### Table Tennis Scotland

# FUNDAMENTAL FOOTWORK EXERCISES

#### Why important?

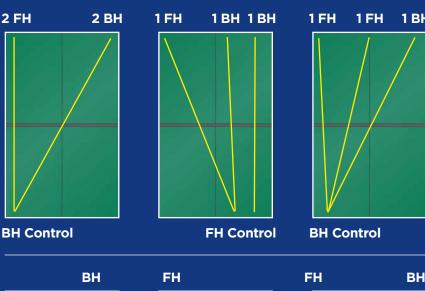
Being able to draw upon a range of exercises, whilst training, is important. In order to improve our movement, we must practice a range of purposeful footwork exercises to help target specific areas and ultimately keep you challenged as you progress!



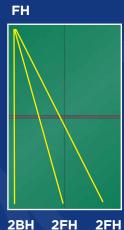
#### What to do?

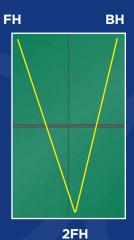
Let us look at some regular footwork exercises you could have a go at to help improve your movement and stroke development. Feel free to use these as a base or as inspiration for different exercises.

#### Regular Exercises (for a right handed player)



# 2xBH 2xFH





## **Challenges and progressions:**

- Use shadow play (replicating the movement and technique) for 30secs before starting the exercises
- Add in targets- plastic cups on blockers side to work on depth and direction of placement
- Record how many strokes you can play in row
- Record how many strokes in play in a minute
- Record how many whole sequences or sets you can get through
- Play free after a certain amount of strokes
- Change where the blocker feeds from - BH, FH or middle
- · Increase speed or spin of strokes