

TAKING RESPONSIBILITY FOR YOUR TABLE TENNIS!

Why important?

Elite athletes take ownership for their development, both on and off the table, in practice and ultimately in competition. It is important, especially as you develop as an athlete, that you are self-driven, to improve in all areas.



What to do?

Here are some tips and key considerations to help you take responsibility for your game!

SETTING THE PRACTICE	PROGRESSING THE PRACTICE	PRACTICE WITH A PURPOSE	TECHNICAL CONSIDERATIONS	FOOTWORK	KEY CONSIDERATIONS
Improving a weakness gives the player more options	Can be progressive during a training session or over a planned phase of practice – plan ahead	The athlete must be willing to effect change	Grip – importance of a neutral grip	Understand the principles of good table tennis footwork	Have a benchmark – the technique you want! Have a role model...
The practice should fit the purpose – what are you trying to improve?	Gradually increase the difficulty or introduce another element to the practice	Have a goal for every exercise	Active ready position	Use common footwork drills	Try to keep it simple!
Individual exercises, specific to you, is important		Review yourself during exercises	Develop the four basic Strokes – backhand topspin, forehand topspin, backhand push, forehand push	Explore off table footwork drills	
Develop a range of exercises to focus in on specific areas of your game		Ability to read the game and apply tactics, think about this when setting exercises	Have a good concept of a closed bat angle for topspin and open bat angle for backspin	Use multiball if possible	
			Break the technique down – backswing, contact and follow through are KEY elements	Review body position when moving in and out or side to side	
			Practice serve and receive conditioned exercises	Check your posture	
			Try to develop a technique that will not break down under pressure	Physical attributes are of great importance – off table work	

What you do now,
will matter!
**Take responsibility
for your journey!**