



Auckland Table Tennis

Auckland Table Tennis Training Schedule Auckland Future Squad

Focus of the Session		Footwork			
Day	Session	Ex.	Explanation	Individual Focus	Time
20/9/2026	15:30 to 17:30	1	Stretches	N/A	5
		2	Warm up exercises	N/A	5
		3	Side stepping between table and barrier. When reached the table or the barrier, perform 2 quick small bounces.	Bending knees and staying low.	5
		4	Forehand to Forehand Drive For higher level player, one can loop and the other block after a couple of minutes.	Warm up feeling	5
		5	Backhand to Backhand Drive For higher level player, they can increase spin level after a couple of minutes.	Warm up feeling	5
		6	Forehand to Backhand (Down the Line)	Warm up feeling	3
		7	Backhand to Forehand (Down the line)	Warm up feeling	3
		8	One Backhand and one Forehand Topspin Start with a long forehand topspin service Play to partner's backhand 6 mins each side.	Return to position after serve, then side stepping between shots. Higher level players can also put focus on spinning the ball.	12
		9	Two Backhand and Two Pivot Forehand Topspin Start with a long forehand topspin service Play to partner's backhand 6 mins each side.	Return to position after serve, then pivot stepping between the 2 shots. Higher level players can also put focus on spinning the ball.	12
		10	Break	Rest	5
		11	Backhand to Backhand Backspin Push 5 mins each side	Observe incoming ball spin, keep ball tight to the net.	10
		12	Serve Backspin short to the middle Partner push middle of the table Forehand loop to the middle Play to win the point 7 mins each side	Focus on the small side step needed to hit the ball in the middle	14
		13	Pick up all balls		5
		14	Up and down table matches (1 set or until change)	Practise the thing you need to work on.	30
				Total Minutes	119



Auckland Table Tennis

Auckland Table Tennis Training Schedule Auckland Future Squad

Focus of the Session		Footwork			
Day	Session	Ex.	Explanation	Individual Focus	Time
23/9/2026	17:30 to 19:00	1	Stretches	N/A	5
		2	Warm up exercises	N/A	5
		3	Side stepping around the table touching the net	Bending the knees and staying low. Minimising up and down movement and focusing on using energy to go side to side.	5
		4	Forehand to Forehand Drive For higher level player, one can loop and the other block after a couple of minutes.	Warm up feeling	5
		5	Backhand to Backhand Drive For higher level player, they can increase spin level after a couple of minutes.	Warm up feeling	5
		6	Forehand to Backhand (Down the Line)	Warm up feeling	3
		7	Backhand to Forehand (Down the line)	Warm up feeling	3
		8	One backhand one middle one backhand one forehand. Play to partners backhand. 7 minutes each side.	Active footwork in between every shot.	15
		9	One forehand one middle one forehand one backhand. Play to partners backhand. 7 minutes each side.	Active footwork in between every shot.	15
		10	Backhand to Backhand Backspin Push	Observe incoming ball spin, keep ball tight to the net.	5
		11	All table free to the backhand. 7 Minutes each.	Adding randomness to encourage anticipation before moving feet.	15
		12	Pick up all balls		5
		13	Light physical and cooldown. 20 push ups and 20 situps. Static stretching.		5
		14			
				Total Minutes	91