

Date	Session 1
Venue	
Training Partner	
Focus of the Session	Developing Control

Off Table Skills	Approx. 6 min	<p>Challenge yourself with some off table bat and ball skills <i>Progress your skills as soon as you feel comfortable</i></p> <ul style="list-style-type: none"> - Bounce ball on one side of the bat - Bounce ball on both sides of bat - Bounce the ball on one side and one edge - Bounce the ball on both sides and one edge - Bounce the ball under your leg - Bounce the ball under the other leg - Bounce the ball under one leg and then the other leg with a bounce on the bat in between - Bounce the ball - Spin & tap - Roller ball – transfer the ball from one side of your racket to the other without it bouncing - Table Tap – bounce the ball using the side of the table
On Table Skills Across the Table	Approx. 7 min	<p>Standing on the sides of the table facing your partner</p> <ul style="list-style-type: none"> - Roll the ball to each other, aiming to keep the ball as quiet as possible. Start with using one side of your bat. Then try both sides and alternating making sure you are moving your feet in between each shot. - One person bounces the ball twice on the table and your partner taps it back. First player catches the ball and starts again. Do 10 bounces and taps each. - Tap the ball to each other with one bounce in between. See how many taps you can do to each other in a row without it falling off the table
On Table Skills Over the Net	Approx. 7 min	<p>Standing on the ends of the table facing your partner</p> <ul style="list-style-type: none"> - Rallying keep the ball in play tapping to each other <i>If this is too difficult use the Bounce and tap drill from the previous section</i> - Get the feel of the correct grip
Games	Approx. 10 min	<p>Consistency and Accuracy Games</p> <p>Cooperative Consistency Game</p> <ul style="list-style-type: none"> - See how many hits and your partner can do in a row <p>Competitive Target Games</p> <ul style="list-style-type: none"> - Put some targets on the table and see who can hit the target first or the most in 2 minutes <p>Vary the size and placement of the targets according to your skill development</p>



PINGSKILLS TRAINING 101

Go to <https://www.pingskills.com/tutorials/table-tennis-training-101>
to watch the tutorial on this session

Date	Session 2
Venue	
Training Partner	
Focus of the Session	Learning the Rules

Review hitting	Approx. 10 min	<p>Consistency Challenge Go over the hitting you did in Session 1 Focus on keeping the ball in play. Try to beat the score you achieved last session. You can download the Consistency Chart to keep track of your best scores. https://www.pingskills.com/uploads/pdf/free-downloads/PingSkillsConsistencyChart.pdf</p> <p>30 second rally challenge See how many hits you can do in 30 seconds using 1 ball only</p>
Serving	Approx. 7 min	<p>Levels of serving Level 1 – Tap, bounce, bounce Level 2 – Behind the table Level 3 – Flat hand and throw the ball up at least 15cm or 6in Level 4 – Make the serve better- Lower, Faster, Longer, Shorter</p> <p>Target Serving Fast serve - Place a large target near end of the table (A4 sheet of paper). Put a stick over the net. Get the serve to go under the stick and land on the piece of paper.</p> <p>Place smaller targets on the table Try to hit the targets from the same position See how many targets you can hit in 10 serves</p>
Learn the Rules	Approx. 3 min	<p>We go through the basic rules in our: Basic Rules Overview tutorial. Here is the link https://www.pingskills.com/tutorials/table-tennis-rules/overview Watch these and check that you are aware of these basic rules.</p>
Games	Approx. 10 min	<p>If you have 3 or more players: Beat the Champ <i>One person at each end, the others lined up in the Challengers line next to the table</i> <i>The players play 1 point. Winner moves to the Champs end, Loser joins the end of the Challengers line. The first player in the lone can be the umpire.</i></p> <p>If you have 2 players: Normal game up to 11</p>



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Date	Session 3
Venue	
Training Partner	
Focus of the Session	Stance and Footwork

Positioning	Approx. 7 min	<p>Basic stance Focus on getting the correct stance with legs wide apart, knees bent. Also think about where you are positioned at the table. Watch the Basic Stance in Table Tennis tutorial.</p> <p>No Move Game Game where you are not allowed to move your feet during a rally. Serve has to go out of the end line of the table. Find the best position to do this from. Look at how far from the table and how far across the table and the width of your stance.</p>
Consistency Switching	Approx. 7 min	<p>Set a boundary of only playing a forehand (FH) when the ball is in the forehand box and only playing a backhand (BH) when the ball is in the backhand box. Switch between FH and BH Start slowly and then speed up as you get more comfortable.</p>
Movement	Approx. 8 min	<p>No Smash Game Play a game where you are not allowed to smash the ball. Try to win the point by out positioning your opponent. Watch Footwork Basics tutorial.</p> <p>Utilise the shuffle step to cover the table when your opponent is placing the ball all around the table.</p>
Games	Approx. 8 min	<p>Round the World Hit the ball and then move to the other end using the shuffle step. Works well with 4 or more players.</p> <p>Normal Game Play a game up to 11 focusing on staying in a good stance and moving with the shuffle step when you need to.</p>



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Date	Session 4
Venue	
Training Partner	
Focus of the Session	Forehand and Backhand Counterhit Strokes

Forehand Counterhit	Approx. 7 min	<p>Watch the Tutorial on the Forehand Counterhit https://www.pingskills.com/tutorials/table-tennis-strokes/forehand-counterhit</p> <p>Start with one player bouncing the ball and the other practising the Forehand counterhit. Focus on the start and finish positions of the stroke. Bounce 10 to each other.</p> <p>As you get comfortable with the stroke (about 8 out of 10) you can start hitting to each other. See how many hits you can get in a row with your partner. Focus on technique and consistency.</p>
Backhand Counterhit	Approx. 7 min	<p>Watch the Tutorial on the Backhand Counterhit https://www.pingskills.com/tutorials/table-tennis-strokes/backhand-counterhit</p> <p>Start with one player bouncing the ball and the other practising the Backhand counterhit. Focus on the start and finish positions of the stroke. Bounce 10 to each other.</p> <p>As you get comfortable with the stroke (about 8 out of 10) you can start hitting to each other. See how many hits you can get in a row with your partner. Focus on technique and consistency.</p>
30 second Challenge	Approx. 6 min	<p>See how many Forehands you can do in 30 seconds. Only allowed to use one ball but you continue if you make a mistake.</p> <p>Now see how many Backhands you can do in 30 seconds.</p> <p>Repeat these a few times and see if you can improve each time.</p>
Games	Approx. 10 min	<p>Play a normal game but focus on the technique you are using on both the Forehand and Backhand counterhit.</p> <p>At the end of the game give yourself a rating out of 10 on how well you played your forehands and backhands.</p>



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Date	Session 5
Venue	
Training Partner	
Focus of the Session	Forehand and Backhand Push Strokes

Backhand Push	Approx. 7 min	<p>Watch the Tutorial on the Backhand Push https://www.pingskills.com/tutorials/table-tennis-strokes/backhand-push</p> <p>Start with one player bouncing the ball and the other practising the Backhand push. Focus on the start and finish positions of the stroke.</p> <p>As you get comfortable with the stroke you can start pushing to each other.</p> <p>Consistency Game See how many pushes you can get in a row with your partner. Focus on hitting your shots to one position.</p>
Forehand Push	Approx. 7 min	<p>Watch the Tutorial on the Forehand Push https://www.pingskills.com/tutorials/table-tennis-strokes/forehand-push</p> <p>Start with one player bouncing the ball and the other practising the Forehand push. Focus on the start and finish positions of the stroke.</p> <p>As you get comfortable with the stroke you can start pushing to each other.</p> <p>Consistency Game See how many pushes you can get in a row with your partner. Focus on hitting your shots to one position.</p>
Combination Pushing	Approx. 7 min	<p>Push the ball anywhere on the table.</p> <p>Focus on hitting the forehand push when the ball is in the forehand half on your side and play a backhand when it lands on your backhand half.</p>
Games	Approx. 9 min	<p>Push Game Only allowed to use pushes either backhand or forehand.</p> <p>Normal Game Incorporate the push in your game and see how the push effects your opponent.</p>



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to watch the tutorial on this session

Date	Session 6
Venue	
Training Partner	
Focus of the Session	Forehand and Backhand Topspin

Combination Counterhitting	Approx. 5 min	<p>Watch the 4 Tutorials on the:</p> <p>Forehand Topspin against Block https://www.pingskills.com/tutorials/table-tennis-strokes/forehand-topspin-against-block</p> <p>Backhand Topspin against Block https://www.pingskills.com/tutorials/table-tennis-strokes/backhand-topspin-against-block</p> <p>Forehand Block https://www.pingskills.com/tutorials/table-tennis-strokes/forehand-block</p> <p>Backhand Block https://www.pingskills.com/tutorials/table-tennis-strokes/backhand-block</p> <p>Start by hitting the ball anywhere on the table working on making the correct decision between forehand and backhand. Progress to making the correct strokes of Forehand and Backhand Counterhit. Progress to moving into position to make the correct stroke. Progress to speed up the strokes.</p>
Combination Pushing	Approx. 5 min	<p>Push the ball anywhere on the table. Focus on hitting the forehand push when the ball is in the forehand half on your side and play a backhand when it lands on your backhand half</p>
Topspin Strokes	Approx. 10 min	<p>Forehand Topspin stroke</p> <p>Start with one player bouncing the ball and the other practising the Forehand topspin. Focus on the start and finish positions of the stroke.</p> <p>As you get comfortable with the stroke you can start topspin to Block. One player Topspin and the other Blocking the ball.</p> <p>Backhand Topspin stroke</p> <p>Go through the same progressions as you did with the Forehand Topspin.</p>
Games	Approx. 10 min	<p>Topspin to Block Game</p> <p>One player only allowed to play Forehand Topspin the other only allowed to play Forehand Block, only to the Forehand halves of the table. Then do the same with roles reversed. Then do the same using the Backhand Topspin and Block on the Backhand halves of the table.</p>

Date	Session 7
Venue	
Training Partner	
Focus of the Session	Topspin Against Backspin

Topspin Against Block	Approx. 10min	<p>Watch the Tutorials on the: Forehand Topspin Off Backspin Backhand Topspin Off Backspin</p> <p>Forehand Topspin stroke</p> <p>Start with one player bouncing the ball and the other practising the Forehand topspin. Just get the feel of the Topspin contact. As you get comfortable with the stroke you can start topspin to Block. One player Topspin and the other Blocking the ball.</p> <p>Backhand Topspin stroke</p> <p>Go through the same progressions as you did with the Forehand Topspin.</p>
Topspin Against Backspin	Approx. 10 min	<p>Forehand Topspin Against Backspin</p> <p>Start by doing some forehand pushes to each other to make sure you are getting the correct feeding ball for the topspin.</p> <p>Progress to one push and then one Forehand topspin then catch the ball.</p> <p>Backhand Topspin Against Backspin</p> <p>Move onto the Backhand side and do the same thing.</p> <p>You can also use Multiball to practice the Topspin against backspin strokes. Take a look at these tutorial on Multiball Introduction to Multiball How to Feed Multiball Footwork Drill with Multiball Match Drills with Multiball</p>
Games	Approx. 10 min	<p>Push and Topspin Game</p> <p>Start by pushing anywhere on the table. As soon as someone makes a topspin on the table they win the point..</p>

Date	Session 8
Venue	
Training Partner	
Focus of the Session	Learning to Spin

Topspin Against Push	Approx. 5 min	<p>Watch the Tutorial on Learning to Spin https://www.pingskills.com/tutorials/table-tennis-serving/learning-to-spin</p> <p>Start with both players pushing the ball anywhere on the table and then progress to one player making a topspin whenever they get the opportunity. You can do both Forehand and Backhand Topspin</p> <p>Topspin against push Game Both players are pushing. As soon as one player can make a topspin on the table they win the point.</p>
Learning to Spin	Approx. 15 min	<p>Getting Backspin on the Ball</p> <p>See if you can make the ball stop and come back towards you by using backspin.</p> <p>You can do this on the table or on the floor. This doesn't have to be with a proper serve, just getting it to stop and come back. Try 10 and see how many times you can make it stop and come back.</p> <p>Sidespin using Tomahawk Action</p> <p>Brush the ball and see how much you can make the ball curve either on the table or on the floor. Get the ball to curve with a serve. Get the ball to bounce in 3 boxes on the table.</p> <p>Try Other serves</p> <p>Then explore the Pendulum serve or Backhand serve or even the High Toss serve. Look at the Types of Table Tennis Serves section and explore the types of serves you can use. https://www.pingskills.com/tutorials/types-of-table-tennis-serves</p>
Games	Approx. 9 min	<p>Serving Encouragement Game</p> <p>Two rules: You get a Double Fault when you are serving If you serve and your opponent doesn't return it you get 2 points.</p>



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Date	Session 9
Venue	
Training Partner	
Focus of the Session	Returning Spin Serves

Generating Spin	Approx. 15 min	<p>See if you can make the ball stop and come back towards you by using backspin. Then see if you can do a serve where the ball bounces back onto your side of the table.</p> <p>Do the 3 box serving drill where you are trying to get the ball to bounce in 3 boxes on the table using sidespin.</p> <p>Serve from 3 different positions on your end of the table, your forehand corner, the middle and then your backhand corner.</p>
Returning Serves	Approx. 10 min	<p>Returning the Tomahawk Serve</p> <p>Start with one player doing the Tomahawk Serve and the other player working on getting the ball back on the table using the angle of your bat.</p> <p>Work out the angle of your bat that you need to get it back on the table.</p> <p>Target Returning</p> <p>Then put a target on the table and try to get the ball to hit the target with your return.</p> <p>Move the target to make it harder or easier.</p>
Games	Approx. 15 min	<p>Returning Game</p> <p>One player does 11 Tomahawk serves and you see how many of the 11 you get back on the table with your return.</p> <p>Target Returning Game</p> <p>Put some targets on the table. Allocate them different points depending on how easy or difficult they are to hit. 1 point in the middle of the table, 2 points for the corners. Your partner has 10 serves and you see how many points you score.</p> <p>Normal Game</p> <p>Incorporate any serves into your game and see how you go with returning the spin serves.</p>



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Date	Session 10
Venue	
Training Partner	
Focus of the Session	Switching between Forehand and Backhand

Forehand and Backhand Counterhitting	Approx. 5 min	<p>Watch the Tutorial on Improving your Switching between Forehand and Backhand https://www.pingskills.com/tutorials/table-tennis-strokes-further-learning/improve-your-switching-between-forehand-and-backhand</p> <p>Start with both players hitting some Forehand Counterhits.</p> <p>Then move over and do the Backhand Counterhits.</p>
Switching	Approx. 15 min	<p>Alternating Boxes</p> <p>Both players are alternating the boxes they are hitting to.</p> <p>If the ball lands in your Forehand box you need to hit a Forehand and the same with the Backhand.</p> <p>Anywhere Hitting</p> <p>Both players hitting anywhere on the table. Not more than 3 shots to one box in a row.</p> <p>Make sure that you are only hitting Forehands when it is in your Forehand box and only Backhands when it lands in your Backhand Box. See how many you can hit in a row with your partner.</p> <p>Pushing Anywhere</p> <p>Then do the same drill with Pushing</p>
Games	Approx. 10 min	<p>Speed Limit Game</p> <p>You are allowed to hit the ball anywhere on the table but set a speed limit. Start with a reasonable slow pace and then you can build up as you get more confident.</p>