

**ITTF-Oceania Elevate Performance Camp  
TTA National Hopes Week & Challenge  
HWATT Summer Training Camp**

<b>Date:</b>	<b>Session:</b>	<b>Camp Topics:</b>	
22/01/18	1	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b>	1) Footwork 2) Service in Competition
<b>Warm Up</b>			
			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Shadow Training with Beginners behind Top Players	
<b>Body</b>			
		Multi Ball * 3 players per Table * 1 Coach per table	60minutes
		Elite Group	Development Group
2.1	2x FHTS from mid FH, 1x BHTS from BH; 2x FHTS from mid BH		2x FHTS from mid FH, 2x FHTS from mid BH
2.2	1x FI from short FH; Falkenberg		1x FHTS from mid FH; 1x BHTS; 2x FHTS from mid BH
2.3	3x TS from BH box; 1x FHTS from FH		1x FHTS from FH; 1x FHTS from M; 1x FHTS from FH; 1x BHTS from BH
2.4	Free footwork exercise if time		Free footwork exercise if time
Break * 15 minutes			
<b>Game</b>			
			45'
3.1	Explain main coaching points of low short Serves		Explain Rules of Serve & basic introduction to short Serves
3.2	Game setup: Groups of 3 play Round Robin with 1 game to 11 against each other; 2 Coaches look after 9 players and give feedback regarding Service Game; After the first Round Robin round, the coaches make new groups with the 9 players and play 2 <sup>nd</sup> Round Robin round		Main Coaches supervise private coaches



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22/01/18	2	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b>	1) Backhand Topspin
<b>Warm Up</b>			30minutes
	1.1	Warm up organised by private coach, incl: *Running, Dynamic Stretching, Agility and On Table warm up	
	1.2		
	1.3		
<b>Body</b>	Single Ball	Multiball	40minutes
Explain & demonstrate BHTS	Elite Group	Development Group	
2.1	BH vs BH with rotating partners 20'	BHTS from BH	2 boxes p.P.
2.2	2x BHTS; 1 FHTS from M 20'	1x BHTS from BH; 1x BHTS from M	2 boxes p.P.
Break * 15 minutes			
2.3	1x BHF; BHTS until pivot; free 20'	2x BHTS, 1x FHTS	2 boxes p.P.
		Free BHTS exercise if time	
<b>Game</b>	Top Table, 3 points when winning point with BH		15minutes
<b>Fitness</b>	Lead by Jenny Langridge		30minutes
	Fitnessplan customised to the needs of a Junior TT Player – Coaches welcome to join		



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23/01/18	1	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b>	Footwork Intervals
<b>Warm Up</b>			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Shadow Training with Beginners behind Top Players	
<b>Body</b>	Single Ball * Each Exercise 3x3 minutes		80minutes
2.1	FH from M; FH from BH		
2.2	Small Falkenberg		
	Short Break		5'
2.3	TS from 2/3 BH; 70% speed; start with BH flick		
2.4	Free footwork exercise		
Break * 15 minutes			
<b>Game</b>	Discuss main coaching points of effective placements at S/R		45'
3.1	Top Table		
3.2	Small Games		



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23/01/18	2	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b> 1) In & Out Footwork 2) Quality at first 3 contacts	
<b>Warm Up</b>			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Shadow Training with Beginners behind Top Players	
<b>Body</b>	Multi Ball * 3 players per Table * 1 Coach per table		60minutes
2.1	Free footwork exercise to warm up		2 boxes p.P.
2.2	Short FH against flat S + recovery		2 boxes p.P.
2.3	Fl against flat S + recovery		2 boxes p.P.
2.4	FHTS against half long from FH box		2 boxes p.P.
2.5	Feeder plays short or half long, Player returns active depending on length		2 boxes p.P.
2.6	Feeder plays free length, player has to return with (active) spin variation		2 boxes p.P.
Break * 15 minutes			
<b>Game</b>	Discuss main coaching points of effective placements at S/R		45'
3.1	Serve Return Exercise with emphasise on Smart placements of 1 <sup>st</sup> and 3 <sup>rd</sup> ball		Monitor tactical variation and combination of 1 <sup>st</sup> & 3 <sup>rd</sup> ball
3.2	Top Table		



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24/01/18	1	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b> 1) Speed/ Footwork 2) Service Placement	
<b>Warm Up</b>			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Shadow Training	
<b>Body</b>		Multi Ball * Each Exercise 3-4 times	60minutes
2.1		FH from M; FH from BH	
2.2		Small Falkenberg start with FHTS	
		Short Break	
2.3		2BHTS from BH; 2 BHTS from M	
2.4		Free footwork exercise	
		Break * 15 minutes	
<b>S/R</b>		Discuss importance of Length and Placement at Serve	45'
3.1		Exercise depending on level w/ topic above	
3.2		Top Table with focus on Points with first 2 contacts	



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24/01/18	1	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b> 1) Individual Technical Skills 2) Service Placement	
<b>Warm Up</b>			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Speed drills of table with towel	
<b>Body</b>	Single Ball		60minutes
	Individual Exercises customised to the players weakness in BH or FHTS		
2.1	Regular Exercise with focus on ind. Deveopment		
2.2	Random Exercise with focus on ind. Development		
2.3	Serve/Return Exercise with focus on ind. Development		
2.4	Free exercise chosen by the player		if time
Break * 15 minutes			
<b>S/R</b>	Discuss importance of Length and Placement at Serve		45'
3.1	Exercise depending on level w/ topic above		
3.2	Top Table with focus on Points with first 2 contacts		



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25/01/18	1	> Footwork: Lateral & In-Out movements > Balanced game with correct Backhand Topspin Technique > Serve/Return: Quality and Variation at first 3 contacts	
150 minutes		<b>Session Topic:</b>	1) Footwork 2) Routines in between points
<b>Warm Up</b>			
			30minutes
	1.1	Running w/ exercises and Agility Ladder	
	1.2	Dynamic Stretching	
	1.3	Shadow Training with Beginners behind Top Players	
<b>Body</b>			
	Multi Ball * 3 players per Table * 1 Coach per table		60minutes
	Elite Group		Development Group
2.1	2x FHTS from mid FH, 1x BHTS from BH; 2x FHTS from mid BH	2x FHTS from mid FH, 2x FHTS from mid BH	2 boxes p.P.
2.2	1x FI from short M; Falkenberg	1x FHTS from mid FH; 1x BHTS; 2x FHTS from mid BH	2 boxes p.P.
2.3	3x TS from BH box; 1x FHTS from FH	1x FHTS from FH of BS; 1x FHTS from M; 1x FHTS from FH; 1x BHTS from BH	2 boxes p.P.
2.4	Free footwork exercise if time	Free footwork exercise if time	2 boxes p.P.
2.5	Free footwork exercise if time	Free footwork exercise if time	2 boxes p.P.
Break * 15 minutes			
<b>Game</b>			
			45'
3	Education: In between Point routines		
3.1	Game setup: Groups of 3 play Round Robin with 1 game to 11 against each other; 2 Coaches look after 9 players and give feedback regarding Service Game; After the first Round Robin round, the coaches make new groups with the 9 players and play 2 <sup>nd</sup> Round Robin round		Coaches monitor and evaluate body language of the players

