



# PINGSKILLS TRAINING PLAN

*Select your drills from the PingSkills Training Secrets Revealed DVD*

<b>Date</b>	
<b>Venue</b>	
<b>Training Partner</b>	
<b>Focus of the Session</b>	

<b>Physical Warm Up</b>	<b>10 min</b>	
<b>On Table Warm Up</b>	<b>10 min</b>	
<b>Training Drills</b>	<b>60 min</b>	
<b>Match Drills</b>		
<b>Break</b>	<b>10 min</b>	
<b>Games</b>	<b>20 min</b>	
<b>Service</b>	<b>10 min</b>	