



Auckland Table Tennis

Auckland Table Tennis Training Schedule Auckland Elite Squad - 20/09/2026 - 3:30pm to 6:00pm

Focus of the session		Tactics during match play		
Day	Session	Ex.	Explanation	Time
20/09/2026	1	1	Intro and Theraband	10
		2	Running warm up and stretching	10
		3	Forehand and backhand warmup. '10+'10	20
		4	Whole table forehand loop going across the table to the opponents backhand, starting with a backspin serve. Players to think about variation on their forehand loops to make their opponents miss their block, ie slow and spinny. '10+'10	20
		5	Whole table free to the opponents backhand, starting with a backspin serve. '10+'10	20
		6	Individual exercises based on what the player needs to work on most prior to the nationals. Can speak with the coach for recommendations. '10+'10	20
		7	Break	10
		8	Round Robin or Team Matches. Will also include doubles matches and pairing the players up where possible with their doubles partners for the Nationals.	70
		9	Physical - Running plus cooldown/stretching	30



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Auckland Table Tennis Training Schedule Auckland Elite Squad - 22/09/2026 - 7:15pm to 9:15pm

Focus of the session		Match Preparation		
Day	Session	Ex.	Explanation	Time
22/09/2026	1	1	Intro and Theraband	10
		2	Running warm up and stretching	10
		3	Forehand and backhand warmup Forehand or backhand down the line as well as diagonal during the warmup + push short/short and serve + return in preparation for matches.	30
		4	Round Robin or Team Matches. Will also include doubles matches and pairing the players up where possible with their doubles partners for the Nationals.	50
		5	Summarise matches. Coaches to give feedback to the players about their matches	20