

# Year 1 Course Content Outline

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An overview of the Year 1 Course Content

## Month 1

### Basic Topics

#### Grip Tips

Stance & Positioning

Basic equipment recommendations

How Do Long Pips & Anti Really Work?

Technique - Long Pips/Anti Push ([against float balls](#), [backspin balls](#))

Technique - Inverted push & counterhit

### Advanced Topics

Technique - [Inverted Forehand, Backhand Loop](#)

Tactics - How to Read & Scout Your Opponents

Twiddling

## Month 2

### Basic Topics

Important Concepts

Neutral Ready Position

Base position

[Playing Elbow](#)

[Footwork Arc](#)

Footwork (one step, shuffle step, crossover footwork, leaning)

Advantages/Limitations of Long Pips/Antispin

LP/Anti - shovel/push block (produces topspin)

Inverted - Block

### Advanced Topics

Inverted - FH, BH Chop

LP/Anti - FH, BH Chop (basic safety chop)

Deception

## Month 3

### Basic Topics

LP/Anti Styles

Playing Levels - what you need to do to win at different levels (beginner, intermediate, advanced)

Inverted - basic serves

LP - push against backspin (to produce float ball)

LP - chop/block against topspin

#### **Advanced Topics**

LP - Hitting

LP - Advanced Chopping (to produce float, heavier spin)

Inverted - drop shot, lob, fish

Tactics - How to Avoid 3rd and 5th ball attacks

### **Month 4**

#### **Basic Topics**

Inverted - basic Serve Return

Training - overview of how to train intelligently

Basic long pip patterns

Close to the table

Defenders

LP - fine tuning your equipment according to your style

#### **Advanced Topics**

LP/Anti - Punch Block

Tactics - general advice

Warmup and match preparation

### **Month 5**

#### **Basic Topics**

Training - sample sessions

Goal setting and using feedback to adjust your plans

Training - drilling basics - how to drill properly

Tactics - 3rd,5th, and 4th, 6th ball attacking

#### **Advanced Topics**

Tactics - for close to the table attacker, close to the table push/blocker

How to analyse your own game - strengths and weaknesses

Mental Training

### **Month 6**

**Basic Topics**

Training - Off table training

Training - How much time on strengths vs weaknesses?

Training by yourself

**Advanced Topics**

How to analyse your own game

Current style

Desired style

current level of play

Tactics - for long range defenders, allrounders

Advanced Serving and serve returns

**Plus Player Analysis**