
Match Drills		Short serve, receiver makes long push anywhere and then defends during the rally.	15
Break	10 min		10
Games	20 min	Games. Receiver only lobs the other only attacks.	10
		Normal Games	10
Service	10 min	Long serves variation.	10



PINGSKILLS TRAINING PLAN

Date	Session 36
Venue	
Training Partner	
Focus of the Session	Defensive skills – Turning defence into attack

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Anywhere topspin to anywhere block – 5 balls then free	15
		Anywhere topspin to anywhere chop – 5 balls then free	15
		Anywhere topspin to anywhere defence of any type 5 balls then defender takes the attack	15
Match Drills		Short serve, receiver makes long push anywhere server attacks, receiver defends for 2 balls then is allowed to attack.	15
Break	10 min		10
Games	20 min	Games. Server only attacks the receiver only defends for 2 balls then free. Normal Games	10 10
Service	10 min	Half long serves	10



PINGSKILLS TRAINING PLAN

Date	Session 37
Venue	
Training Partner	
Focus of the Session	Forehand 3 rd Ball attack

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	FH footwork topspin to BH block	15
		BH to BH push, Pivot FH topspin when ready then free rally	15
Match Drills		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
Break	10 min		10
Games	20 min	Games. Start each rally with FH 3 rd ball drill. Normal Games	10 10
Service	10 min	Short fast topspin serves anywhere	10



PINGSKILLS TRAINING PLAN

Date	Session 38
Venue	
Training Partner	
Focus of the Session	Backhand 3 rd Ball attack

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	2 BH topspin footwork to BH block	15
		BH to BH push, BH topspin when ready then play the rally	15
Match Drills		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
Break	10 min		10
Games	20 min	Games. Start each rally with 3 rd ball BH drill.	10
		Normal Games	10
Service	10 min	Short backspin & no spin serves anywhere	10



PINGSKILLS TRAINING PLAN

Date	Session 39
Venue	
Training Partner	
Focus of the Session	Anywhere 3 rd Ball attack

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, 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
Match Drills		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
Break	10 min		10
Games	20 min	Games. Start each rally with 3 rd ball from anywhere drill.	10
		Normal Games	10
Service	10 min	Short or long serves thinking about gaining 3 rd ball advantage	10



PINGSKILLS TRAINING PLAN

Date	Session 40
Venue	
Training Partner	
Focus of the Session	Making 3 rd ball effective

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	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
Match Drills	60 min	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
Break	10 min		10
Games	20 min	Normal Games	20
Service	10 min	Service variation to different positions and spins	10



PINGSKILLS TRAINING PLAN

Date	Session 41
Venue	
Training Partner	
Focus of the Session	Match Strategy – Your Strengths

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	Choose Drills that are in line with your strengths	15
		Do 2 drills each	15
Match Drills		Choose 2 Drills designed to improve your strength. – How do you win points?	15 15
Break	10 min		10
Games	20 min	Normal Games	20
Service	10 min	Strongest serve	10



PINGSKILLS TRAINING PLAN

Date	Session 42
Venue	
Training Partner	
Focus of the Session	Match Strategy – Analysing your Opponent

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Think of one player you are aiming to beat: Work out a strategy for beating them. Find 2 drills that will reflect this strategy. Do 2 drills each	15 15
Match Drills		Choose 2 Drills designed to beat your opponent. – How do you win points against that player?	15 15
Break	10 min		10
Games	20 min	Normal Games	20
Service	10 min	Pick a serve you would use against your greatest opponent	10



PINGSKILLS TRAINING PLAN

Date	Session 43
Venue	
Training Partner	
Focus of the Session	Match Strategy – Playing Attacking Players

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Short Pushing – Both players keep the ball short	5
		Short Pushing Game	10
		Blocking from anywhere to forehand topspin	15
		Counter topspin – 2 BH blocks, then FH counter topspin then free	15
Match Drills		Short serve and keep the ball short until one player can open	15
Break	10 min		10
Games	20 min	Normal Games	20
Service	10 min	Best serve – Placement variation	10



PINGSKILLS TRAINING PLAN

Date	Session 44
Venue	
Training Partner	
Focus of the Session	Match Strategy – Playing Blockers

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Short Pushing 2 to 3 balls then push long and fast anywhere	15
		Topspin from anywhere to FH block - vary spin & speed	15
		Topspin from anywhere to BH block – vary spin & speed	15
Match Drills		Short serve receiver pushes long anywhere the server only topspins in the rally the receiver only blocks.	15
Break	10 min		10
Games	20 min	Use the Match drill and turn it into a game.	20
Service	10 min	Best serve – Spin variation and deception	10



PINGSKILLS TRAINING PLAN

Date	Session 45
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – 3 rd Ball consistency

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	Topspin to block – 1 FH, 1 BH, then anywhere to BH block	15
Match Drills		Serve short, receive to FH, 3 rd ball cross court	15
		Serve short, receive to BH, 3 rd ball cross court	15
	Serve short, receive anywhere, 3 rd ball to middle	15	
Break	10 min		10
Games	20 min	Last Match drill as a game. Player wins the point if they get the 3 rd ball on the table.	10
		Free games	10
Service	10 min	Any Short serves to target	10



PINGSKILLS TRAINING PLAN

Date	Session 46
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – 3 rd Ball placement

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min	BH 2/3 of table – BH or FH topspin to anywhere block	15
Match Drills		All drills looking for advantage with 3 rd ball placement Serve short, receive to FH, 3 rd ball anywhere	15
		Serve short, receive to BH, 3 rd ball anywhere	15
	Serve short, receive anywhere, 3 rd ball anywhere	15	
Break	10 min		10
Games	20 min	Last Match drill as a game. Player wins the point if they get the 3 rd ball on the table. Free games	10 10
Service	10 min	Any Short serves pick a mental target before you serve. Every 4 or 5 serves serve a long fast ball.	10



PINGSKILLS TRAINING PLAN

Date	Session 47
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – 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	Topspin to block anywhere – focus on variation of spin, speed and placement	15
Match Drills		All drills looking for variation of spin, speed, placement	15
		Serve short, receive long push anywhere free rally	15
		Serve short, receive short free rally	15
		Serve short, receive anywhere free rally	15
Break	10 min		10
Games	20 min	Free games	20
Service	10 min	All variations of long serves with every 4 or 5 one short serve	10



PINGSKILLS TRAINING PLAN

Date	Session 48
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – Serving

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	PingSkills Drill one pattern then free	15
Match Drills		Short serving	15
		Serve short, short return anywhere free rally	15
	Serve short free return free rally	15	
Break	10 min		10
Games	20 min	Free games	20
Service	10 min	Serve all variations. Each serve think of a score before you serve the ball	10



PINGSKILLS TRAINING PLAN

Date	Session 49
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – Return of serve

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		
Match Drills		Short serving, short return stop	15
		Long serve, topspin return stop	15
		Serve short, short return anywhere free rally	15
		Serve short or long free return free rally	15
Break	10 min		10
Games	20 min	Free games	20
Service	10 min	Best serve – Variation of spin and placement	10



PINGSKILLS TRAINING PLAN

Date	Session 50
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – Hitting winners

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH – hit some balls harder BH to BH - – hit some balls harder	5 5
Training Drills	60 min	Triple switch – Hit each FH hard backhand control	15
Match Drills		Each drill server tries to win point as soon as possible	
		Short serving, push long to FH strong 3 rd ball	15
	Short serving, push long to BH strong 3 rd ball	15	
	Short serving, push long anywhere strong 3 rd ball	15	
Break	10 min		10
Games	20 min	Free games	20
Service	10 min	Best serve – with pre-point routine	10



PINGSKILLS TRAINING PLAN

Date	Session 51
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – 100% 3 rd balls

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			
Match Drills	60 min	Each drill server tries to ensure they put the 3 rd ball on the table then play free rally.	
		Short serving, push or flick long to FH 3 rd ball must go on the table	15
		Short serving, push or flick long to BH. Either FH or BH 3 rd ball must go on the table	15
		Short serving, push or flick long anywhere 3 rd ball must go on the table	15
		Serve and free	15
Break	10 min		10
Games	20 min	Free games	20
Service	10 min	Best serve – with pre-point routine	10



PINGSKILLS TRAINING PLAN

Date	Session 52
Venue	
Training Partner	
Focus of the Session	Tournament Preparation – Winning Points

Physical Warm Up	10 min	Choose your own physical warm up	10
On Table Warm Up	10 min	FH to FH BH to BH	5 5
Training Drills	60 min		
Match Drills		Serve and free	20
Break	10 min		10
Games	20 min	Free games	60
Service	10 min	Any serves focusing on your main serves – with pre-point routine	10