

BAL BHARATI PUBLIC SCHOOL



Table Tennis Clinic

Venue : BAL BHARATI PUBLIC SCHOOL, PITAMPURA

Date : 20th August, 2007

Modal Weekly Training Plan for Pre. Competition: -

CONTENTS	1	2	3	4	5	6	Total Time
Physical Training: -							
1. Gen. warming up.	16 Min	16 Min	20 Min	8 Min	16 Min	16 Min	92 Min
2. Spe. warming up	10 Min	10 Min	10 Min	6 Min	10 Min	10 Min	56 Min
3. Flexibility	5 Min	---	---	---	---	---	5 Min
4. Combination of Exercises	---	10 Min	20 Min	---	10 Min	10 Min	50 Min
5. Shadow Exercise	---	5 Min	---	5 Min	5 Min	5 Min	20 Min
6. Loosing up	5 Min	7 Min	10 Min	5 Min	7 Min	7 Min	41 Min
Percentage of work, duration	15% 36 Min	20% 48 Min	25% 60 Min	20% 24 Min	20% 48 Min	20% 48 Min	264 Min
Technical Training: -							
1. Forehand counter	16 Min	15 Min	16 Min	8 Min	10 Min	9 Min	74 Min
2. Backhand counter	16 Min	15 Min	16 Min	7 Min	10 Min	9 Min	73 Min
3. Forehand Top Spin	30 Min	---	16 Min	15 Min	---	10 Min	71 Min
4. Forehand Smash	10 Min	---	---	---	---	---	10 Min
5. Service / Receive	---	30 Min	---	---	28 Min	20 Min	78 Min
Percentage of work, duration	30% 72 Min	25% 60 Min	20% 48 Min	25% 30 Min	20% 48 Min	20% 48 Min	306 Min
Tactical Training: -							
1. Combining F/H & B/H	16 Min	10 Min	16 Min	---	20 Min	---	62 Min
2. 3, 5, 7, Ball attack	30 Min	20 Min	---	---	---	16 Min	66 Min
3. 2, 4, 6 Ball attack	---	20 Min	10 Min	---	20 Min	---	50 Min
4. Sequence Practice. i) Regular	20 Min	10 Min	---	18 Min	---	---	48 Min
ii) Irregular	20 Min	10 Min	---	---	---	---	30 Min
iii) Match	---	---	20 Min	---	20 Min	---	40 Min
5. Al round practice	---	26 Min	20 Min	30 Min	---	32 Min	108 Min
6. Game / Match Practice	10 Min	---	30 Min	---	48 Min	60 Min	148 Min
Percentage of work, duration	40% 96 Min	40% 96 Min	40% 96 Min	40% 48 Min	45% 108Min	45% 108Min	552 Min
Rest during training % and duration	15% 36 Min	15% 36 Min	15% 36 Min	15% 18 Min	15% 36 Min	15% 36 Min	198 Min
Total Time / Hrs.	240 Min 4 Hrs	240 Min 4 Hrs	240 Min 4 Hrs	120 Min 2 Hrs	240 Min 4 Hrs	240 Min 4 Hrs	1320 Min 22 Hrs.

One day schedule

Morning / Day Time :	9:00 a.m. to 11:00 a.m.	2 Hrs. (120 Min.)
Evening :	5:00 p.m. to 7:00 p.m.	2 Hrs. (120 Min.)

Day Time Training

1. Line up	-	3 Min
2. Physical training: -		
i) Gen. w/up	-	8 Min
ii) Spe. w/up	-	5 Min
iii) Shadow Ex.	-	5 Min
3. Changing / Rest	-	5 Min
4. Technical Training	-	46 Min
i) Forehand counter	-	8 Min
ii) Backhand counter	-	8 Min
iii) Service / Receive	-	30 Min
5. Rest	-	3 Min
6. Technical Training	-	46 Min
i) Combination of F/H, & B/H	-	10 Min
2 : 1 5 × 2		
ii) 3 rd ball attack	-	20 Min
10 × 2		
iii) Regular sequence	-	10 Min
5 × 2		
7. Changing & Line up	-	5 Min
Total Time	-	120 Min (2 Hrs.)

Evening Training (5:00 p.m. to 7:00 p.m.)

1. Line up	-	3 Min
2. Gen W/up	-	8 Min
3. Spe. w/up	-	5 Min
4. Changing time	-	3 Min
5. Technical Training: -	-	14 Min
i) Forehand counter	-	7 Min
ii) Backhand counter	-	14 Min
6. Tactical Training:-	-	56 Min
i) 2, 4, 6 Ball attack	-	20 Min
10 × 2		
ii) Irregular sequence	-	10 Min
Rest	-	2 Min
iii) All round Practice	-	26 Min
Individual (13 × 2)		
7. Rest / Changing time	-	8 Min
8. Combinations of Exercises	-	10 Min
15 sec × 6 × 5		
9. Loosing up	-	7 Min
10. Line up / discussion	-	4 Min
Total	-	120 Min (2 hrs)

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The purpose of this clinic was to come up with some concrete plans in grooming up the talents of various age groups by conducting periodical camps i.e. in this Project 120 days camp has been suggested.

The camps in this Project have been divided into different stages i.e.:

- (a) I – Stage (10 to 12 years)
- (b) II – Stage (13 & 14 years)
- (c) III – Stage (15 to 17 years)
- (d) IV – Stage (18 years & above)

In each and every stage different priorities are given, for instance: -

- (a) I – Stage : More importance for physical training (both general / basic) apart from concentrating on technical and tactical training.
- (b) II – Stage: Equal importance is given for physical (introduction of circuit / combination of exercises), technical and tactical training (introduction of 3, 5 & 7th ball attack and 2, 4, & 6th ball attack)
- (c) III – Stage: Individualized training pattern is advised. There is a variation in physical training. Back hand topspin / drive is introduced in technical training. Importance is given more for tactical training. It is more of a match type.
- (d) IV – Stage : Physical training is specific related to the game. Technical training is aimed for mastery and in tactical training intensity is high as performance is expected. Emphasis for techno-tactical training to reach high performance.

It should be further noted that proper guidance from Sports Science Department must be taken into consideration in enhancing the performance.

Coaching camps should be considered as investments and they are dependent on dedicated set of coaches and trainees in reaping rich dividends in the near future.

Syllabus for Clinic
TABLE TENNIS

THEORY: -

1. History of the Game: -
2. Stance
 - a. Central position.
3. Grip
 - a. Shake hand
 - b. Pen holders
4. Services
 - a. Fast and slow
 - b. Various spin services
5. Push stroke
 - a. Back hand & forehand push
 - b. Half volley
6. Fore hand & Back hand attack
 - a. Counter attack
 - b. Fore hand drive
 - c. Back hand attack
7. The Kill & Drop Shot
8. Defence Back hand & fore hand
 - a. Defence on both flank
 - b. Short board defence
 - c. Far away from the table
9. Doubles & Mixed Doubles
10. Rules & Regulations adopted by International Table Tennis Federation.
 - a. Draw of ties
 - b. Draw of ties of orbollion and Swaythling Cups
 - c. Organisation
11. Physical Training
 - a. General foot work
 - b. Shadow practice
12. Tactics & Strategy
 - a. Using spin of the apponent
 - b. Using own spin
 - c. Doubles playing Tactics
 - d. Playing against pen holders.
13. Coaching and method of teaching
 - a. Coaching camp for beginners and various Age group coaching camps.

PRACTICAL: -

1. Physical Fitness: -
 - a. Free hand exercises according to the Chart
 - b. Shadow practice
2. Stance: -
 - a. Central Position
3. Grip: -
 - a. Shake hand
 - b. Pen holders
4. Services: -
 - a. Fast & Slow
 - b. Spin Services
5. Push Stroke: -
 - a. Back hand fore hand
 - b. Half Volley
6. Fore hand attack & Back hand attack: -
 - a. Counter attack
 - b. Fore hand drives
 - c. Back hand drive
7. The kill and drop shot
8. Defence Back hand and fore hand
 - a. Near the table
 - b. Far away from the table
9. How to play doubles
 - a. Men's Doubles
 - b. Mixed doubles
10. To act as Chief Referee
 - a. Umpire the matches
 - b. Conduct a tournament
11. Coaching and method of teaching
 - a. Coaching camps for beginners.