



Auckland Table Tennis

Auckland Table Tennis Training Schedule

Auckland Intermediate Squad - 20/09/2026 - 12:45pm to 3:15pm

Focus of the session		Match Preparation		
Day	Session	Ex.	Explanation	Time
20/09/2026	1	1	Intro and Theraband	10
		2	Running warm up and stretching	10
		3	General on the table warmup: Forehand or backhand down the line as well as diagonal during the warmup + push short/short and serve + return in preparation for matches '15+'15	30
		4	Round Robin or Team Matches depending on how many players attend training. Coaches to make a decision on the day.	80
		5	Physical - Running	20



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Auckland Intermediate Squad - 21/09/2026 - 4:30pm to 7:00pm

Focus of the session		Match Preparation		
Day	Session	Ex.	Explanation	Time
21/09/2026	2	1	Intro and Theraband	10
		2	Running warm up and stretching	10
		3	Forehand and backhand warm up '15+'15	30
		4	Opposite from the previous days matches, either Round Robin or Team Matches. Will also include doubles matches and pairing the players up where possible with their doubles partners for the Nationals. Possible to do best of 3 for the Round Robin or Teams Matches. '40+'40	80
		5	Summarise matches and give feedback to the players about their matches	20



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Auckland Intermediate Squad - 22/09/2026 - 5pm to 7pm

Focus of the session		Match Preparation		
Day	Session	Ex.	Explanation	Time
22/09/2026	3	1	Intro and Theraband	10
		2	Running warm up and stretching	10
		3	Forehand and backhand warm up '5+'5	10
		4	Serve and Return - Players to discuss with their partners - Tactical exercise ie Top Spin, Side Spin, Back Spin plus placement on the table. Coaches to discuss with the players and make recommendations. '10+'10	20
		5	Free exercise - Players to choose individual exercise based off what they need to work on from previous days matches. Coaches to discuss with the players and make recommendations '10+'10	20
		6	Various matches - Matches starting from 5-5, 7-7 and 9-9, Deuce games if time allows introduce golden point (one point wins)	50