



1. Like and love table tennis

- Some players like to be first but they do not care in which sport
- We have to find players with a great love for table tennis
- Who feel an intrinsic motivation; not by the coach or the parents

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2. The earlier the better

- Most players who have reached the top 10 of the world ranking started in a very young age
- Specialise early on table tennis
- Cooperation with kindergarden, schools and clubs is necessary
- We compete with other sports who often get the best talents first
- We compete with music, computer, all-day schools
→ therefore often less time for practice

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3. Ready for hard work

- Table tennis requires more practice than most other sports
- It is a combination of acceleration, endurance, fast reactions and fast thinking
- High-speed chess

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4. Strong desire for competition

- Many only like to show up in practice
- We need to find the players who achieve the best results under pressure in competition
- Try to teach the players that table tennis is a sport you have to think about not only in training, but also before and after training
- Promote the ability to talk about table tennis

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5. Keep it simple

- Basic techniques have to be repeated every day
- Basic techniques have to be contents of the daily practice, no matter if beginner or professional
- All players should have the feeling that they can rely on their technique in every situation

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Basic steps of a young player's development

- **Speed**
 - The speed of the player's legs
 - The speed of the player's arm and wrist
 - The speed of the ball

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Basic steps of a young player's development

- **Spin**
 - Gentle, tangential touch of the ball
 - The ball is not bouncing high
 - Spin as counterattack to give back a fast, spinny topspin
 - Spin as spinblock

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Basic steps of a young player's development

- **Play precisely**
 - Have control and quality with a stroke's placement
 - Keep the body tension in order to control all strokes
 - Keep the body tension even under time pressure
 - Quality starts with the first ball

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Basic steps of a young player's development

- **Variation**
 - Always be ready to change the placement of the stroke
 - Be creative when deciding the placement of topspin, return or service
 - The opponent should not be able to anticipate the placement

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Crucial points when executing a stroke

- Early anticipation
- Watching and realizing how fast and spinny the ball is approaching
- Positioning e.g. with a good footwork
- Distance between table and player



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How to start with a beginner

- Start with isolated stroke practice and continue early with stroke and footwork combinations
- Introduce shadow practice as part of the training
- Introduce mutual many balls practice
- Visualize the movements with mirrors, camera etc.
- Make coordination part of every training, e.g. Warm-up or cool-down
- Focus on a good technique basis:
 - Grip of the handle
 - Placement of the feet
 - Use of wrist, forearm and body
 - Feeling and understanding of spin
- Be patient

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Forehand attacking style

- **Ma Long**
 - Basis is good footwork and service
 - Ready to play forehand from backhand side
 - Explosive power in the stroke
 - Longer aggressive movement
 - Variation of spin and speed
 - Forehand is the most often used stroke to win a point

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Backhand attacking style

- **Zhang Jike or Dimitrij Ovtcharov**
 - Backhand was used to guarantee control and to prepare forehand topspin
 - Nowadays backhand oriented players can compete with forehand oriented players
 - Especially the backhand banana flick return is very common in use
 - Backhand players use backhand sometimes also from middle or to attack for half-long balls

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Backhand attacking style

- **But:**
 - Still backhand oriented players use their forehand equally in crucial situations
 - Forehand allows them more possibilities and flexibility when moving
 - See the 2015 WC in Suzhou where 2 VH players (Ma Long, Fang Bo) and two BH oriented players (Zhang Yike, Fan Zhedong) reached the semi final

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Footwork

- **Some of the most crucial points a young player has to learn**
 - Sidesteps
 - Forward and backward movement by using also the toes
 - Keep the steps small if possible
 - Cross step as last alternative for long distances
 - Always keep the body tension and balance



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Footwork

- **Some of the most crucial points a young player has to learn**
 - Keep the body tension in the middle to avoid that shoulder or upper body leave this position
 - Avoid jumping
 - Most of the mistakes starts from wrong footwork
 - Better two small steps than one big step as it is easier to react and adjust to the opponent's strokes and surprising placements

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Footwork

- **Practice of footwork with multiball / many balls is the classic method**
- **Alternatively use only one ball by using sparring partners in order to practice one step repeatedly**


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Service and return

- Crucial after the basic techniques are cemented
- Develop a habit for being creative
- Strokes
 - Short return
 - Long return
 - Flick
 - Push
 - Variation of flick and push
 - Backhand banana flick
 - Long push (strong backspin, sidespin-backspin, fast-spinless)
 - Forehand flick fast and spinny



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Service


- Start to practice your own services early
- Never only copy but keep studying other players to get more inspiration
- Create your own style
- Examples:
 - Waldner serves relaxed
 - Timo Boll reverse service
 - Ovtcharov backhand service
 - Ma Long serves through the ball
- Variation of the timing by different tosses

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What to take care of in practice?

- Watch the ball
- Self reflection
- Combination (if one placement is chosen; then what to expect after and where to expect the next ball)
- Small steps are always better than big steps



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Differences between celluloid and plastic ball

- The size of the plastic ball is bigger(40 plus)
- Plastic ball with or without rim
- At this moment all companies are facing troubles in producing enough plastic balls-less balls to choose – less quality in general
- Most of the balls are still a mixture between plastic and a kind of celluloid(less flammable)

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Plastic-celluloid ball

- ITTF allows a bigger range in producing balls, many companies are still experimenting
- End of 2016 hopefully the quality of the plastic ball is on the same level than the celluloid ball

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Plastic-celluloid ball playing differences

- Less spin in topspin and in service
- Less spin in push and flic
- Mainly because the plastic loses faster the spin
- The player has to move more towards the ball
- Especially short and or half long balls are more difficult to judge
- The game will be even more athletic as the moving towards the ball and the exeleration has to be done by the hand and body even more

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Plastic-celluloid ball playing differences

- BH banana flic also loses faster the spin, therefore maybe a bit less effective-keeping short short or long push as alternative in mind
- The ball also loses faster the speed after leaving the racket
- In spin spin situation the players have to be closer to the table
- Defensive players have to stay also closer as the ball falls down earlier due to less spin and speed

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Plastic-celluloid ball playing differences

- In ts-ts situation not only in front but in front and up by using arm wrist and body even more together
- As a blocking alternative(to the spin block)the straight pressed block might be back.....
- But:
- Table Tennis will stay table tennis!!!!!!

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27

Coaches

- Positive guidance
- Discipline
- Keep the focus
- Set a good example, be the first in the hall and leave the hall as last
- Set yourself a goal
- Take care
- You are friend and officer for players
- Mental coaching on individual approach

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Playing system

- Coaches has to analyze the playing system that fit to the player
- Zhang Yike, Ovtcharov backhand oriented, improve forehand skills
- Boll forehand orientated, spinny, improve backhand and fast topspin
- Samsonov, good control in passive game, improve aggressiveness

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Playing system

- The goal is to create complete players
- Improve the weaknesses and strengthen the key skills
- Talk to the players to make them realize that table tennis can only be improved with high concentration and focus
- Keep asking the players questions in order to make them think about table tennis also off the practice

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30

Keep it simple

- Drills
 - 2-2 plus variation
 - Falkenberg
 - Middle corner
 - Combination drills
 - Free against backhand
 - Half table free
 - Short long alternative drills
 - Service free
- Many balls
- Isolated exercises

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31

Service variation

- How to hold the racket while serving
- The ball is rising above the net
- The ball is falling above the net
- Working with goals while serving, 5 or 10 times in a row....
- Keeping the pressure up while serving in front of a group
- Spin and no spin service, classic and how to generate the kick
- Sidespin upspin sidespin downspin
- Downspin and listing the racket up
- Upspin and putting the racket down

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Service

- Serving around the ball with the thumb as a turning point
- Reverse service and how to approach, first steps
- Long services

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33

Service

- Always remember:
- The service is the only stroke not effected by the oponent
- You can do the practice of service alone
- Winning by serving are easy points
- Do the service practice not more than 30-40 minutes
- Concentrate on two or three service per service practice
- Be always fresh and highly concentrated when practice services

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