



Auckland Table Tennis

Auckland Table Tennis Training Schedule Auckland Future Squad

Focus of the Session		Footwork with Consistency			
Day	Session	Ex.	Explanation	Individual Focus	Time
7/10/2026	17:30 to 19:00	1	Stretches	N/A	5
		2	Warm up exercises	N/A	5
		3	Side jumping with one leg	Focus on balance. Tony will demonstrate.	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	2.5
		7	Backhand to Forehand (Down the line)	Warm up feeling	2.5
		8	For advanced: Falkenberg. For intermediate: Little Falkenberg. For beginner: One backhand one middle. 7 minutes each side.	Active footwork in between every shot. Focus on consistency.	15
		9	Server long topspin or sidespin to backhand. Partner return long topspin to backhand, then follow with backhand block. For advanced player: All table free to backhand. For intermediate: Two backhand two forehand. For beginner: One backhand one middle. 7 minutes each side.	Active footwork in between every shot. Focus on consistency.	15
		10	All table Backspin Push	One set to win by push.	5
		11	Pick up all balls		5
		12	Up and down table one set game.		20
				Total Minutes	90



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Day	Session	Ex.	Explanation	Individual Focus	Time
10/10/2026	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 to 3 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	Beginner/intermediate: One middle, one backhand, one middle, one forehand. Play to partner's backhand 6 mins each side.	Focusing on getting legs into the right position, and being balanced before hitting the ball. Hitting the ball with control to help recovery.	12
		9	One or two forehands, one or two backhands. Start with a long forehand topspin service Play to partner's backhand 6 mins each side.	Again focusing on getting legs into the right position before hitting the ball. Also focusing on reading the placement of the ball and reacting with footwork before reaching with the hand	12
		10	Break	Rest	5
		11	Backspin serve, opponent pushes to the forehand, forehand backspin loop, free to free. 10 minutes, two serves each	Reading the spin on the ball, getting legs into a balanced position for backspin loop	10
		12	Serve attack. Any serve and play to with the point. 7 mins each side	Focus on having a plan and executing it for every service.	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