

ITTF-Oceania Hopes Week and Challenge

D1S1 9/04/2018

Topic:	Side to Side footwork
Objective:	x Finding rhythm Introducing topic of the camp

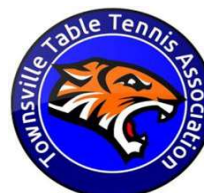
	Exercise	Comment
Warm up	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Game: 10 in a row	Mixed teams
1.3.	On-Table Warm Up	

Body	35'	
2.1.	A: 1-1 from Mid FH box and mid BH box B: BHB (<i>Control rhythm for longer rallies</i>)	
2.2.	A: 1 BHTS from BH; 2 FHTS from middle B: BHB from 1/3 BH <i>Core stability at B and balanced at contact</i>	

Break	5'	Break
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Multi ball	45'	
3.1.	M; F; M; BH	
3.2.	1-2 M; BH; 1-2M; FH	All 2 boxes
3.3.	Individual exercise	
3.4.	M; wide etc 1) <i>Ensure distance to ball when playing TS from M</i> 2) <i>Fast recovery from corners to play consistent from M</i>	

Cool Down	10'	
4.1.	Stretching <i>Outlook to Session 2 with ITTF-Oceania Skill Circuit/ Test</i>	



ITTF-Oceania Hopes Week and Challenge

D1S2 9/04/2018

Topic:	Testing and Competition
	x Improving consistency
Objective:	x Test accuracy of players on-table x
	Practice match routines

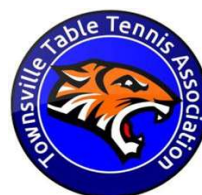
	Exercise	Comment
Warm up	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Sprints	
1.3.	On-Table Warm Up	

Body	60'		
2.1.		ITTF-Oceania Skill Circuit on 5 separate stations	Involve coaches to manage stations

Break	5'	Break	
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Multi ball	75'		
3.1.		2 sets everyone plays everyone	

Cool Down	10'		
4.1.		Stretching	
			<i>Outlook to Day 2</i>

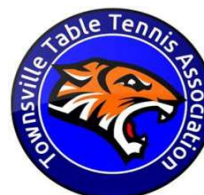


ITTF-Oceania Hopes Week and Challenge

D2S1 10/04/2018

Topic:	Side to Side footwork
Objective:	x Correct stands before and between shots x
	Improve balance when covering middle area x
	Players explore if they prefer steps or jump to free up middle

	Exercise	Comment
Warm up	30'	
1.1.	Running/ Dyn. Stretching	Establish routine
1.2.	Sprints	
1.3.	On-Table Warm Up	
Body	45'	
2.1.	M; BH; M; FH	All 2 boxes
2.2.	1-2 M; BH; 1-2M; FH	
2.3.	Individual exercise	
2.4	M; wide 1) Ensure distance to ball when playing TS from M 2) Fast recovery from corners to play consistent from M	
Break	5'	Break
3.1.	Single Ball FHTS from M to BH box <i>Smart rhythm from B</i>	Consistency
3.2.	A: LS to EB; 10% to BH B: 3 FHTS to BH box; 1 FHTS to FH A: 3 BHB than counter free	
3.3.	Top Table with tasks to cover M area	
Cool Down	10'	
4.1.	Stretching	



ITTF-Oceania Hopes Week and Challenge

D2S2 10/04/2018

Topic: Tactical changes when preparing or finishing a point

Objective: x Winner to deep FH after different preparation shots x
Use placement variety and rhythm changes to prepare point

	Exercise	Comment
Warm up	30'	
1.1.	Running/ Dyn. Stretching	
1.2.	Sprints (Paul)	
1.3.	On-Table Warm Up - down the line	
Body	105	
2.1.	A: 3 FHTS from FH; 1 BHTS from BH B: 4x B from BH; 4 B from M	
2.2.	A: 2 FHTS from 1/3M to BH; B: BHB A: 2 FHTS from FH to M <i>Coaches mark wide FH with tape</i>	<i>Free when TS to wide FH</i>
Break	5'	Break
3.1.	A/B: BH kick vs BH kick from BH box <i>1 player allowed to play to wide FH</i>	Change when player cant reach ball to wide FH
3.2.	A: LS; B from 2/3 BH B: TS with different rhythm until TS to wide FH	
3.3.	Individual exercise	
4.1.	Top Table (if time)	
Cool Down	10'	
4.1.	Stretching	



ITTF-Oceania Hopes Week and Challenge

D3S1 11/04/2018

Topic:	S/ R Practise 101 & Training	
Objective:	x Introduce the basics of short and long serves	x
	Introduce the basics of short P	x
	Monitor progress at skill circuit	

	Exercise	Comment
Warm up 30'		
1.1.	Running/ Dyn. Stretching	
1.2.	Sprints	
1.3.	On-Table Warm Up	
Body 60'	S & R practise	
2.1.	Long S vs act return	
2.2.	short S and short return	
2.3.	ShS;long return; 1st ball attack	
Break 5'	Break	
	45'	
3.1.	ITTF-Oceania Skill Circuit at 5 different stations	
Cool Down 10'		
4.1.	Stretching	



ITTF-Oceania Hopes Week and Challenge

D3S2 11/04/2018

Topic: Footwork Intervals

Objective: x Improve speed/ Agility x
Improve consistent blocking

	Exercise	Comment
Warm up 30'		
1.1.	Running/ Dyn. Stretching	
1.2.	Sprints	
1.3.	On-Table Warm Up	
Body 45'	Intervals 3x3min 30 sec break	
2.1.	FH from M;FH from BH	
2.2.	Falkenberg	
2.3.	FH,M,BH,M,FH w' FH whole table	
Break 5'	Break	
	60'	
3.1.	FH from 2/3 M	
3.2.	Individual exercise	
4.1.	Team matches	
Cool Down 10'		
4.1.	Stretching	



ITTF-Oceania Hopes Week and Challenge

D4S1 12/04/2018

Topic: Technical changes when preparing & finishing a point

Objective: x Understand different distances to the table when preparing or finishing the point x Vary placement to open up one corner

	Exercise	Comment
Warm up 30'		
1.1.	Running/ Dyn. Stretching	
1.2.	Sprints	
1.3.	On-Table Warm Up	
Body 45'	Multiball	
2.1.	2 FH from FH; 2 Fh from M <i>1st ball open up, 2nd ball fast</i>	Mark different areas on the table for 'preparation' and finisher
2.2.	FH open up up from M, BHTS pivot finish	
2.3.	ShFH, BH open up, 3 balls free <i>Find distance to table to finish last point</i>	
Break 5'	Break	
	60'	
3.1.	A/B BH kick vs BH kick from BH box <i>1 player allowed to play to wide FH</i>	Change when player cant reach ball to wide FH
3.2.	A: LS; B from 2/3 BH B: TS with different rhythm until TS to wide FH	
3.3.	Individual exercise	
Cool Down 10'		
4.1.	Stretching	



ITTF-Oceania Hopes Week and Challenge

D4S2 12/04/2018

Topic: Footwork - STps and jums in M area

Objective:

- x Correct stands before and between shots
- x Improve balance when covering middle area
- x Players explore if they prefer steps or jump to free up middle

	Exercise	Comment
Warm up	30'	
1.1.	Running/ Dyn. Stretching	
1.2.	Team game 10 in a row	
1.3.	On-Table Warm Up	
Body	60'	Passive to active
2.1.	A/B 2FHTS, 1CH, 2FHB from M <i>70%speed, chance distance to table</i>	Constant movement in feed, alternate jumps for smaller areas and steps or jumps for wider areas
2.2.	A/B 2BHTS, 1CH, 2 BHB from 1/3 BH	
2.3.	A/B 2BHB from M, 2 FHTS from M, 1 FHD from M	
Break	5'	Break
	30'	
3.1.	A/B BH kick vs BH kick from BH box <i>1 player allowed to play to wide FH</i>	

Cool Down 10'

4.1. Stretching

