

Things We Dont Talk About

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Coaching Manuals - International Table Tennis Federation

• Using 3 or 5 tables (1 table/4 players) players hit one ball and zigzag around the tables • After several rounds it becomes elimination • When down to 10 players just circle the tables and continue as for normal 'Round the Table' Round the Table - 3 13

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tester drops the ball from a height of 30cm on the forehand half of the table and hits the ball to the opposite forehand half. – Demonstrate 10 forehands with a maximum of 2 mistakes 3 attempts allowed. TEST 6 : BACKHAND CONTROL

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The Coaching Manual: What Should be Included. Rowden Fullen (2007) 1. The main theme – individual focus. 2. Basic concepts. 3. Equipment. 4. Techniques. 5. Playing styles. 6. The development process. ... The future of table tennis. 38. References. < Technique only Half-way there up Coaches 2 ...

Table Tennis Articles | Pro Table Tennis | Rowden Fullen

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ITTF Level 1 Coaching Manual - North Shore Table Tennis Club

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Table Tennis Coaching

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