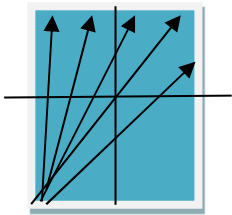


Goals for Session Short Long Serve / Switching Play

Service Plan (Aim for **30 minutes** serving practice session or 200 to 300 balls)

Target Areas



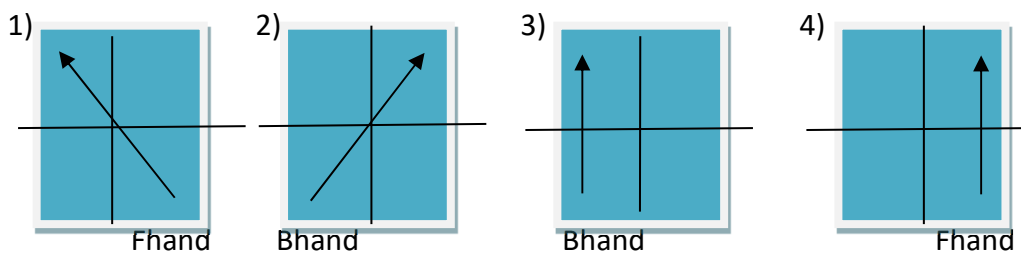
Server

Key Points 1) Always practice legal serves ball in open palm of hand, ball thrown up vertical and 160mm high hitting on downward fall of ball, 2) Don't rush, relax-breathe, prepare mentally, have a purpose for serve, use your service ritual, flex wrist, grip relaxed, start bat swing, contact point on bat and bat angle, follow through to ready position. **Challenge** 1) Serve so that second bounce on opponents side of table is near end or side line. **(15 minutes)** This would make it hard for opponent to decide what stroke to play and risk hitting the table with their bat. 2) Serve free your choice. **(15 minutes)** Serve with purpose and get into ready position after serve.

Switching Play (For left hander make adaptation changes) **Total time 60 minutes**

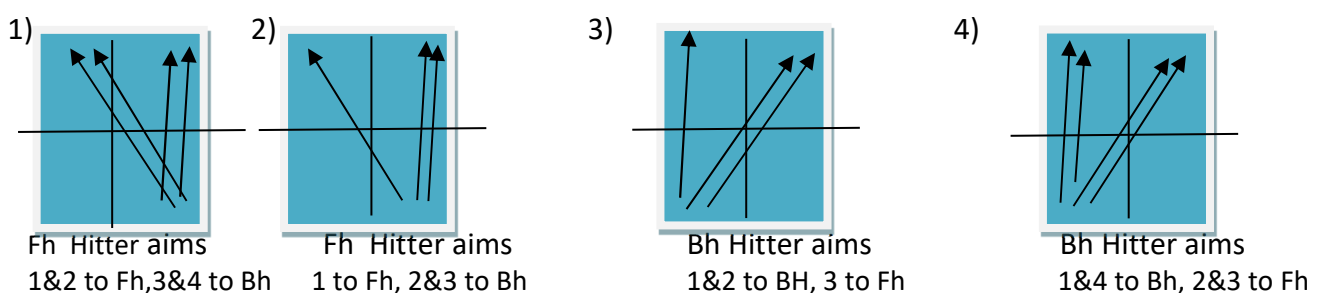
Warm Up 5 – 10 minutes Jog, Skip or whatever warms you up and gets heart rate increased, plus dynamic stretches

Table Work Using a hitting partner, Robot, Rebound board, Drop and Hit, Multiball, (Robot and multiball counterhit or topspin) 5 minutes per exercise or 150 balls hit. **Total time 20 minutes 4 drills**



All topspin if 1 person training, All topspin to block if 2 people training and alternate in turn

Switch Play Hitting partner, Robot, Rebound Board, Drop and Hit, Multiball (Robot and multiball topspin) 5 minutes per exercise or 150 balls hit, Alternate if 2 people and start with a serve, **Total time 20 minutes 4 drills**



Warm Down 5 – 10 minutes stretching, evaluate your session Goals achievement out of 10