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1433 Spyglass Court
Itasca, IL 60143
Phone: 630-773-8887
phil@advtt.com

Phil Moy
USATT certified State Coach

Table Tennis Coaching

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How good can you really be?



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Table Tennis Coaching

Customize a program to fit your goals!

A lifetime sport where you define your personal best!

Table tennis is a sport that provides many rewards for people of all ages and skill levels. Whether you want to be the next Olympic gold medallist or the club champion, developing a solid foundation is essential to developing your game and personal style.

Any sport is more fun and rewarding when you learn the right way to play! Table tennis is a sport where there is a huge gap between the recreational ping-pong player and the tournament player. However, with proper training, it's possible to join the thousands of USATT table tennis players in sanctioned tournaments and compete with a chance to win your division!

Defining your goals is an essential part of your coaching program. From learning the basics of a sport as played by professionals, to making table tennis your aerobic sport for lifetime fitness; it is possible to combine a number of goals into your unique program.

Basic table tennis program

The goal of the basic table tennis program is to learn the following skills and information:

Table tennis equipment, racket and rubber selection

Table tennis rules of play

Footwork, racket grip, proper form for forehand and backhand drives, blocking and smashing, push and chop, basic serve and serve return

Understanding and recognizing spin; topspin, backspin, sidespin and the effect of no spin

Practice drills and combinations, game strategy.

Learning about the sport of table tennis.

A variety of instructional media may be used, including one-on-one instruction, DVD programs, videotaping of practice drills, video tapes and reading materials.

A personal racket or table tennis balls is not required for the basic program. Student's skill level and playing style will determine the type of equipment best suited for his game. Racket and rubber recommendations will be made and a personal racket will be required for advanced training.

Advanced table tennis skills and strategy

Having learned the basics of the game, the next level of learning involves improving consistency on table tennis basics, learning advanced strokes and game strategies. Learning these skills will allow the student to reach tournament level play.

The student learns ball control, how to increase speed and power and broadens his repertoire of strokes. The student learns how to control and manage the opponent's ball. A personal style of play begins to evolve.

The topics at this level include:

Offensive and defensive playing styles and strokes

Forehand and backhand loop drives, smashes, and lobs

Advanced serve and serve return

Practice drills with multi-ball or robot

Identifying and developing a personal style.

Competitive tournament play

Having increased the player's skill level, competing and winning in tournaments is the final goal. Each player develops his own style based on his skill, talent and strengths.

Topics covered at this level include:

Practice drills and conditioning

Practice games and game strategies

Requirements, costs and logistics

A personal goal statement will be developed jointly with the coach and student. The statement will identify goals to be reached, and the timeframe desired. A preliminary evaluation of skills will be conducted to determine a baseline starting point.

A program will be developed to fit the goals, strengths, weaknesses and desired outcome of table tennis coaching. Periodic reviews of progress and potential will be conducted.

Since each student has a different starting point and learning speed, costs will vary with the length of time to reach different skill levels. The basic table skills program requires a minimum of 24 hours consisting of a series of 1-1/2 or 2 hour sessions conducted in the evenings or on weekends. The frequency and length of the sessions can be customized to the progress of the student and mutual availability.

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The advanced skills and strategy program will require a minimum of 40 hours.

Coaching for competitive tournament play level will be hourly. Coaching at tournaments is not included, but can be arranged for a flat fee and travel and living expenses. USATT membership is required to play in sanctioned tournaments. Membership application and fee is the responsibility of the student.

Instruction will occur at mutually agreed locations, which can include table tennis clubs who allow personalized instruction during club hours, at the student's home or at my home-based training facility.

Waiver of liability for injury will be required.

Every effort will be made to help reach the student's full potential, but no guarantee of achievement will be made.

Cancellation policy: Student may cancel the program with two week notice. I reserve the right to discontinue training at any time for reasons of incompatibility or lack of commitment.

Qualifications & experience

Over 30 years of playing experience, active tournament player, lifetime USATT member

USATT Certified State Coach

Owner, The Table Tennis Store, professional table tennis equipment and supplies

Schaumburg Table Tennis Club, co-founder and tournament committee member

Xilin Table Tennis Club, Naperville, IL founder

Spin City Table Tennis Club, Itasca, IL founder

Chicago Ping Pong 2000 advisor and committee member

Personal training & coaches: Beijing Sports School, Beijing, China

Coach Ge Xinai, 1979 Women's Singles & Mixed
Doubles World Champion, Chinese National team

Danny Seemiller training camp, US Men's Champion &
Olympic team member, US National Men's Coach

Illya Lupulesku, 1988 Olympic Silver Medalist, Men's
Doubles, Yugoslavia National team, 2006 US Men's
National Champion

Eric Owens, 2007 US Men's team