

# ITTF-Oceania Elevate Performance Camp

D1S1 28/05/2018

<b>Topic:</b>	<b>Footwork/ Basic Strokes</b>	
Objective:	x Finding rhythm Introducing topic of the camp	x

	<b>Exercise</b>	<b>Comment</b>
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Game: 10 in a row	Mixed teams
1.3.	On-Table Warm Up	

<b>Body</b>	50'	Multiball 2 boxes each	
2.1.	A:	1-1 from Mid FH box and mid BH box	
2.2.	A:	1 BHTS from BH; 2 FHTS from middle	<i>High racket position at transition</i>
2.3.	A:	2x Falkenberg starting with FH open-up	<i>Cross-step!</i>

	10'	<b>Break</b>	
	45'	Single ball w top table rules	
3.1		A/B BHK vs BHK	
3.2		A/B FHTS vs FHTS close to the table	
3.3	A:	...has to play BH at 2/3 of the table	
3.4	A:	Point after FH pivot counts 3 points	

<b>Cool Down</b>	10'	
4.1.		Stretching
		<i>Summary of the upcoming topics</i>



# ITTF-Oceania Elevate Performance Camp

D1S2 28/05/2018

**Topic:** Footwork/ Basic Strokes

**Objective:** x Playing FH orientated x Playing against FH orientated players

	Exercise	Comment
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Motor Control, Agility	Mixed teams
1.3.	On-Table Warm Up	
<b>Body</b>	50' Single ball	
2.1.	A: 3 TS from BH box; 1 TS from Mid FH box B: BHB	5min without S/R 5min with
2.2.	A: Falkenberg starting with FH B: BHB	5min without S/R 5min with
2.3.	A/B BHK vs BHK until A pivots -> B plays parallel	<i>Table 1,2,3 start with BH flick</i>
	10'	<b>Break</b>

45' Best of 9 matches starting at 6:6

**Cool Down** 10'

4.1. Stretching  
*Check for energy level and decide on topic of 3 session with other coaches*



# ITTF-Oceania Elevate Performance Camp

D2S1 29/05/2018

**Topic: Identifying and playing against BH orientated players**

Objective: x Understand characteristics of a BHO player  
x Learn basic tactic against BH orientated player

	Exercise	Comment
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Game: 10 in a row	Mixed teams
1.3.	On-Table Warm Up	

<b>Body</b>	50'	Multiball 2 boxes each	
2.1.	A:	BH/M/BH/FH	
2.2.	A:	BH open up; 3B frm BH box, 1 wide FH	<i>All exercises w/ target in elbow and finish to either corner</i>
2.3.	A:	1 BH open up;, 4 balls from anywhere; 1 ball wide	

10' **Break**

- 45'
- 3.1. A/B BHK vs BHK
- 3.2. A/B FHTS vs FHTS close to the table
- 3.3. A: ...has to play BH at 2/3 of the table
- 3.4. A/B Short/Short until either player can attack

**Cool Down** 10'

- 4.1. Stretching
- Summary of the upcoming topics*



# ITTF-Oceania Elevate Performance Camp

D2S2 29/05/2018

**Topic: Identifying and playing against BH orientated player**

Objective: x Playing BH orientated x  
 Playing against BH orientated players

	Exercise	Comment
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Motor Control, Agility	Use towels as hurdles
1.3.	On-Table Warm Up	
<b>Body</b>	50' Single ball	
2.1.	A: 3 TS from M; 2 to BH, 2 to M B: BHB from BH, BH from M	Best players play pas to act
2.2.	A: TS from M, find opponents elbow B: BH block <i>finish deep when blocker has bad position</i>	Change when B doesn't touch the ball
2.3.	A/B BHK vs BHK until A pivots -> B plays	<i>Table 1,2,3 start with BH flick</i>
	10' <b>Break</b>	
3.1.	45' Playing matches with tactical instructions from coaches	
<b>Cool Down</b>	10'	
4.1.	Stretching <i>Check for energy level and decide on topic of 3rd session with other coaches</i>	



# ITTF-Oceania Elevate Performance Camp

D3S1 30/05/2018

## Topic: Match Practice

Objective: x Practice match routines x Test match strategies x Gain confidence in first 3 balls

	Exercise	Comment
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	
1.2.	Shadow Training	
1.3.	On-Table Warm Up	
<b>Body</b>	40'	
2.1.	A/B FHTS/FHTS after LS to Fhbox	<i>Quality over quantity</i>
2.2.	A: BH/BH after LS to BH Box	
2.3.	A: SHS +open up: 20 each from FH; M; BH	<i>Finish after 3 balls</i>
	10'	<b>Break</b>
3.1	50' Groups set-up by coaches Tournamnet Round Robin	
<b>Cool Down</b>	10'	
4.1.	Stretching	
		<i>Summary of the upcoming topics</i>



# ITTF-Oceania Elevate Performance Camp

D3S2 30/05/2018

<b>Topic:</b>	<b>Footwork/ Basic Strokes</b>
	x Finding rhythm x
<b>Objective:</b>	Same drills as day to gain confidence for tournaments

	<b>Exercise</b>	<b>Comment</b>
<b>Warm up</b>	30'	
1.1.	Running/ Dyn. Stretching	
1.2.	Game: 10 in a row	
1.3.	On-Table Warm Up	

<b>Body</b>	50'	Multiball 2 boxes each	
2.1.	A:	1-1 from Mid FH box and mid BH box	
2.2.	A:	1 BHTS from BH; 2 FHTS from middle	<i>High racket position at transition</i>
2.3.	A:	2x Falkenberg starting with FH open-up	<i>Cross-step!</i>

	10'	<b>Break</b>	
3.1	45'	Single ball w top table rules A/B BHK vs BHK	Match related speed and intensity
3.2		A/B FHTS vs FHTS close to the table	
3.3		A/B Free drill with S/R	<i>Encourage player to use think of match related patterns</i>
3.4		A/B Free drill with S/R	

<b>Cool Down</b>	10'	
4.1.		Stretching
		<i>Evaluation of the camp</i>

