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| Bundaberg/ Gold Coast/ Townsville 2nd Elite Training camps | |
| 05/ 06 Nov 2016 - 19/ 20 Nov 2016 | |
| Module: | Footwork 101 |
| Topic: D1S1 | Side steps - Moving with a solid core |

- Housekeeping: -
- Organisation:** Explain principles of training hubs -
- Schedule (2 short breaks + lunch break) -
 - Drinks + Food available from the centre/ nearest supermarkets -
 - First aid -
- Questions

| Warm up: | Time |
|---|-------------|
| 1.1. Jogging - playing "celebrity heads" Change exercise everytime you get a "no" | 12' |
| 1.2. Shadow training: 1. FH to BH close to the table (no stroke) 2. FH to BH away from the table (no stroke) 3. Japanese race Stable upper body + balanced body weight in all drills!!! | 10' |
| 1.3. Short (!) TT warm up FHTS - TS Rallye! | 10' |
| Body: | |
| 2.0. Introduction Side Steps footwork: How? Key points to look for | 5' |
| 2.1. Interval training 4x5min each side A: FHTS from M; FHTS from BH B: BHB 70% Stroke Speed - 100% footwork speed Small buckets with balls on each table (No time wasting between rallies) | 40' |
| BREAK | 10' |
| 3.1. Interval training 2x5min each side A: Small Falkenberg BHTS from BH; FHTS from BH; FHTS from M B: BHB 70% Stroke Speed - 100% footwork speed Small buckets with balls on each table (No time wasting between rallies) | 20' |
| 3.2. "Value the point - game" Group is seperated in two teams. Each round a player from team 1 versus a different player from team 2. One round finishes when the coach says stop and can go for 30 seconds up to 5 minutes. The points the players gain in a single match are add up to the total team points. The team with the most points win | 20' |
| Cooldown: Stretching, Evaluation and quick outline of the next session | 10' |



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| 05/ 06 Nov 2016 - 19/ 20 Nov 2016 | |
| Module: | Footwork 101 |
| Topic: D1S2 | Side jumps - Small feet adjustments make a big difference |

Housekeeping: - lunch

Organisation: break long enough?
 - Stay hydrated! -
 Questions regarding session 1?

| Warm up: | Time |
|--|-------------|
| 1.1. Jogging with different drills Remind participants on Centre of Gravity | 12' |
| 1.2. Agility ladder Introduce side jumps - Different drills Stable upper body + Balanced body weight in all drills!!! | 10' |
| 1.3. Short TT specific warm up TS - TS Rallye! | 10' |
| Body: | |
| 2.0. Introducing Side jumps - Small adjustments to correct the position | 5' |
| 2.1. A: 4-5 FHTS from FH corner to M (in ~10cm steps), free B: FH block | 24' |
| BREAK | 5' |
| 2.2. A: 4-5 FHTS from BH corner to M (in ~10cm steps), free B: FH block | 24' |
| 3.2 Top of the table | ~10' |
| Interval training 2x5min each side | 20' |

20'



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| Module: | Footwork 101 |
| Topic: D2S1 | Connecting the feet and the swing |

Organisation:

Housekeeping:
- Questions after yesterday's sessions?

| Warm up: | Time |
|---|-------------|
| 1.1. Jogging - split into two groups | 12' |
| 1.2. Shadow training: Explain and demonstrate that the movement with the legstowards the ball & the preparation of upper body and the arm is happening simultaneously | 15' |
| 1. FH to BH close to the table - with arm swing 30sec 50% speed (Opening upperbody while moving the legs!) 30sec 60% speed ... until 30sec 100% speed | |
| 2. Falkenberg 30sec 50% speed (Opening upperbody while moving the legs!) 30sec 60% speed ... until 30sec100% speed | |
| 1.3. Table Tennis specific warm up TS - TS Rallye! | 15' |
| 2.1. A: Interval training 4x5min each side FHTS from M; FHTS from BH B: BHB 70% Stroke Speed - 100% footwork speed rallies) | 40' |
| Interval training 2x5min each side | 20' |
| 3.1. A: 1 BHTS from BH; 1FHTS from BH 1-2 FHTS from M B: BHB 70% Stroke Speed - 100% footwork speed Small buckets with balls on each table (No time wasting between rallies) | 20' |
| Cooldown: Stretching, Evaluation and quick outline of the next session | 10' |



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| Module: | Footwork 101 |
| Topic: D2S2 | In and Out footwork |

Organisation:

| Warm up: | Time |
|---|-------------|
| 1.1. Jogging w/ Agility ladder Jump and Step drill | 12' |
| 1.3. Table Tennis Warm up | 10' |
| Body: Introduce In - Out footwork - When? How? Right leg (R-handed player) goes under the table; Step under the table is responsible to reach the ball, not the playing arm! Step out with low upperbody and bodyweight in front part of the feet | |
| 2.1. A/B: Short -Short until the ball is half long/ high, then TS free | 15' |
| 2.2. A: ShServe (5% LServe then free) | 15' |
| B: Short to BH | |
| A: BH Flick anywhere) free | |
| BREAK | 5' |
| 3.1. "7 wins" Game 10 players play on 5 tables one set up to 7 points. 4 players are subs and wait in a separate area. Once the player wins 7 points, she/ he runs to the sub area and the sub goes to her/ his spot. The players who has lost stays at the table and keeps her/ his point from the last set. Hence, the player who lost 4:7 starts her/ his next game against the sub with 4:0. The player who won the most sets in 30 minutes wins. | 30' |
| | 20' |
| Cooldown: Interval training 2x5min each side | |
| Stretching, Evaluation of the Training camp Seek feedback for the Training hub idea | 10' |
| | 20' |