

CADETS

D1 S1 13/09/2018

Topic: Footwork / Basic Strokes

Objective: On table rhythm and consistency

		Exersice	Comment
Warm up	30'		
1.1		Running / Dynamic Stretching	Establish routine
1.2		Game: Around the World	
1.3		On table Warm up	
Body	45'	Multiball 2 boxes each	
2.1		2 - 2 FHTS from FH box and mid box	Foot position - technique
2.2		2 - 2 BHTS from BH box and mid box	
2.3		2 BHTS from BH box - 2 FHTS from FH box	
	15'	Break	
	45'	Single ball	
3.1		A Down the line Counterhit B Crosscourt	
3.2		2 BH pivot 2 FHTS	
3.3		Falkenberg 3rd ball mid	
	30'	Top Table with topic / Top Table	
		Only FH box	Consistency
		Only BH box	
		Top Table	
Cool Down	15'		
4.1		Stretching / summury - review of the session	

D2 S1 14/09/2018

Topic: Footwork / Basic Strokes

Objective: On table rhythm and consistency

		Exersice	Comment
Warm up	30'		
1.1		Running / Dynamic Stretching	Establish routine
1.2		Agility ladder	
1.3		On table Warm up	
Body	45'	Multiball 2 boxes each	
2.1		2 - 2 FHTS from BH box and mid box	Foot position - technique
2.2		1 - 1 BHTS from BH box and mid box	
2.3		2 BHTS from BH box - 2 FHTS from FH box	
	15'	Break	
	45'	Single ball	

3.1		2 - 2 BH box - FH box		
3.2		2 BH pivot 1 FHTS		
3.3		BH and FH push	Feeling and backspin	
	30'	Top Table with topic / Top Table		
		Only down the line A players	Consistency	
		Only down the line B players		
		Top Table		
Cool Down	15'			
4.1		Stretching / summury - review of the session		
D3 S1 15/08/2018				
Topic: Footwork / Basic Strokes				
Objective: On table rhythm and consistency				
		Exersice	Comment	
Warm up	30'			
1.1		Running / Dynamic Stretching	Establish routine	
1.2		Shadow Training		
1.3		On table Warm up		
Body	45'	Multiball 2 boxes each		
2.1		2 - 2 -2 FHTS from FH ,mid ,BH	Foot position - technique	
2.2		1 - 1 BHTS from BH box and mid box		
2.3		1 BHTS from BH box and 1 FHTS from FH box		
	15'	Break		
	45'	Single ball		
3.1		1 - 1 BH box - FH box		
3.2		1 BH pivot 1 FHTS		
3.3		Falkenberg 3rd ball wide FH corner		
	30'	Top Table with topic / Top Table	Match routine	
		Only long serves	React on fast serves	
		Top Table		
Cool Down	15'			
4.1		Stretching / summury - review of the session		
D4 S1 16/09/2018				
Topic: Footwork / Basic Strokes				
Objective: On table rhythm and consistency				
		Exersice	Comment	
Warm up	30'			
1.1		Running / Dynamic Stretching	Establish routine	
1.2		Game: Around the World		

	1.3	On table Warm up		
Body	45'	Multiball 2 boxes each		
	2.1	1 - 1 -1 FHTS from FH ,mid ,BH return mid	Foot position - technique	
	2.2	1 - 1 -1 FHTS from FH ,mid ,BH return wide FH		
	2.3	BHTS from BH box, feeding backspin		
	15'	Break		
	45'	Single ball		
	3.1	3rd ball attack from FH after backspin		
	3.2	3rd ball attack from BH after backspin		
	30'	Top Table with topic/Top Table	Match routine	
		Only Short serves	React on short serves	
		Top Table		
Cool Down	15'			
	4.1	Stretching / summury - review of the session		
D5 S1 17/09/2018				
Topic: Footwork / Basic Strokes				
Objective: On table rhythm and consistency				
		Exersice	Comment	
Warm up	30'			
	1.1	Running / Dynamic Stretching	Establish routine	
	1.2	Game: Around the World		
	1.3	On table Warm up		
Body	45'	Multiball 2 boxes each		
	2.1	1 - 1 -1 FHTS from FH ,mid ,BH return mid	Foot position - technique	
	2.2	1 - 1 -1 FHTS from FH ,mid ,BH return wide FH		
	2.3	FHTS from FH box, feeding backspin		
	15'	Break		
	45'	Single ball		
	3.1	Short push BH & FH		
	3.2	Short push, FH flick then free		
	3.3	Short push, BH flick then free		
	30'	Top Table		
		Top Table	Match routine	
Cool Down	15'			
	4.1	Stretching / summury - review of the session		

Blue bar
Grey bar

Grey bar

Grey bar

Grey bar

Blue bar
Grey bar

Grey bar

Grey bar

Grey bar

Blue bar
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Blue bar
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