**Consistency Guidelines for the Current Coaching Programs at the Ambridge Table Tennis Club – directed by Jeff Mason U.S. National Coach**

Here are some general consistency guidelines (a check list), for the various strokes, serves, techniques, and concepts taught in the coaching programs at the Ambridge Table Tennis Club. Check off what you can do and focus on the techniques that aren’t consistent.

Again rating isn’t the most important factor in assessing a player’s level and/or potential. Instead, National and World Class coaches are most interested in good form and technique (the “look” of a World Champion). With good form and technique players may gain consistency and improve dramatically. Remember to play like a World Champion, you must first look like one!

**Beginning Level #1** - **USA rating level 0 – 500;**

5 Fh countering 5 Bh countering 5 Fh pushes 5 Bh pushes ; 1 Fh flip 1 Bh flip Basic Chop and Topspin serves (wrist and open racket) Basic ready position and basic footwork, racket grip, rules/scoring; respect and etiquette of play

**Sunday Beginning/Novice Class Level #2** - **USA rating level 500 – 1000;**

All of the above skills from the previous class level with these changes/additions:

10 Fh counters 10 Bh counters 10 Fh pushes 10 Bh pushes 3 Fh flip shots 3 Bh flip shots 3 Fh smashes vs high ball Basic Chop and Topspin serves (wrist snap and open racket angle) Ready position and basic footwork, basic rules, rules for doubles, shadow footwork drill Fh side chop serve Bh side chop serve Fh side topspin serve Bh side topspin serve Basic concept of the Fh loop against chop and topspin.

**Monday TRAINING SESSIONS Level #3** - **USA rating level 1000 – 1300;**

All of the above skills from the previous class level with these changes/additions:

20 Fh counters 20 Bh counters 20 Fh pushes 20 Bh pushes 5 Fh flips over the table (drop ball technique and against serve) 5 Bh banana flip over the table (drop ball technique and against serve) 3 Fh drives against deep underspin vs high ball 3 Bh drives against deep underspin vs high ball 8 basic serves, ready position (racket position two rackets high – racket in front), racket grip, rules 4 sidespin double bounce serves FhST, FhSC, BhST, BhSC, hi-toss serves, pendulum serves (long serves) 3 Fh loops vs backspin 3 fh loops vs topspin 2 Fh loops vs backspin 2 Bh loops vs topspin Basic techniques in returning/reading serves Carry out drills successfully 10 times (Moose, Fulkenburger, etc.) 2 Fh Chops 2 Bh Chops 2 Fh Lobs 2 Bh Lobs 5 Fh smashes vs lob (wait for bounce) 3 Fh smashes vs lob off the bounce Return of Serves: 3 Fh drops, 3 Fh slides, 3 Fh flips, 3 Fh angled pushes Return of serves: 3 Bh drops, 3 Bh slides, 3 Bh banana flips, 3 Bh angled pushes 3 Fh drops vs chop 3 Fh drops vs lob Basic footwork shadow drills (side steps and cross over drills) Placement of shots and a basic knowledge of angles and geometry of play

**Monday TRAINING SESSIONS Level #4** - **USA rating level 1300 – 1500;**

All of the above skills and techniques from the previous classes level with these changes/additions:

50 Fh counters 50 Bh counters 50 Fh pushes 50 Bh pushes 8 Fh flips over the table (drop ball and/or service return) 8 Fh inside out flips to Bh court 8 banana flips over the table (drop ball and/or service return) Many advanced serves including pendulum and reverse pendulum serves; Bengtsson and Hasagawa Double bounce pendulum and reverse double bounce pendulum serves – FhST, FhSC, BhST, BhSC 5 Fh Loops vs topspin 5 Bh loops vs topspin 5 Fh loops vs underspin 5 Bh loops vs underspin Carry out drills 15 times (Moose, Fulkenburger, Bh/Fh alternating drill, etc.) 5 Fh chops vs topspin 5 Bh chops vs topspin 5 Fh lobs vs smash (placement to both wings) 5 Bh lobs vs smash (placement to both wings) 7 Fh smashes vs lob (placement to both wings) Advanced footwork drills including cross over footwork, up and back footwork drills with Bh smash 3 Fh counter looping from 10’ vs strong loops 3 Bh counter looping from 10’ vs strong loops 2 Fh counter smashes from defensive position 2 Bh counter smashes from defensive position Return of serves: 5 Fh drops, 5 Fh flips, 5 Fh slides, 5 Fh angled pushes, 5 Fh inside out to Bh Return of serves: 5 Bh drops, 5 Bh banana flips, 5 Bh slides, 5 Bh angled pushes, 5 Bh inside out to Fh Selection of a game style (appropriate shot selection depending on game style) 5 Fh drops vs low chop close to net 5 Fh drops vs high lob close to net Scoop shots under table both Fh and Bh with fake endings Basic understanding of inherent weaknesses to each particular game style

**Group Lessons Level #5** - **USA rating level 1500 – 2000;**

All of the above skills and techniques from the previous classes level with these changes/additions:

100 Fh counters (with footwork) 100 Bh counters (with footwork) 100 Fh pushes (with footwork) 100 Bh pushes (with footwork) 15 Fh flips against short underspin (drop ball technique and attack short serve) 15 Bh banana flips vs short underspin (drop ball technique and attack short serve) 10 Fh loops vs underspin (with footwork) 10 Bh loops vs underspin (with footwork) 10 Fl loops vs topspin (with footwork) 10 Bh loops vs topspin (with footwork) Carry out drills 20 times (Moose, Fulkenburger, etc.) 10 Charging (lunging/charging) Fh loop shots vs chop and topspin (also dropped ball) 3 Fh loops off the bounce vs loop 3 Bh punch block shots vs loop 10 Fh smashes vs low topspin (off the bounce) 10 Fh smashes vs high lob (one leg hop) 5 Bh smashes vs low topspin 10 Bh smashes vs high chop (drop ball or high push or high drop shot) Carry out drills 15 times (Moose, Fulkenburger, Fh/Bh alternating drills, etc.) Knowledge and ability in playing different styles (e.g. choppers, loopers, hitters, modern defenders, etc.) 46 serves (see serving checklist from website) Be sure fake endings are a part of most serves 5 Fh counter smashes from defensive position vs smash 5 Bh counter smashes from defensive position vs smash 5 Fh counter looping from 10’ vs strong loops 5 Bh counter looping from 10’ vs strong loops 7 Fh lobs vs smash (placement to both wings and deep) 7 Bh lobs vs smash (placement to both wings and deep) Return of serves 10 Fh drops, 10 Fh slide, 10 Fh flip, 10 Fh inside out flip to Bh, 10 Fh angled push Return of serves 10 Bh drops, 10 Bh slide, 10 Bh banana, 10 Bh inside out flip to Fh, 10 Bh angled push 10 Fh drop vs long low chops 10 Fh drop vs lob shot close to net Scoop shot both Fh and Bh under the table with fake opposite ending Methods of playing different styles (knowledge of inherent weaknesses to particular game styles)

This is a rough checklist of the basic strokes, serves, and techniques with which players should be consistent, given their level. Some shots and techniques are rarely used and aren’t listed here. Again, this is a general overview of the most basic shots. Making final decisions on a player’s eligibility and placement in a particular class will be the responsibility of Jeff Mason, USA National Coach and head coach at the Ambridge TTC and head coach at the MAC TTC. The above consistency guidelines will be used.