

# TT Strokes Weekend Clinic

Coaches Robert Eriksson, Yahao Zhang, and Samson Dubina

12 Full Hours of Professional Training on the strokes of table tennis

June 17-18, 2016 / Akron, Ohio

## Robert Eriksson:

- Professional Player in the Sweden Super League
- Sweden National Championships Men's Singles Bronze Medalist
- Defeated Marcos Freitas
- Defeated Cho Eon Rae
- Defeated Jorgan Persson

Robert Eriksson is currently one of Sweden's top athletes who has traveled throughout Europe playing professional leagues for the last 13 years. Now, he is coming to Ohio for two full days of intense training to help players of all levels improve their strokes, footwork, game tactics, and much more! Space is limited, register today to reserve your spot!



**Coaches:** Coach Robert Eriksson, Coach Yahao Zhang, Coach Samson Dubina

**Where:** Shaw JCC / 750 White Pond Dr Akron, Ohio 44320  
Wood floor, high ceiling, new tables

**When:** Friday-Saturday, June 17<sup>th</sup>-18<sup>th</sup> 10am-5pm  
Session 1 Fri 10am-1pm, Session 2 Fri 2pm-5pm, Session 3 Sat 10am-1pm, Session 4 Sat 2pm-5pm

**Who:** Most of the techniques discussed will be for advanced level players. However, anyone prepared to learn is encouraged to attend. All levels - all ages.

**Cost:** Cost is \$45 per session. You can register for 1, 2, 3, or all 4 sessions.  
The total cost for 4 sessions is \$180

**Contact:** Samson Dubina - [tt@samsondubina.com](mailto:tt@samsondubina.com) Space is limited, ENTER TODAY!!!

**More Info:** [www.samsondubina.com](http://www.samsondubina.com)

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Name \_\_\_\_\_ Mail to: Samson Dubina 355 Hoover Ave Akron, OH 44312

Street \_\_\_\_\_ Check or Money Order to: Samson Dubina Table Tennis Academy

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Circle Which Sessions You Want to Attend:

1.    2.    3.    4.

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Cost is \$45 per session

Signature \_\_\_\_\_ Space is very limited - enter early!!!



# Topics for the TT Strokes Weekend Clinic

## June 17-18, 2016



### Session #1 Friday, 10am-1pm

- 10-10:15am Warmup  
Forehands/Backhand/Light Jogging/Light Fitness
- 10:15-10:20 Looping lecture and demo  
Keys – Balance, Positioning, Timing, Spin
- 10:20-10:40 Forehand loop against topspin  
Basic Version – slow forehand loop against slow forehand block  
Advanced Version – 1 slow, 1 fast forehand loop against forehand block
- 10:40-11:00 Forehand loop against topspin with variation  
Basic Version – slow forehand loop against 1 slow and 1 faster block  
The key point is to have an adjustable swing while contacting the ball in-front of your body and maintaining spin and control  
Advanced Version – slow forehand loop against 1 slow and 1 faster block anywhere in the forehand 70% of the table  
The main keys are to watch your opponent's racket angle to see where he intends to block, get your feet in position before committing to a full backswing, maintain control and spin while targeting 10-12 balls each rally
- 11:00-11:20 Forehand loop against backspin  
Basic Version – looper serves short backspin, the receiver pushes long to the forehand, the server loops then play free point.  
The main keys are to bend your knees, start your racket low (depending on the amount of spin and height of the ball), and lightly brush the ball with spin clearing the net by at least 3-4 inches.  
Advanced Version – looper serve short backspin, the receiver pushes short or long to the loopers forehand ½ table. The looper pushes the short ball or loops the long ball, then plays free point.  
The main keys are to read the depth of the push while keeping your hand ready for either, make a strong loop (if appropriate) or make a low push (short if possible)
- 11:20-11:40 Combining Both loops  
Basic Version – the looper serves short backspin, the receiver pushes long to the forehand, the looper loops the push to the receivers forehand, the receiver blocks back to the loopers forehand, the looper loops anywhere then plays free point  
Main Keys... Get your body closer to the table when looping backspin, take a mini-step back, stay slightly on your toes, lean forward, start your racket higher, and contact the topspin ball more in-front of your body  
Advanced Version – the looper serves short backspin, the receiver pushes long to the forehand, the looper loops the push to the receivers forehand with HEAVY backspin, LIGHT backspin, or no-spin, the receiver blocks back to the loopers forehand, the looper loops anywhere then plays free point  
Main Keys... Based on the type of rubber your opponent has, based on the amount of wrist used, based on the contact point on the racket, you must be able to read the amount of spin coming on the push and be able to properly adjust your angle and starting position accordingly

- 11:40-11:45 Break
- 11:45-11:50 Looping lecture and demo  
Backhand Loop Keys – Body Positioning, Elbow Positioning, Racket Starting Point, Balance, Timing, Spin
- 11:50-12:10 Backhand loop against topspin  
Beginners and Advanced – The looper loops from his backhand to the blocker's backhand while focusing on slight movement with the feet, adjusting to the height of the ball, maintaining elbow foundation, and snapping the wrist gently at the point of contact
- 12:10-12:30 Backhand loop against backspin  
Backhand loop against backspin  
Beginners and Advanced – the looper serves short backspin, the receiver pushes deep to the backhand, the looper loops anywhere then plays free point  
Note: If the looper gives a weak opening ball, then the blocker should add pressure.
- 12:30-12:55 Game Situations using backhand or forehand loop  
Match play – two serves each keeping score. The server always serves short backspin, the receiver always pushes long. The server loops with backhand or forehand then plays the point.  
Note: When Coach Samson blows the whistle, then switch tables. The winner will move up a table and the loser down a table. Don't get caught up in winning. The point is to get practice looping pushes from various opponents and to get practice blocking various types of loops. Winning is not the focus. If your opponent is having a hard time serving short or pushing long, then try to help him out a bit. Make sure that you make the adjustment between opponents. These necessary adjustments should be made within the first 4-5 points.
- 12:55-1pm Closing comments  
Was it a productive three hours?  
Did you learn anything about looping, pushing, and blocking?  
Where the drills effective?  
Where you able to somewhat implement it in match play?  
If so, great! If not, why not?  
When you go home after this weekend, will you continue using some of the same drills?  
Can you think of other types of drills that will help your foundational strokes?

### **Session #2 Friday, 2pm-5pm**

- 2-2:15pm Warmup  
Forehands/Backhand/Light Jogging/Light Fitness
- 2:15-2:30 Lecture on combining offense and defense  
Learn the difference in the mindset, timing, feeling, and other differences about offense and defense. Also, learn the importance of having competence in both skills.
- 2:30-2:50 passive and active blocking  
Basic Version – the looper slowly attacks balls to the blockers forehand from his forehand. The blocker blocks one passive block (cushion feeling) and one active block (pressure feeling). The rally continues forehand to forehand.  
Advanced Version – the looper slowly attacks ball to the blockers 70% forehand side of the table. The blocker chooses to use passive blocking on the awkward balls and active blocking when in the ideal position.  
Key Point... The blocker must learn to watch the opponent's racket carefully to see where his is looping. The blocker must also keep the racket in-front and never take a huge backswing when using either passive or active blocks.
- 2:50-3:10 blocking with footwork  
Basic Version – the looper loops 1 ball to the backhand and 1 ball to the forehand. The blocker moves into position and returns all the balls to the looper's forehand.

Advanced Version – the looper loops anywhere on the table with slow spinny loops or fast loops. The blocker returns all the balls to the looper's forehand.

Key Point... On all of these blocking drills, it is vitally important to keep the racket high and in-front of the body while leaning forward and staying on the toes.

3:10-3:15 break

3:15-3:35 blocking and attacking mixed

Player A loops two forehands crosscourt while player B blocks, then player B loops two balls crosscourt while player A blocks.

Key Point... The looper should be contacting the ball on the top of the bounce while the blocker should be staying very close and controlling the ball on the rise.

3:35-3:55 blocking and attacking mixed

Player A does the Faulkenberg drill to player B's backhand, then player B does the Faulkenberg drill to player A's backhand during the same rally.

Note: Faulkenberg is 1 backhand attack, 1 forehand attack from the backhand side, then 1 forehand attack from the forehand side

3:55-4 break

4-4:05 Lecture on counterlooping

Learning to borrow the spin/speed from the opponent with quick forehand counterloops while maintaining balance and timing

4:05-4:25 Forehand counterlooping

Basic Version – Player A serves topspin long to player B's forehand. Player B loops and player A counterloops back. Then play free point.

Advanced Version – Player A loops two balls to player B's backhand and one ball to player B's forehand. Player B continues to use passive blocking on the backhand and counterlooping on the forehand. The rally continues in this same pattern.

4:25-4:55 Games

4:55-5 Closing comments

Was it a productive three hours?

Did you learn anything about active blocking, passive blocking, and counterlooping?

Where the drills effective?

Where you able to somewhat implement it in match play?

If so, great! If not, why not?

When you go home after this weekend, will you continue using some of the same drills?

Can you think of other types of drills that will help your foundational strokes?

### **Session #3, Saturday 10am-1pm**

10-10:15am Warmup

Forehands/Backhand/Light Jogging/Light Fitness

10:15-10:20 Lecture on Looping Drills

Learn about the importance of drills – learn about various types of drills and the benefits of each type

10:20-10:40 Looping Drill #1

Basic – Player A blocks with his backhand – 1 ball to the forehand and 1 ball to the backhand. Player B loops all the balls to player A's backhand. The drill continues until the 10<sup>th</sup> ball. Player B can loop the 10<sup>th</sup> ball anywhere.

Advanced – Player A blocks with his backhand; 1-2 balls to the forehand and 1-2 balls to the backhand. Player B loops all the balls to player A's backhand. The drill continues until the 10<sup>th</sup> ball – then free point.

Note: the blocker should play as controlled as possible. The looper should start very controlled and add power if he can consistently reach the 10<sup>th</sup> ball each rally.

10:40-11:00 Looping Drill #2

Player A blocks with his backhand randomly on the table. Player B loops all the balls to player A's backhand until the 6<sup>th</sup> ball. On the 6<sup>th</sup> ball, player B can loop anywhere and play free point.

Note: When the free point begins, player B must try to continue to loop with enough quality that he keeps player A from taking over the attack. Player A must try to block in such a way that he moves his opponent back away from the table or forces him to give a weak loop, which can be easily counterattacked.

11-11:10 Break

11:10-11:15 Lecture and demo on counterlooping  
Differences and Similarities when counterlooping from various positions.

11:15-11:35 Forehand counterlooping near the table  
Basic Version – Player A serves topspin long to player B's forehand. Player B loops and player A counterloops back from NEAR the table. Then play free point.  
Advanced Version – Player A loops two balls to player B's backhand and one ball to player B's forehand. Player B continues to use passive blocking on the backhand and counterlooping NEAR the table on the forehand. The rally continues in this same pattern.

11:35-11:55 Forehand counterlooping off the table  
Basic Version – Player A serves topspin long to player B's forehand. Player B loops and player A counterloops back from AWAY the table. Then play free point.  
Advanced Version – Player A loops two balls to player B's backhand and one ball to player B's forehand. Player B blocks the first 2 balls, then counterloops the ball to his forehand from AWAY from the table, then the free point begins

11:55-12:15 Combining blocking and counterlooping  
Player A loops with his forehand to player B's forehand continuously. Player B mixed passive blocks, active blocks, and counterloops.

12:15-12:20 Break

12:20-12:55 Games using offense and defense  
Player A loops 1-5 balls with his forehand from the backhand side of the table to player B's backhand block. When he attempts to loop to player B's forehand, then the point counts. Player B can choose to block or counterloop.  
Note: Coach Samson will blow the whistle signally the end of the game. Winners move up and losers move down. Focus on implementing your new skills and not being overly competitive.

12:55-1 Closing Comments

Was it a productive three hours?

Did you learn anything about counterlooping?

Where the drills effective?

Where you able to somewhat implement it in match play?

If so, great! If not, why not?

When you go home after this weekend, will you continue counterlooping? Can you think of other types of drills that will help your counterlooping skills?

#### **Session #4, Saturday 2pm-5pm**

2-2:15 Warmup

Forehands/Backhand/Light Jogging/Light Fitness

2:15-2:20 Lecture on the Foundation

What elements are necessary for a good foundation?

How can you develop good strokes?

How can you change bad habits?

What is the best combination of drills vs match play?

- 2:20-2:40 Blocking footwork  
Player A loops with his forehand, one ball to the backhand and one ball to the forehand. Player B uses passive blocking to control the ball continuously to player A's forehand.
- 2:40-3:00 Attacking and defending mixed  
Player A loops two forehands crosscourt while player B blocks, then player B loops two balls crosscourt while player A blocks.  
Key Point... The looper should be contacting the ball on the top of the bounce while the blocker should be staying very close and controlling the ball on the rise.
- 3-3:10 Break
- 3:10-3:40 Game situation #1  
The looper serves short backspin, the receiver pushes short or long to the looper's forehand. If the ball is long, the looper loops crosscourt. If the ball is short, the looper pushes crosscourt. If the looper loops, then the receiver must decide to use an active block, a passive block, or a counterloop. If the looper pushes, then the receiver and loop anywhere. After the 3<sup>rd</sup> hit, it is free point.  
Note: This may seem confusing, but it is critically important to realize that every shot in table tennis brings out a follow-up ball. When you push short, you commonly get a push. When you push long, you commonly get a loop. Being able to perform a shot and properly prepare for the next one is essential to improvement.
- 3:40-4:10 Game situation #2  
The looper serves short backspin, the receiver pushes short or long to the looper's BACKHAND. If the ball is long, the looper loops crosscourt. If the ball is short, the looper pushes crosscourt. If the looper loops, then the receiver must decide to use an active block, a passive block, or a counterloop. If the looper pushes, then the receiver and loop anywhere. After the 3<sup>rd</sup> hit, it is free point.
- 4:10-4:15 Break
- 4:15-4:45 Match Play
- 4:45-5 Closing comments