



PINGSKILLS TRAINING PLAN

Use PingSkills Training Secrets Revealed DVD as a reference

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	5
		BH to BH	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



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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	5
		BH to BH	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.	10
		Free games	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



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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



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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

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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

Use *PingSkills Training Secrets Revealed DVD* as a reference

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	15
		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

Use *PingSkills Training Secrets Revealed DVD* as a reference

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



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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	5
		BH to BH	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