

Training By Yourself at Home



Training by Yourself? Is it possible?

Yes you can train for improving your table tennis by yourself

There are a number of ways:-

- Bat / Ball bounce, spin, catch to improve coordination, touch and feel
- Use a robot
- Use a re-bouncer board
- Drop and hit

These are a few but importantly practice the correct strokes!

Bat / Ball Exercises

- Just by practicing with your bat and a ball there are many activities you can do to improve the feel and touch for table tennis
- These activities can benefit co-ordination and concentration skills
- The other benefit is seeing the results and learning what is happening to the ball when contact is made by variations so knowledge is also improved from that feedback

Using a Robot

- Robot training is good for all different exercises to improve your table tennis
 - But the costs can vary and not everyone has this option
- Simple robots can help improve specific areas of your game and the higher level/cost robots can have functions to plan real game drills
- One drawback from using a robot is you are not watching a hand or bat but benefits such as concentration, placement and consistency are high

Using a re-bouncer board

- A re-bouncer board can be purchased, simply made or even some roll away tables have an ability to be used for playback
- Commercial re-bounce boards can be used with rubber sheets to give the receiving effect from different styles of players and equipment
- Benefits can be much like a robot or receiving multiball but the extra advantage is you can serve to the board and see the reaction off your spin
- Example: Youtube “Homemade Table Tennis Return Board or Rebounder”

Drop and Hit

- By dropping the ball and hitting all different strokes you can improve by yourself
- Change the way the ball bounces by different surface eg. Off a cloth, alter bounce by allowing the ball to bounce twice and then hit are all variations
- The obvious drawback is not experiencing spin
- Examples: Youtube “Table Tennis Training Alone” and Youtube “Table Tennis Self Training”

Anything else?

- Well these are a few examples and suggestions for improving your table tennis and there are more things that you can do
- Don't forget shadow play, visualisation and dreaming but that really helps your mental strengths and not a lot of physical work
- Serving practice should get as much focus as your other strokes in the game as serving is when you are in control and it plays a high percentage of the table tennis game (You can always practice serving alone just get a few balls and have a purpose for what you practice)

Don't forget perfect practice makes perfect!

Good luck, stay safe, stay healthy and keep table tennis alive!

From the High Performance Committee