



NOVEMBER 2nd, 2024 CLINIC

By Coach Rafael Lizardo

Participants: Whether you're an experienced player or a newcomer to the sport, our clinic is designed to accommodate everyone. Players of all ages and skill levels are welcome to join us for our 305TTC Table Tennis Clinic.

Coach: Rafael Lizardo

Venue: Westwind Lakes Park

Address: 6805 SW 152nd Avenue, Miami FL 33193

Format: Group Training

Registration: Please register via [Omnipong.com](https://omnipong.com) under Activities, Camps/Classes. All participants will have to sign a waiver upon arrival at 305TTC or via Playbypoint.

Day: **November 2nd, 2024 (Saturday)**

Clinic Sessions: Register for one session (Clinic)

CLINIC 1 - Saturday Morning from 10:00 AM to 12:00 PM. FREE OPEN PLAY TO ALL PARTICIPANTS FROM 12:00PM TO 1:00 PM

CLINIC 2 - Saturday Afternoon from 1:00 PM to 3:00 PM. FREE OPEN PLAY TO ALL PARTICIPANTS FROM 3:00 PM TO 4:00 PM

Occupancy: Maximum of 12 Players per Session

Tables: 5 – 740 ITTF Cornilleau Tables

Price: \$30 / Player

Program: This intensive session encompasses a range of valuable training components, including Multi-ball Training and engaging in purposeful drilling exercises with our experienced coach, Service and Receive Practice, Tactical Analysis, Feedback, Robot training and an Intense & Motivating Environment.

1. Technical and execution of Forehand
 - a. Drive
 - b. Topspin
 - c. Block
2. Technical and execution of Backhand
 - a. Drive
 - b. Topspin
 - c. Block
3. Type of games and racket selection
 - a. Offensive
 - b. Defensive
 - c. Combination
4. Service and Reception
 - Learn how to improve your service and reception,
 - Serves
 - Pendulum
 - Tomahawk
 - Flip-flop
 - Sidespins
5. Game Tactics
 - Learn strategy to improve your game.
6. How to play Doubles
 - a. Placement
 - b. Under Table Signs
 - c. Players Location and Movements

Special Notes:

- Parents and legal guardians can accompany their children to the venue.
- We reserve the right to adjust training schedules, dates, and content as necessary.

How to prepare yourself for table tennis training, here are some steps you can follow:

Get the right equipment: Make sure you have a suitable table tennis racket that fits your playing style and level. If you are new to this sport, the coach will help you to get the right tools.

Warm-up: Before any physical activity, it's important to warm up your muscles to prevent injuries. Engage in light cardio exercises, such as jogging or jumping jacks, and perform dynamic stretches to loosen up your muscles.

Work on your fitness: Table tennis requires agility, speed, and endurance. Incorporate exercises that enhance these attributes into your routine. Focus on exercises like footwork drills, ladder drills, plyometric exercises, and cardiovascular exercises like running or cycling.

Improve your technique: Work on the fundamental skills of table tennis, including your grip, stance, footwork, and strokes. Consult with a coach.

Questions: Please Contact: Guillermo D. Vadell info@305TTC.com

I agree to comply with all USATT regulations. I accept full responsibility for my participation and relieve 305TTC, Rafael Lizardo, Staff and USATT of any liability resulting from injury to myself or damage to my property.

Name: _____

Email: _____

Signature: _____

Date: _____

REMEMBER: Regular practice and dedication is key to help you improve your table tennis skills.