

Serve & Return TT Clinic

Swedish Pro Robert Eriksson and US National Team Coach Samson Dubina
September 23rd 10am-5pm / 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 and US National Team Coach Samson Dubina
Additional Coaches may be added (depending on group size)

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

When: Saturday, September 23rd
First Session 10am-1pm Second Session 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 \$55 per session. You can register for one or both sessions.

Contact: Samson Dubina - tt@samsondubina.com Space is limited, ENTER TODAY!!!

More Info: www.samsondubina.com

CUT-----CUT

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.

Phone _____ E-mail _____

Cost is \$55 Per Session

Signature _____ Space is very limited - enter early!!!



Serve and Serve Return Clinic

Session #1 Saturday 10am-1pm

10:10:15am Warmup

Forehands/backhand/light jogging/light fitness

10:15-10:20 Serve Return Lecture (Forehand and Backhand Looping Long Serves)

Keys – reading the spin, balance, positioning, shot selection, timing, contact point, follow through, ball placement, anticipation of the next ball

10:20-10:50 Forehand loop against long serve training

Basic Version: The server serves deep to the receiver's forehand. The receiver allows the ball to drop, and spins it on with a basic control loop. Then free point.

Advanced Version: The server serves various amount of backspin deep to the receiver's forehand 80% of the table. The receiver moves into position, loops deep to the server's middle transition point, then plays free point. The server can block or counterloop depending on the placement and spin quality of the loop.

10:50-11:20 Backhand loop against long serve training

Basic Version: The server serves deep to the receiver's backhand. The receiver allows the ball to drop, and spins it on with a basic control loop. Then free point.

Advanced Version: The server serves various amount of backspin deep to the receiver's backhand 60% of the table. The receiver moves into position, loops deep to the server's middle transition point, then plays free point. The server can block or counterloop depending on the placement and spin quality of the loop.

11:20-11:25 Lecture – Reading the spin (Returning Sidespin, backspin, topspin, no-spin, and combination spin serves)

Keys – Read the racket, listen to the sound, read the bounce, watch the label, adjust your body and racket starting position

11:20-11:40 Forehand Looping Variation Serves

Basic Version: The server serves backspin or no-spin to the receiver's forehand. For backspin serves, the receiver starts low and spins up. For no-spin serves, the receiver starts behind the ball and spins forward.

Advanced Version: The server serves any spin deep to the receiver's forehand 80% of the table. The receiver adjusts his body to the ball and adjust his racket to the spin then looks to attack anywhere on the table. As soon as the ball has left the receiver's racket, he must then anticipate based on the placement of his loop, the positioning of his opponent, the timing of his opponent, and the racket angle of his opponent.

11:40-12:10 Backhand Looping Variation Serves

Basic Version: The server serves backspin or no-spin to the receiver's backhand. For backspin serves, the receiver starts low and spins up. For no-spin serves, the receiver starts behind the ball and spins forward.

Advanced Version: The server serves any spin deep to the receiver's backhand 60% of the table. The receiver adjusts his body to the ball and adjust his racket to the spin then looks to attack anywhere on the table. As soon as the ball has left the receiver's racket, he must then anticipate based on the placement of his loop, the positioning of his opponent, the timing of his opponent, and the racket angle of his opponent.

12:10-12:20 Pushing/Chopping Variations Serves

Basic Version: The server serves deep backspin. The receiver chops back deep, then free point.

Advanced Version: The server serves deep backspin with various amounts of spin. The receiver chops back deep, the server loops, the receiver counterloops, then free point.

12:20-12:40 Game Situation Drills

Basic Version: The server serves deep backspin anywhere. The receiver loops or chops, then free point.

Advanced Version: The server serves long with any spin. The receiver loops anywhere then plays free point.

12:40-1:00 Match Play

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 and chopping long serves. Winning is not the focus. If your opponent is having a hard time returning your serve, be willing to give a bit of free advice.

1:00-1:05 Closing Comments

Was it a productive three hours?

Did you learn anything about reading the type of spin and reading the amount of spin?

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?

Session #2 Saturday, 2pm-5pm

2:00-2:15 Warmup

Forehands/Backhand/Light Jogging/Light Fitness

2:15-2:20 Lecture on Short Game

Main Keys – Spin, depth, timing, balance, positioning, next ball

2:20-2:40 Short Serve and short push training

Basic Version: The server serves short. The receiver pushes short, then free point.

Players can choose to keep score, games to 11.

Advanced Version: The server serves short. The receiver pushes short and both players continue to push short with quick timing and fast footwork. When any player

pushes long, the receiver loops then plays free point. When the pusher chooses to go deep, the point begins. Games to 11.

- 2:40-3:00 Variation pushes – spin, speed, depth, timing, angles**
Basic Version: The server serves short backspin. The receiver pushes sharp off either angle, then free point.
Advanced Version: The server serves short backspin. The receiver pushes short, medium, or long anywhere with various amounts of spin. The server attacks the push, then free point.
- 3:00-3:30 Match play with deceptive pushes**
The server serves short backspin. The receiver pushes anywhere then play free point. 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 deceptive variation pushes. Winning is not the focus. If your opponent is having a hard time with serving or receiving or other aspects of the game, be willing to give a bit of free advice. Games are a great way to implement what you have learned.
- 3:30-3:35 Break**
- 3:35-3:40 Flipping Lecture**
Key Points – Reading the spin, reading the depth, positioning the body, timing the ball, placing the ball, returning with a follow-up ball
- 3:40-4:00 Flipping no-spin serves**
Server serves short no-spin serve anywhere. The receiver flips the serve to the backhand. The server attacks the flip, then free point.
- 4:00-4:20 Flipping variation serves**
The server serves short backspin, sidespin, topspin, no-spin, or any combination spins anywhere short on the table. The receiver flips to the middle transition point. The server loops the flip with forehand or backhand, then free point.
- 4:20-4:25 Advanced serve return lecture**
Key Points – Reading the bounce, Generating your own energy
- 4:25-4:50 Combining All the elements**
- 4:50-4:55 Serve return fitness training**
- 4:55-5:00 Closing comments**
Was it a productive three hours?
Did you learn anything about reading the type of spin and reading the amount of spin?
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?