

# TT Tuesdays Senior Clinic Series

**Six-week clinic series from Tuesday, April 25 through Tuesday, May 30**

**Week One (10am – 3pm):** Mastering common footwork patterns for seniors.

**Week Two (10am – 3pm):** Improving stroke technique for seniors (making what you have better) – swinging from the core

**Week Three (10am – 3pm):** Improving serve and serve receive technique

**Week Four (10am – 3pm):** Connecting the first 5 balls

**Week Five (10am – 3pm):** Shot placement

**Week Six (10am – 3pm):** Styles of Play

**Venue** - Spin & Smash Table Tennis & Ping Pong Center, 9525 OH-161, Plain City, Ohio 43064 (New Location)

**Coach** - Dave Fullen

**Professional facility** - 32' ceiling, Table Tennis flooring, Butterfly Europa tables

**Payments** - All entries must be paid prior to participation via Omnipong or in person at Spin & Smash.

**Food/Hotel** - The playing venue is near several fast food and other restaurants; Courtyard by Marriot in Dublin and many other options.

**Online** -Register at [www.Omnipong.com](http://www.Omnipong.com).

## TT Tuesdays Table Senior Clinic Series

*Week One*

**Focus: Mastering common footwork patterns for seniors.**

10 – 10:15 – Warmups

10:15 – 10:30 – Intro to footwork.

10:30 – 12 – Footwork patterns

- Moving right – shuffle step with lean
- Moving left – shuffle – with lean
- Quick forehand turn
- Moving backward – two quick forehands, then a backhand
- Stepping in and out
- The chicken wing

12 – 1 – Lunch

1 – 1:50 –

1:50 – 2 - break

2 – 2:55 – Matchplay

2:55 – 3 - Wrap-up and warm down.

## TT Tuesdays Table Senior Clinic Series

*Week Two*

**Focus: Improving stroke technique for seniors (making what you have better) – swinging from the core**

10 – 10:15 – Warmups

10.15 – 10:30 – Intro to stroke technique

10:30 – 12 – Improving strokes

- Forehand topspins – smash, drive and spin
- Backhand topspins – smash, drive and spin
- Forehand underspins
- Backhand underspins

12 – 1 – Lunch

1 – 1:50 –

- Forehand sidespins
- Backhand sidespins
- Relaxing the backhand wrist for an angled shot

1:50 – 2 - break

2 – 2:55 – Matchplay

2:55 – 3 - Wrap-up and warm down.

## TT Tuesdays Table Senior Clinic Series

*Week Three*

**Focus: Improving serve and serve receive technique**

10 – 10:15 – Warmups

10:15 – 10:30 – Intro to serve/receive technique

10:30 – 12 – Serves

- Smash serves
- Drive serves
- Spin serves

12 – 1 – Lunch

1 – 1:50 – Serve depth and placement

- Deep serves
- 2-bounce serves
- Short serves

1:50 – 2 - break

2 – 2:55 – Matchplay

2:55 – 3 - Wrap-up and warm down.

# TT Tuesdays Table Senior Clinic Series

*Week Four*

## **Focus: Connecting the first 5 balls**

10 – 10:15 – Warmups

10:15 – 10:30 – Intro to the first 5 balls

10:30 – 12 – Connecting balls 1, 3, 5

- Serve to 1<sup>st</sup> attack or 1<sup>st</sup> defense
- 1<sup>st</sup> attack or 1<sup>st</sup> defense to 2<sup>nd</sup> attack or 2<sup>nd</sup> defense

12 – 1 – Lunch

1 – 1:50 – Connecting balls 2 & 4

- Serve receive, then block or counter

1:50 – 2 - break

2 – 2:55 – Matchplay

2:55 – 3 - Wrap-up and warm down.

## TT Tuesdays Senior Clinic Series

*Week Five*

**Focus: Shot placement**

10 – 10:15 – Warmups

10:15 – 10:30 – Intro to shot placement

10:30 – 12 – Placing deep balls, avoiding power zones

12 – 1 – Lunch

1 – 1:50 – Placing short and wide balls – ball placement drills

1:50 – 2 - break

2 – 2:55 – Matchplay

2:55 – 3 - Wrap-up and warm down.

## TT Tuesdays Senior Clinic Series

*Week Six*

**Focus: Playing against various styles of play**

10 – 10:15 – Warmups

10.15 – 10:30 – Intro to playing styles.

10:30 – 12 – Playing styles

1. Playing the looper
2. Playing the short pips attacker
3. Playing the long pips player
4. Playing the chopper
5. Playing the one-sided player

12 – 1 – Lunch

1 – 1:50 Drills

1:50 – 2 – Break

2 – 2:55 – Matchplay

2:55 – 3 - Warm down, wrap up