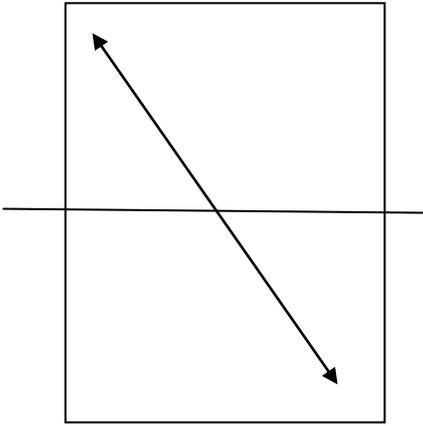
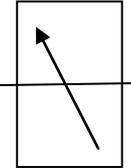
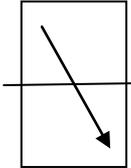
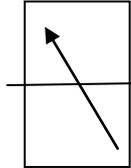
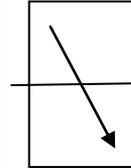


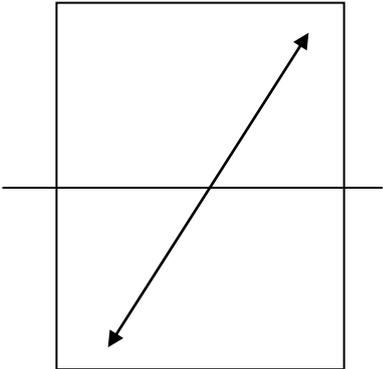
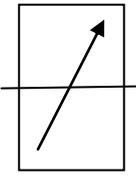
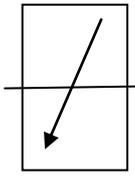
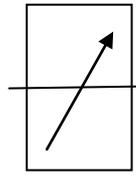
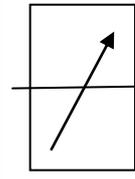
## Table Tennis Exercises - Regular

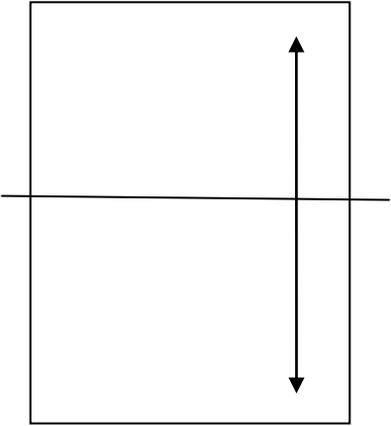
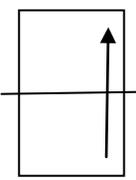
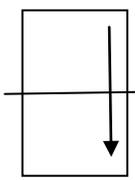
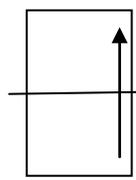
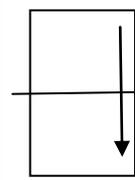
The following are good exercises to start beginners in disability table tennis. You will notice that they are similar to able bodied players. The important thing to remember when coaching players with a disability is not to get carried away with topspin play. Players need time to recover and going too fast or with too much spin makes this difficult. Also, players will not be able to move their body position quickly if at all so positioning and placement are very important in disability table tennis..

All these exercises can be done using push or topspin and to begin with should be regular – this means that the players know where the ball should go and are working together to keep the rally continuous - the feeder plays to a set pattern , each stroke and placement known in advance as given below.

Irregular practice the feeder plays more randomly with a set order so the feeder has a selection of options to play the next stroke. The opponent therefore has to practise recovering and does not get into a mindless routine. This sort of practice is very important for the development of the players as it is more realistic to match play and the players learn to recover and read the ball. The players learn to watch the ball more closely and can react to the changing play far more readily – as in a match. Play should start with REGULAR practice but move onto irregular practice very quickly The key factor is to keep the rally relatively slow to begin with so that the players learn to recover and keep their focus.

				<p><b>Forehand to Forehand 10 minutes</b></p> <p>Play diagonal line Keep it slow not too fast</p> <ul style="list-style-type: none"> <li>- gives time to recover for next stroke</li> <li>- Can do this exercise using topspin or push</li> <li>- Keep followthrough relatively short not too long</li> </ul>	
				1	From right court Play cross court
				2	Return cross court
				3	Return cross court
				4	Return cross court
1	2	3	4		

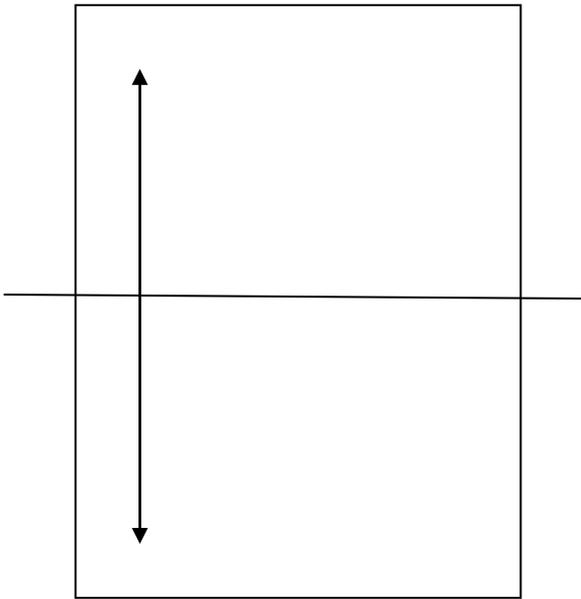
				<p><b>Backhand to Backhand</b>  <b>10 minutes</b>          Play diagonal line</p> <p>Keep it slow not too fast</p> <ul style="list-style-type: none"> <li>- gives time to recover for next stroke</li> <li>- Can do this exercise using topspin or push</li> <li>- Keep followthrough relatively short not too long</li> </ul>	
				1	From left court Play cross court
				2	Return cross court
				3	Return cross court
				4	Return cross court
					
1	2	3	4		

				<p><b>Forehand to Backhand</b>  <b>10 minutes and then reverse roles</b></p> <p>Play down line on the right Hand side</p> <p>Keep it slow not too fast</p> <ul style="list-style-type: none"> <li>- gives time to recover for next stroke</li> <li>- Can do this exercise using topspin or push</li> <li>- Keep follow through relatively short not too long</li> </ul>	
				1	From right court Play down line
				2	Return down line
				3	Return down line
				4	Return down line
					
1	2	3	4		

**Backhand to Forehand**  
**10 minutes and then reverse**  
**roles**

Play down line on the left Hand side  
 Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long



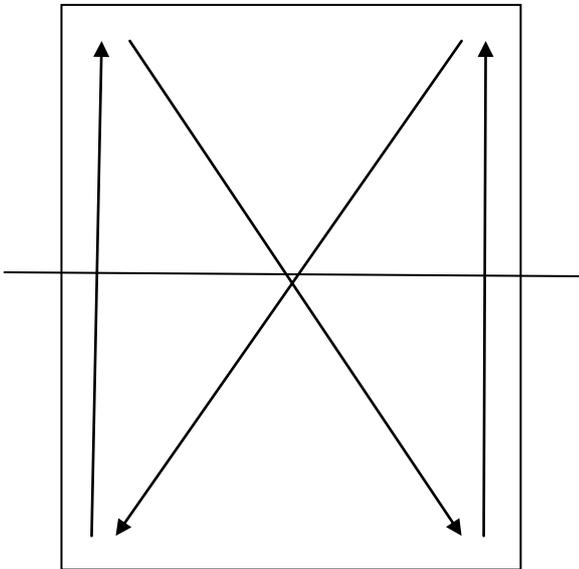
				1	From left court Play down line
				2	Return down line
				3	Return down line
				4	Return down line
1	2	3	4		

**Lines and Diagonals**  
**10 minutes and then reverse roles**

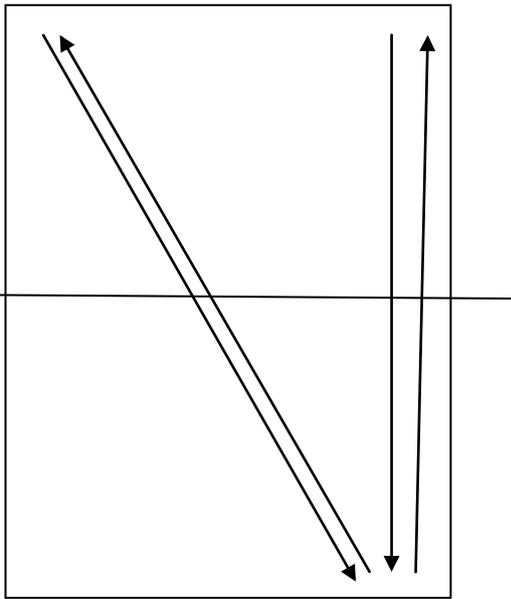
One player plays diagonals, the other plays down the line

Reverse roles after 10 minutes  
 Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long



				1	From right court Play down line
				2	Return cross court
				3	Return down line
				4	Return cross court
5	Return down line				
				5	Return down line
				6	Return cross court
				7	Return down line
				8	Return cross court
				9	return down line
				10	Return cross court
				11	Return down line
				12	Return cross court



**Lines then Diagonal**  
**10 minutes and then reverse**  
**roles**

Can do the same using backhand side

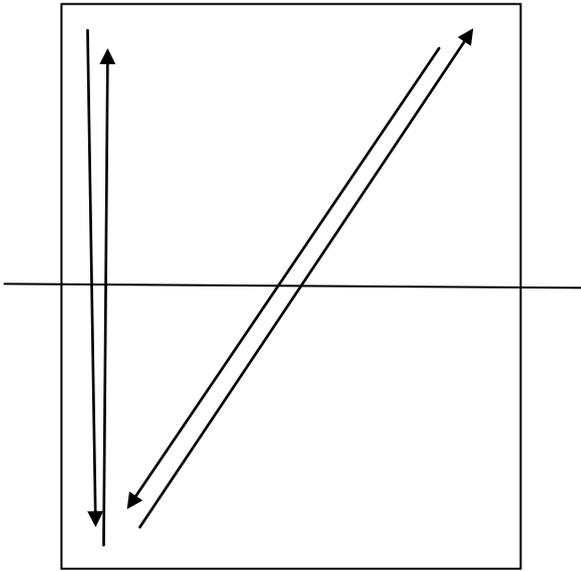
Player plays down the line right hand side,  
 is returned down the line and  
 then put diagonally across the table

One player plays diagonals, the other  
 plays down the line

Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long

				1	From right court play down line
				2	Return down line
				3	Return cross court along diagonal
				4	Return cross court along diagonal
1	2	3	4		
				5	From right court play down line
				6	Return down line
				7	Return cross court along diagonal
				8	Return cross court along diagonal
5	6	7	8		
				9	From right court play down line
				10	Return down line
				11	Return cross court along diagonal
				12	Return cross court along diagonal
9	10	11	12		



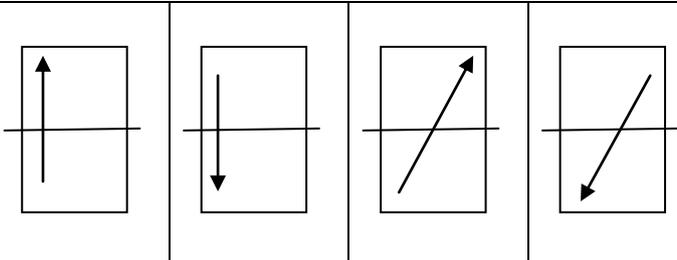
**Alternate Backhand and Forehand**  
**10 minutes and then reverse roles**

Player plays along the diagonal from the right hand side, is returned diagonally across the table and then put down the line  
 Player plays down the line right hand side, is returned down the line and then put diagonally across the table

One player plays to back hand all the time, the other plays alternate down the line and diagonal

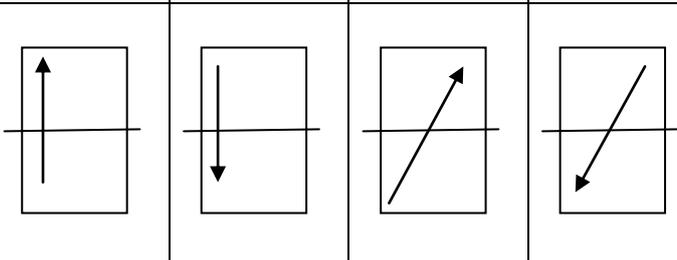
Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long



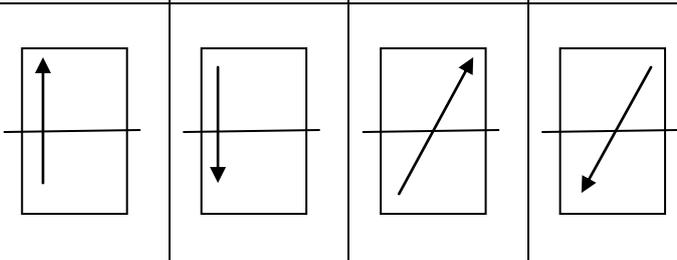
1                      2                      3                      4

- |   |                                    |
|---|------------------------------------|
| 1 | From back hand side, down the line |
| 2 | Return down the line               |
| 3 | Return Play cross court            |
| 4 | Return cross court                 |



5                      6                      7                      8

- |   |                                    |
|---|------------------------------------|
| 5 | From back hand side, down the line |
| 6 | Return down the line               |
| 7 | Return Play cross court            |
| 8 | Return cross court                 |



9                      10                      11                      12

- |    |                                    |
|----|------------------------------------|
| 9  | From back hand side, down the line |
| 10 | Return down the line               |
| 11 | Return Play cross court            |
| 12 | Return cross court                 |

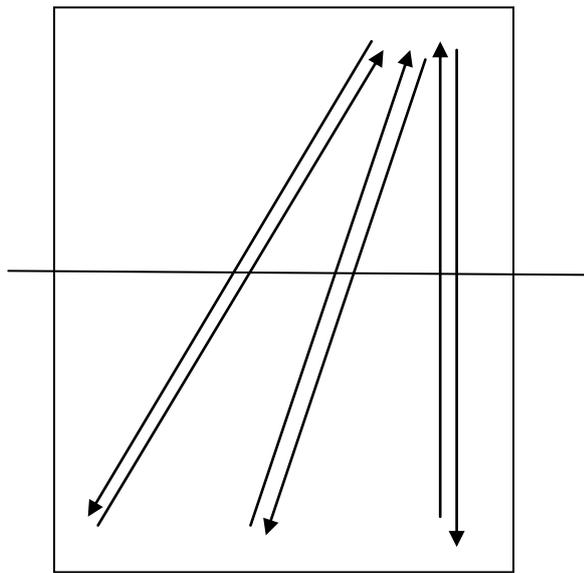
**Side to side**  
**10 minutes and then reverse roles**

One player plays all to forehand the other plays back hand, middle, forehand respectively

Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long

					<p>1 From forehand court, lay down the line</p> <p>2 Return down the line</p> <p>3 Play to crossover point</p> <p>4 Return to forehand side</p>
1	2	3	4		
					<p>5 From forehand court, lay down the line</p> <p>6 Return down the line</p> <p>7 Return down the line</p> <p>8 Return down the line</p>
5	6	7	8		
					<p>9 Play to crossover point</p> <p>10 Return to forehand side</p> <p>11 Play cross court</p> <p>12 Return cross court</p>
9	10	11	12		



**Side to side**  
**10 minutes and then reverse**  
**roles**

One player plays all to back hand, the other plays from forehand, middle, back hand respectively

Keep it slow not too fast

- gives time to recover for next stroke
- Can do this exercise using topspin or push
- Keep follow through relatively short not too long

				1	From backhand court, play down the line
				2	Return down the line
				3	Play to crossover point
				4	Return to back hand side
1	2	3	4		
				5	Return Play cross court
				6	Return cross court
				7	play down the line
				8	Return down the line
5	6	7	8		
				9	Play to crossover point
				10	Return to back hand side
				11	Return Play cross court
				12	Return cross court
9	10	11	12		

## Five things to introduce into your training

Here is an interesting training technique which you may find of help to your improvement. Ask your players to come up with 5 things which they think will improve either their game or them as an elite athlete.

### Here are some ideas.

1. When you are practicing, spend some time on improving your services.
2. Learn a new service and start using it in your matches.
3. Work out game plans for opponents that you know that you are going to play – think how you can **pit your strengths against someone's weaknesses**.
- 4 Find which drinks help you to play better in matches. Fizzy drinks are not recommended.
5. Look at the play of other players. Try to identify at least one weakness in their game and make a record of it for future reference.

Make your own list of 5.

## Self Belief

*Article adapted from Peter Thompson of Nightingale Conant*

A lack of Self Belief can often be the limiting factor in your life - the one thing that holds you back. Some people may have lots already but they could have even more". It is important that you do not confuse self belief with arrogance. Self Belief is not arrogance.

Arrogance is foolhardiness, arrogance is people who clearly don't know what they're doing but believe that they do and surround themselves with people who tell them that they know what they're doing. However, Self-belief comes from within. It doesn't have to be a 'look at me' self-belief, it can be a very quiet, measured, controlled self-belief.

Working on your self-belief is very beneficial. If you grow your self-belief then you exude an energy, a quiet charisma that you trust yourself. When you believe in yourself, other people believe in you too.

## To develop self-belief?

When you reduce your fear of failure your self-belief increases. It's almost like a mathematical equation. Reduce your fear of failure and your self-belief goes up.

### How do you reduce your fear of failure?

Don't get so uptight about failing more often. Know that not everything is going to work out. Take the example of riding a bike. At first, you keep off the bike but you keep getting back on. You are not scared of getting back on the bike just in case you fall off again. After you've fallen off that bike half a dozen times you don't care any more. When you don't care any more that's when the self-belief goes up. So that's a self-belief/fear of failure equation. It's succinct and it makes a lot of sense. So fail more often and you'll get used to it and your self-belief will go up. Of course there is one additional thing that needs to happen when you do fail. That is to learn from it..

Over the weeks and months to come, when a failure happens as it probably will, then really take the time to discover the insights that can be gained from that failure. They may be well buried and will need digging out, but the effort is well worthwhile. In every failure lies the seeds of your future success!

There's nothing wrong with getting things wrong. It's not life or death really is it?

## Coaching Thought

Move out of your comfort zone when training.

If you want to improve and progress, you need to extend yourself when training. For each training session, have an objective. Make sure that your objective is challenging and makes you work that bit harder to achieve it. If you can do it easily, then you are not improving but just staying still. You need to move out of your comfort zone and extend yourself if you want to improve. It is like getting fit. Take push-ups as an example. At first you may be only able to do 5 push-ups. After a while that becomes easy and you need to go for 10 in order for 10 to become easy and so on. It could be

that you are weak playing balls wide of your forehand. So you have to create situations in which you are playing those sort of balls. Then you will begin to improve as you find out how you can cope. At first, it might just be getting them back. Then, playing a better stroke. You may then start to play aggressively in this situation and put pressure on your opponent. Each time you must move out of your comfort zone in order that your comfort zone expands.

### **5 D's for Success**

**DETERMINATION**

**DEDICATION**

**DESIRE**

**DILIGENCE**

And **DISPLAY** all four above

### **Strange but true!**

Don't ignore this just because it looks weird. Believe it or not, you can read it.

I cdnuolt blveiee taht 1 cluod aulacly uesdnatnrd waht 1 was rdanieg. The phaonnineal pweor of the hmuan mnid. Aoccdrnig to rsheearch at Cmabrigde Uinervtisy, it deosn't mtttaer inwaht oredr the ltteers in a wrod are, the offly iprinoatnt tihng if taht the fffist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sifil raed it wouthit a porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? Yaeh and 1 awlyas thought slpeling was ipmorantt.

It's amazing what the human brain can do! Many people with a disability have had to overcome great problems so they know the power of the mind. This might help to remind you of that.

### **Tactical advice**

The best advice I ever heard on giving advice in the corner was from Nicky Jarvis at a coaching course a long time ago. When asked what advice he wanted to hear in the match interval from the coach, his answer was simple -- how am I winning points, how am I losing points.

How am I winning points, how am I losing points. The coach and player need to be aware of the pattern of play resulting in both. Consider the type of spin, the speed, the placement, the combination of shots leading up to the actual win or loss of the point. All may be relevant to the actual outcome of the point re win or loss.

By identifying the pattern, you can become more alert to what is actually causing the loss or gain of the point. If losing, then something must be changed. To continue to do the same will result in the same losing outcome. All that might be needed is to change the spin or speed when placing the ball at a particular position or it may be changing the placement of the ball.

If winning, then keep the pressure on by doing more of that.

Produced by  
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with the help of  
Gorazd Vecko BTTAD Performance  
Manager