

JUNIOR/TEAM

D1 S3 13/09/2018

Topic: Footwork / Reaction short and long balls

Objective: On table rhythm and positioning

		Exersice	Comment
Warm up	30'		
1.1		Running / Dynamic Stretching	Establish routine
1.2		On table Warm up	
Body	45'	Multiball 2 boxes each	
2.1		1- 1 FHTS from short/long and long flat ball (fh)	Focus depth of the table
2.2		1-1 BHTS from short/long and long flat ball (bh)	
2.3		1-1 FHTS Or BHTS from short/long and long flat ball (mid)	
	15'	Break	
	60'	Single ball	
3.1		FHTS from fh box (control tempo from the blocker)	consinstency
3.2		BHTS from bh box (control tempo from the blocker)	
3.3		Falkenberg 3rd ball mid	
	15'	Top Table	
		Top Table	Match routine
Cool Down	15'		
4.1		Stretching / summury - review of the session	

D2 S1 14/09/2018

Topic: Footwork / Reaction short and long balls

Objective: On table rhythm and positioning

		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		1- 1 FHTS from short/long and long backspin ball (fh)	Foot position - technique
2.2		1-1 BHTS from short/long and long backspin ball (bh)	
2.3		1-1 FHTS Or BHTS from short/long and long bachspin ball (mid)	
	15'	Break	
	60'	Single ball	
3.1		FH - MID -FH - BH spot, all TS	Footwork
3.2		BH - MID - BH - FH spot, all TS	
3.3		Falkenberg 3rd ball wide fh	

	15'	Top Table	
		Top Table	Match routine
Cool Down	15'		
4.1		Stretching / summury - review of the session	
D3 S3 15/08/2018			
Topic: Footwork / Recovery after short balls			
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		1 FH short push - 1 FHTS after backspin	Foot position - technique
2.2		1 BH short push - 1 BHTS after backspin	
2.3		1 FH flick - 1 FHTS fh box	start from ready position
	15'	Break	
	60'	Single ball	
3.1		TS BH - FH - BH - FH Last one winner crosscourt then free	
3.2		1BHTS after backspin serve, pivot FHTS winner crosscourt then free	
3.3		mid- everywhere TS (blocker try to absorbe the power)	
	15'	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 S3 16/09/2018			
Topic: Footwork / Recovery after short balls			
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		1 FH short push - 1 BHTS after backspin	Foot position - technique
2.2		1 BH short push - 1 FHTS after backspin	
2.3		1 BH flick after push - 1 BHTS BH box (flat)	

	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 S3 17/09/2018			
Topic: Footwork / Recovery after short balls			
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		1 FH short push - 1 BHTS or FHTS after backspin everywhere	Foot position - technique
2.2		1 BH flick - 1 BHTS or FHTS after flatball everywhere	
2.3		1 short - 1 long ball everywhere	
	15'	Break	
	45'	Single ball	
3.1		2 FHTS then 1 flat both players	
3.2		2 BHTS then 1 flat both players	
3.3		2BHTS pivot FHTS winner then free	
	30'	Top Table	
		Top Table	Match routine
Cool Down	15'		
4.1		Stretching / summury - review of the session	