



TABLE TENNIS UNIVERSITY

Lesson 1 Training Schedule

D007 - Side Shuffle Footwork - Move 2/3 width of the table while shadowing your forehand drive stroke. Perform for one minute, take a short break, then repeat.	5 min
D020 - Side Shuffle Footwork - Move the full width of the table while shadowing your forehand & backhand drive. Perform for one minute, take a short break, then repeat.	5 min
D019 - Forehand Drive Rally - Perform half the width of the table using footwork. Aim to keep the ball in play as long as possible.	10 min
D023 - Forehand vs. Backhand Drive Rally - Perform a rally using your forehand and your partner using their backhand. Aim to keep the ball in play as long as possible.	10 min
D026 - Forehand vs. Backhand Drive Rally - Perform a rally using your backhand and your partner using their forehand. Aim to keep the ball in play as long as possible.	10 min
D033 - Forehand & Backhand Drive Rally - Engage in a rally with you alternating between your forehand & backhand drive and your partner using their backhand only. Aim to keep the ball in play as long as possible.	10 min
Switch roles and do same drill above	10 min
BREAK	5-10 min
D038 - Forehand & Backhand Drive Rally - Have your partner use their backhand only and randomize their placement. Use your forehand and backhand drive as necessary. Perform at least four drives, then use your forehand smash when you have the opportunity.	15 min
Switch roles and do same drill above	15 min
D037 - Forehand & Backhand Drive - Multi Ball - Have your partner/robot randomize the feed as you respond with your forehand & backhand drive as necessary. Execute your forehand smash when you have the opportunity.	30 min

The goal is to perform this two hour training session five times this week. If you can't commit that amount of time just do the best you can. What is most important is training consistency. Remember to visit the Drill Demo section of the TTU campus to watch video demonstrations of each drill.

TTU Tips:

- If this training schedule is too advanced for you, please watch the Basics Mastery videos on the TTU campus and begin with one of the Basics Mastery training schedules.
- For the single ball drills, always aim to set a new personal best for length of rally.
- Your backhand drive should be second nature at this point. The moment you have the chance, use your forehand smash.