

Date	Sunday 27 th May (3.00 – 4.45)	Week 6 of 8
Venue	MELBOURNE – CHELMSFORD	
Coaching Staff-	David Gatheral, Gordon Gatheral, Paul Nicol, Linda Hale, Ken Sheard, Neil Want, Connor Payne, Ryan Gooday	
Focus of the Session	Short Serves and Short Returns, FH and BH drives, League Matches	

Warm Up	10 min	Bouncing ball on FH and BH side of bat (60 seconds x 3).	
Training Drills demo	20 min	Forehand Flick Technique. https://tabletennisengland.co.uk/news/archived/coaching-forehand-backhand-flick/	
Drills – practice		The server serves short serves within a marked area on opponent's side of the table. The receiver is to return serves with a flick. After about 20 serves, swap roles.	
Training Drills demo	15 min	Third Ball Attack using Forehand Flick Short demo – server serves short, receiver returns short to server's forehand. Server flicks, play out point.	
Drills – practice		Server serves short, receiver returns short to server's forehand. Server flicks, play out point. After about 20 serves, swap roles.	
Break	5 min	Get players in teams of two	
Team Matches	55 min	Team A vs Team B; Team C vs Team D; Team E vs Team F; Team G vs Team H. Then Swiss system to determine two more rounds if time allows. Note: if more than 16 players, the remainder who do not want to play matches will have 1:1 coaching. If less than 16 players a coach will be assigned to the weakest player and asked to play matches with weaker hand.	