

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 shoud have the feeling that they can rely on their technique in every situation

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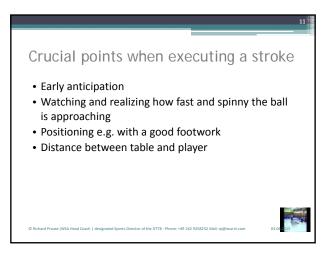


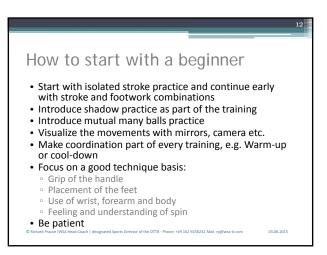
Basic steps of a young player's development • Speed • The speed of the player's legs • The speed of the player's arm and wrist • The speed of the ball

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

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





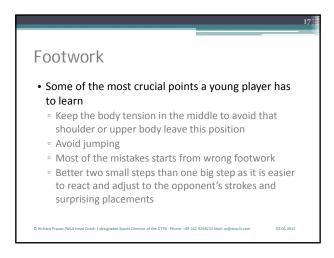


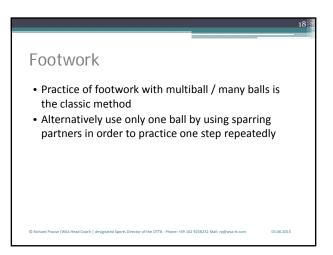
Forehand attacking style • Ma Long • Basis is good footwork and service • Ready to play forehand from backhand side • Explosive power in the stroke • Longer aggressive movement • Variation of spin and speed • Forehand is the most often used stroke to win a point

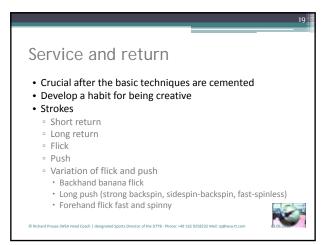
Backhannd attacking style • Zhang Jike or Dimitrij Ovtcharov • Backhand was used to guarantee control and to prepare forehand topspin • Nowadays backhand oriented players can compete with forehand oriented players • Especially the backhand banana flick return is very common in use • Backhand players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

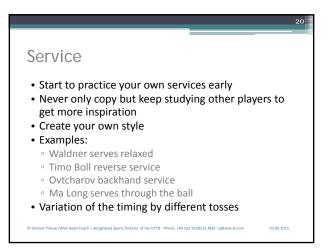


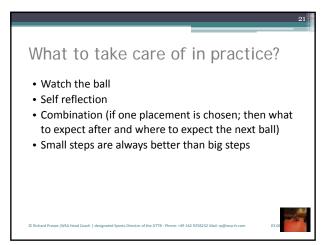


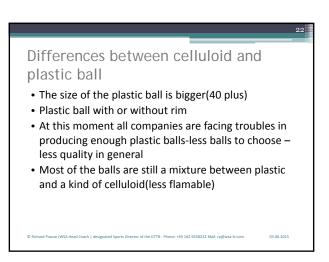


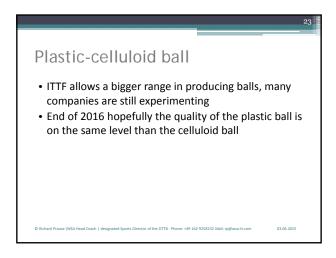


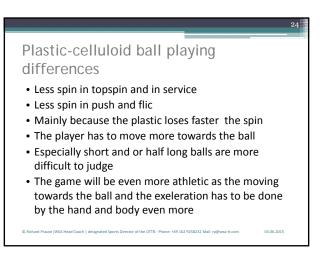












Plastic-celluloid ball playing differences

- 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 ans speed

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differences
-In ts-ts situation not only in front but

Plastic-celluloid ball playing

-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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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 strenghten 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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Keep it simple

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

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Service variation

- How to hold the racket while serving
- The ball is riasing 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

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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