

Ohio MEGA camps

Summer 2018

June 4-7

June 12-15

July 18-21

Presented by



3 distinct camps • 1 unified purpose



Join the Action!!! Reserve Your Spot today!!!
Register at SamsonDubina.com

Coach Samson Dubina and his team of experts will guide you through learning the details of stroke development, advanced variations, tournament tactics, strategic placement, shot combinations, anticipation, body balance, and much, much more... All ages and levels are welcome and all players will be working on level-appropriate content throughout all three weeks of training!

welcome



Hi! I'm Samson Dubina,

From the very moment you arrive in Ohio, we promise to take care of you every step of the way. It isn't just intense training, it is a wealth of information that will have a lasting effect on your game! Be sure to check out the detailed outline so that you will know exactly what will be taught and how it will help you.

See you soon!

Samson Dubina

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coaches

and training partners



Head Coach Samson Dubina

2016 US National Team Coach
2015, 2016, 2017 USATT Technology Coach of the Year
Certified US National-Level Coach
Certified ITTF Level 2 Coach
Inventor of TT-Flex™ and TT-Serve®
Author of *100 Days of Table Tennis*



Bart Vermoesen

1998-2008 Belgium Women's National Team Coach
2013-2015 Belgium Men's National Team Coach
1997-2016 Coached at World and European Championships
1997-2016 Coached at more than 50 ITTF World Tour events



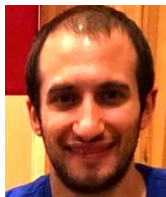
Akifumi Hamakawa

2014-2018 Japan Super League Member
Defeated Jun Mizutani
Defeated Kenji Matsudaira



Ayano Tanaka

Japan National Champion - High School Teams
Japan National Championship - Singles Top 16
Current Occupation - Professional Coach



Chance Friend

2015 US Nationals - Men's Singles Semifinalist
Highest USATT Rating 2510
Current Occupation - Professional



Satoko Hayashi

Current Occupation - Professional Coach
Japan National Champion—High School Team



Blake Cottrell

Certified ITTF Level 2 Coach
Certified USATT Regional Coach
Samson Dubina Table Tennis Academy Coach

Note: At least 4-5 coaches/training partners will be at each of the sessions.

camp summary

Regardless if you are on the US Olympic Team or just arriving from your basement, we welcome you to come learn new skills, meet new friends, and experience one of the best training camps in the US! Check out the camp summary below then read the details of each camp in the rest of the flier. All ages and all skill levels welcome!



June 4, 5, 6, 7, 2018

Strokes and Drills Camp

During this camp, we will be isolating specific shots as well as linking various shots together. We will be focusing in detail on perfecting your loops, blocks, chops, pushes, flips, counter-loops, and smashes. Each of the eight sessions will have its own content but will link back to the main theme of the week.

June 12, 13, 14, 15, 2018

Tournament Preparation Camp

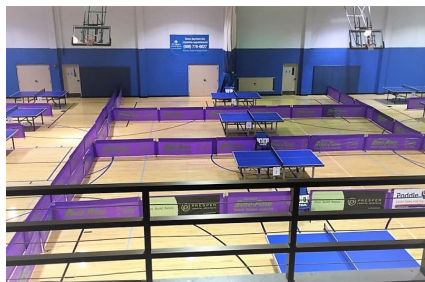


Many of you will be competing at the US Nationals in Las Vegas! Regardless if you are attending that event or not, we welcome you to join this session where we focus on improving your serve, teaching you new variations in serve return, and give you professional advice on the mental aspect of the game such as analyzing your opponent, thinking between points, and handling pressure during competition! Each of the eight sessions will be geared toward a different aspect of tournament preparation.

July 18, 19, 20, 21, 2018

Tactical Training Camp

Rallying tactics is the theme of this camp where you will learn the details of speed variations, spin variations, placement variations, height variations, depth variations, and rallying tactics. Within your realm of consistency, you will learn to be powerful and tricky in every rally against every opponent. Join us here in Akron, Ohio as you learn new skills, get a great workout, and meet new friends.



Ohio Mega Camps - Registration Form

Cost: Cost is \$360/camp or \$45/session
You can register for any number of single sessions or join us for a full week!

Where: Week #1 and #2 (June 4-7 and June 12-15)
Walsh University Alumni Arena
2020 E. Maple Street North Canton, Ohio
30 Tables, Wood floor, high ceiling, very spacious courts

Week #3 (July 18-21)
Shaw JCC / 750 White Pond Dr. Akron, Ohio 44320
24 Tables, Wood floor, high ceiling, new lighting

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

Contact: Samson Dubina – tt@samsondubina.com or at OhioPingPong.com

CUT-----CUT

Name_____

Address_____

Phone_____

E-mail_____

Total_____

Pay by May 1st to Receive the Early-Bird Discount

Make checks payable to:
Samson Dubina Table Tennis Academy
Mail forms to:
Samson Dubina 355 Hoover Ave. Akron, OH 44312

I assume all risk and responsibility for participating in the Ohio Mega Camps and relieve Samson Dubina, the Samson Dubina Table Tennis Academy, the Shaw JCC, Walsh University, USATT, and the Coaches from injuries to myself and damage to my property before, during, and after the camp.

Sign_____

Week 1 June 4-7, 2018

Cost is \$360/camp
Single Accommodation \$80/nightDouble
\$60/night

Week 2 June 12-15, 2018

Cost is \$360/camp
Single Accommodation \$80/nightDouble
\$60/night

Week 3 July 18-21, 2018

Cost is \$360/camp
Single Accommodation \$80/nightDouble
\$60/night

Please Circle All That Apply

\$280 Mega Camp Training (week 1) \$80/night Single Accommodations \$60/night /person Double Accommodations

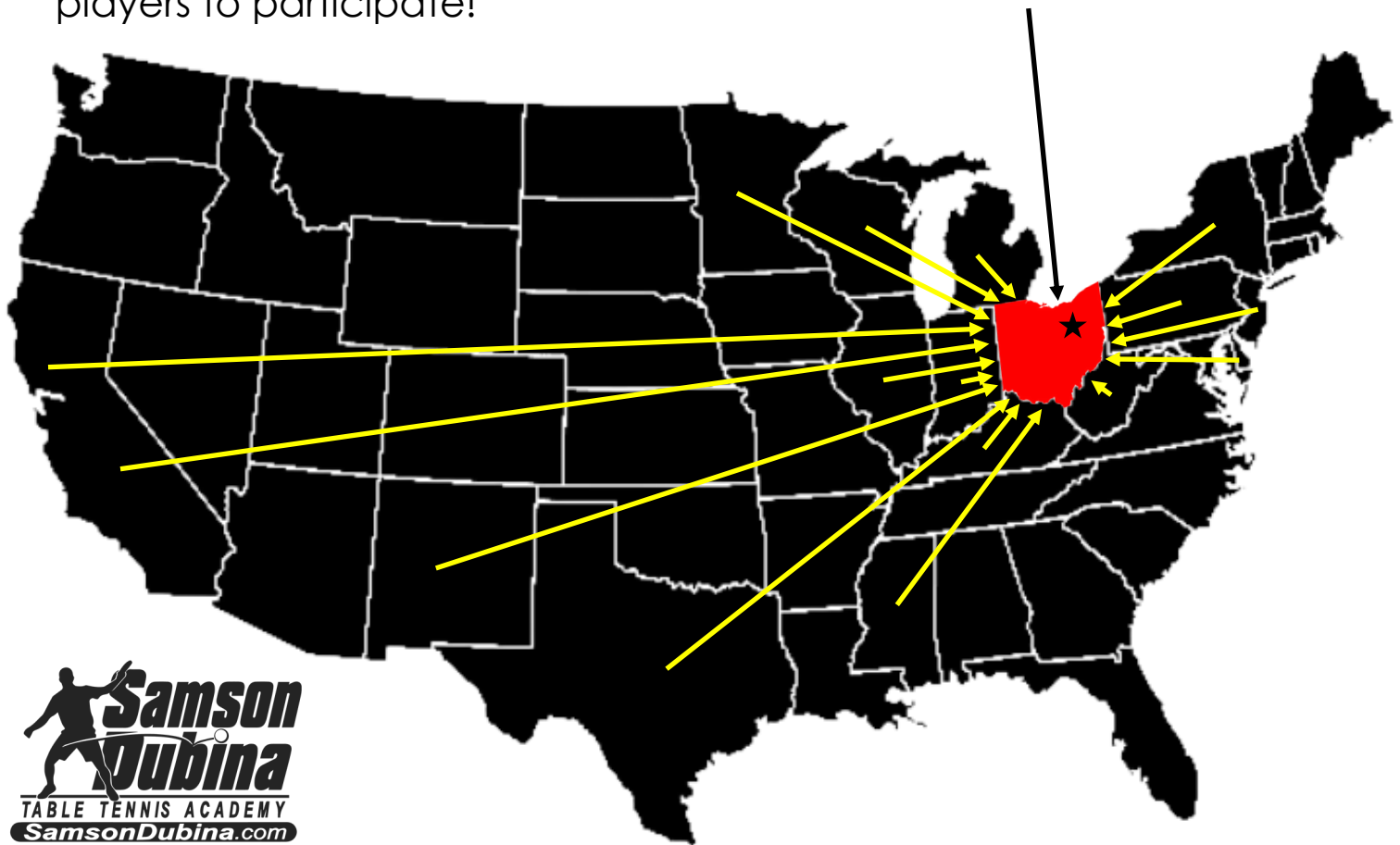
\$280 Mega Camp Training (week 2) \$80/night Single Accommodations \$60/night/person Double Accommodations

\$280 Mega Camp Training (week 3) \$80/night Single Accommodations \$60/night/person Double Accommodations

from far and wide

People have come from all over the United States and even Canada to participate in our camps last year. Participants came from California, Texas, New Mexico, Mississippi, Minnesota, Wisconsin, Illinois, Michigan, Indiana, New York, Pennsylvania, West Virginia, New Jersey, Maryland, Ohio, and Kentucky!

This year we are expecting both domestic and international players to participate!



Drive times to Akron, Ohio:

- From Pittsburgh, 2 hrs
- From Detroit, 3 hrs
- From Baltimore, 5 1/2 hrs
- From Washington DC, 5 1/2 hrs
- From Toronto, 5 1/2 hrs
- From Chicago, 6 hrs
- From Philadelphia, 6 1/2 hrs
- From New York City, 7 hrs
- From St. Louis, 8 hrs
- From Nashville, 8 hrs
- From Atlanta, 10 1/2 hrs

optional housing

\$80/day Single Occupancy Room

\$60/day Double Occupancy Room

Includes

Breakfast

Airport Transportation

Venue Transportation

Sightseeing Transportation

24 Hour Supervision

From the very moment you arrive in Ohio, we promise to take care of you every step of the way. It isn't just 4 full days of intense training, it is a wealth of information that will have a lasting effect on your game! Be sure to check out the detailed outline so that you will know exactly what will be taught and how it will help you.

We are now offering accommodations which include room, breakfast, 24 hour supervision, airport transportation, daily transportation to and from the Samson Dubina Table Tennis Academy, and sightseeing during the week (cost not included for sightseeing). For the June camps, the accommodations will be in the newly renovated dorm rooms at Walsh University. For the July camp, we will be renting 2 houses for the players to stay.

Area hotels are also available for \$60-\$90/night.



sightseeing

There are a host of sightseeing opportunities in Northeast Ohio.

Visit the Akron/Summit Convention & Visitors Bureau at playakron.com.



week 1 times

Session 1 Mon, June 4th 2pm-5pm

Session 2 Mon, June 4th 6pm-9pm

Session 3 Tues, June 5th 10am-1pm

Session 4 Tues, June 5th 3pm-6pm

FREE Lecture, Tues, June 6th 7-8pm

Session 5 Wed, June 6th 10am-1pm

Session 6 Wed, June 6th 3pm-6pm

Group Activity Wed, June 6th 7pm-10pm

Session 7 Thurs, June 7th, 10am-1pm

Session 8 Thurs, June 7th 3pm-6pm

In Addition to the 6 hours of training each day, there will also be optional match play in the evenings.



"Samson Dubina is one of the best educated and most effective coaches working today in the USA. If you are looking for a great camp experience, I highly recommend attending any camp that Samson is conducting."

- **Richard McAfee**, ITTF Course Conductor and Trainer. USATT Hall of Fame Inductee

session 1 – foundational forehand looping and advanced variations

Monday 2pm-5pm

For the entire week, the focus will be on developing various aspects of advanced looping techniques, passive and active blocking, defensive variations, deceptive pushing tricks, counter looping drills, and linking the skills through rallies. For this first session, we will be working on developing a good base of forehand loops against topspin by applying the right technique, right body position, right balance, and right timing. There will be plenty of coaches walking from table to table offering assistance through every drill. Throughout each session we encourage note taking and video recording.

2:00-2:10	Light Jogging and Stretching
2:10-2:20	Forehand Warmup
2:20-2:30	Backhand Warmup
2:30-3:00	Forehand Looping Technique
3:00-3:30	Forehand Looping with Footwork 1-1
3:30-3:40	Break
3:40-4:10	Forehand Looping from Various Distances (12 th ball is free)
4:10-4:30	Simple Forehand in-and-out Movement (12 th ball is free)
4:30-4:55	Advanced Forehand in-and-out Movement (changing to bh)
4:55-5:00	Closing Comments and Note Taking

session 2 – looping variations, linking the loops together, multi-ball

Monday 6pm-9pm

Still focusing on forehand looping, we will now take a step further and implement variations within the drills. We will be doing forehand loop against backspin, forehand loop against topspin, and learning the details of combining them together. The focus for the week is not merely to teach you new skills but to help you develop a training routine that you can use throughout the entire year. Because we have players of various skill levels training, each player will sometimes be given separate drills that are level appropriate for him/her. The second half of this session will also be combined with multiball training.

6:00-6:10	Light Jogging and Stretching
6:10-6:15	Forehand Warmup
6:15-6:20	Backhand Warmup
6:20-6:50	Forehand Loop Against Backspin
6:50-7:20	Forehand loop Against Backspin linked with Topspin – Part 1
7:20-7:40	Forehand loop Against Backspin linked with topspin—Part II
7:40-7:45	Break
7:45-8:50	Multiball Training Linking the Various Loops Together
8:50-8:55	Closing Comments and Note Taking
8:55-9:00	Optional Core Fitness Training

"Samson is one of the most experienced, technically advanced, enthusiastic, and organized coaches around. I worked with him at a USATT Supercamp, and we had a great time and the players learned a lot!"

– **Larry Hodges**, USATT Hall of Famer and Chair of the USATT Coaching Committee



session 3 – backhand looping and combination drills, and game-situation exercises

Tuesday 10am-1pm

This session involves detailing the backhand loop against topspin by perfecting the technique while learning about the correct positioning and timing. You will also learn how to loop from various distances and how to adjust to various types of incoming balls. At the end of the session, you will also link the forehand and backhand shots together in some structured drills. The coaches will make sure to select level-appropriate drills customizing as necessary to your personal game style.

10:00-10:10	Light Jogging and Stretching
10:10-10:20	Forehand Warmup
10:20-10:30	Backhand Warmup
10:30-11:00	Backhand Looping from various distances
11:00-11:20	Simple Backhand Looping footwork 1-1
11:20-11:40	Advanced Backhand Looping Footwork 1-1
11:40-11:50	Break
11:50-12:20	Backhand / Forehand Combination 2-2 (12th ball is free)
12:20-12:40	Full table random
12:40-1:00	Full table random (6th ball is free)

session 4 – backhand looping transitions, match application, multi-ball, and fitness training

Tuesday 3pm-6pm

This session is focused again on backhand loop. However, this time we are focusing on linking the backspin and topspin together – serve return with the follow-up and 3rd ball attack with the 5th ball attack. For the match play, there will be some target goals for each player. Between each top-table match, players will be responsible for brief note-taking. While some of the players are doing match application, others will be doing advanced multiball training. At the end of this intense session, there will be optional fitness training.

3:00-3:10	Light jogging and stretching
3:10-3:20	Forehand warmup
3:20-3:30	Backhand warmup
3:30-3:50	Backhand Loop against half-long and long serves
3:50-4:10	Backhand Loop against backspin linked to topspin then free point
4:10-4:15	Break
4:15-4:40	Match Play using backhand loop against backspin
4:40-5:45	Multiball Training
5:45-5:50	Closing Comments and Note Taking
5:50-6:00	Optional Leg Fitness Training

"Samson integrates sport science and technology very effectively by taking advantage of new and innovative resources to reach students nationwide. His understanding of the science behind the sport in addition to his multi-angle cameras help his students visualize and personally see what is going on."

- **Angela Guan**, N. American Junior Champion



session 5 – footwork, combining offense and defense, linking the shots

Wednesday 10am-1pm

Blocking footwork is one of the most underdeveloped aspects of the game. In this session, we will be combining offense and defense together in systematic and random drills. The lecture will be on balance, positioning, and timing. For the beginner players, the focus will be on consistency. For the advanced players who are ready for the challenge, there will be some blocking variations added as well as some counterlooping at the end of the session.

10:00-10:10	Light jogging and stretching
10:10-10:20	Forehand warmup
10:20-10:30	Backhand warmup
10:30-11:00	1 bh block – 1 fh block against attacking player's bh
11:00-11:20	1 or 2 bh blocks – 1 fh block against attacking player's fh
11:20-11:40	random fh and bh blocks against attacking player's fh
11:40-12:00	Break
12:00-12:20	2 forehand attacks – 2 forehand blocks both sides continuous
12:20-12:40	2 forehand attacks – 2 forehand blocks until change to backhand
12:40-1:00	Closing Comments and note taking

session 6 – active and passive blocking, counterlooping

Wednesday 3pm-6pm

This session will start with active and passive blocking and end with counterlooping. During the counterlooping drills, the coaches will be helping you develop the correct technique, help you find the right timing, and help you learn when to use counterlooping. At the end of this session, there will be leg fitness training as well. The fitness is mandatory for all the juniors and is optional for the adults.

3:00-3:10	Light jogging and stretching
3:10-3:20	Forehand Warmup
3:20-3:30	Backhand Warmup
3:30-3:50	Forehand active and passive blocks
3:50-4:10	Backhand active and passive blocks
4:10-4:30	FH / BH blocking footwork 1-1 with active and passive blocks
4:30-4:50	Break
4:50-5:10	Forehand block, forehand counter oop 1-1 continuous
5:10-5:30	Forehand block, forehand counter oop from away, then free
5:30-5:45	Lecture on counterlooping variation
5:45-6:00	Optional leg fitness training



"After I started getting coaching from Mr. Samson Dubina, my overall game has improved very significantly. My footwork, strokes, strategy and mental toughness during the game have improved significantly because of his advice, coaching and guidance. Because of his coaching, I won a National title in Las Vegas."

- Denethi Wejeginawardana, Regional College Champion

session 7 – forehand and back-hand looping, systematic and random drills

Thursday 10am-1pm

This looping session will be the most intense of the week. You will be doing level-appropriate footwork drills combining both forehands and backhands in systematic and random drills. The first version of the drill will be without the serve, then the second version will start with a serve, deep push, opening loop, then the footwork drill. As you begin linking the serve and return together with the rally, you will feel closer and closer to being game-ready!

- 10:00-10:10 Light jogging and stretching
- 10:10-10:20 Forehand warmup
- 10:20-10:30 Backhand warmup
- 10:30-10:50 2 forehand attacks – 2 forehand blocks both sides continuous
- 10:50-11:00 Lecture on Various Types of Drills
- 11:00-11:20 Forehand, Middle, Backhand
- 11:20-11:40 Forehand, Middle, Backhand Start ing with a deep backspin push
- 11:40-12:00 Break
- 12:00-12:20 Backhand, 1 or 2 forehands (2nd forehand with power)
- 12:20-12:50 Same but starting with deep heavy or light push
- 12:50-1:00 Closing comments and note taking

session 8 – combining offense and defense, match play, fitness

Thursday 3pm-6pm

This is the best session of the week – combining offense and defense from both players in the same drills! As this session will be quite difficult, the coaches/training partners will adjust the drills to your personal game style and playing level. There will also be match play, top table, and closing camp lecture at the end of this final session.

- 3:00-3:10 Light jogging and stretching
- 3:10-3:30 Forehand warmup
- 3:30-3:50 Backhand warmup
- 3:50-4:00 2 forehand attacks – 2 forehand blocks both sides continuous
- 4:00-4:10 Lecture on Drills and Game Development
- 4:10-4:30 Looping from forehand to blocker 1-1 (counterloop 6th ball then free)
- 4:30-4:50 Looping from forehand to blocker random (counterloop then free)
- 4:50-5:00 Break
- 5:00-5:20 Match play
- 5:20-5:40 Top Table
- 5:40-5:50 Core fitness training
- 5:50-6:00 Closing comments and note taking



Mega Camp was so much work and so beneficial! With all of the extra coaches there, we got a great deal of individualized tips, training and pointers. With such a variety of training partners, we had to learn to adapt. We moved and moved and moved. The importance of moving to the ball so that you can apply the right stroke was very evident when I could see so much improvement by the last day. Shots I could not have gotten at the beginning were becoming more and more in my reach and even routine to a certain extent. I hope to attend more of these to keep up what I accomplished.

- **Chris Jordan**, Mega Camp Participant

week 2 times

Session 1 Tues, June 12th 2pm-5pm

Session 2 Tues, June 12th 6pm-9pm

Session 3 Wed, June 13th 10am-1pm

Session 4 Wed, June 13th 3pm-6pm

FREE Lecture, Tues, June 6th 7-8pm

Session 5 Thurs, June 14th 10am-1pm

Session 6 Thurs, June 14th 3pm-6pm

Group Activity Wed, June 6th 7pm-10pm

Session 7 Fri, June 15th 10am-1pm

Session 8 Fri, June 15th 3pm-6pm

In addition to the six hours of training each day, there will also be optional match play in the evenings.



"Samson gave me a better understanding of the game by helping me to understand what went right or wrong during the point."

- Burak Cevik, Satisfied Customer

Session 1 – Tournament Preparation, Tactical Analysis, and Tactical Development

Tuesday 2pm-5pm

For the entire week, the focus will be on developing the tools needed for tournament performance – including tactical analysis of your opponent, developing game strategies, learning how to serve and receive various serves, and learning how to structure your shots together into winning sequences. For this first session, we will be working on match play and learning to analyze your opponent. The target goal for this session is understanding your enemy – understanding his equipment, his overall style, his strengths, his weaknesses, his common patterns, and his mindset. There will be plenty of coaches walking from table to table offering assistance through every drill. Throughout each session we encourage note taking and video recording.

2:00-2:10	Light Jogging and Stretching
2:10-2:20	Forehand Warmup
2:20-2:30	Backhand Warmup
2:30-3:10	Match Play
3:10-3:40	Match play against various playing styles
3:40-3:50	break
3:50-4:20	Drill for your personal #1 strength
4:20-4:50	Drill for your opponent's #1 weakness
4:50-4:55	Closing Comments and Note Taking
4:55-5:00	Optional Fitness Training

Session 2 – Dissecting Your Own Game

Tuesday 6pm-9pm

As the week unfolds, we will teach you about your game and about various opponents that you will face in the next tournament. In this session, we will be structuring various drills based on your current playing style. In sessions 3-6, we will be teaching you new skills, but in this session we will be maximizing your current game that you have right now. Because we have players of various skill levels training, each player will sometimes be given separate drills that are level appropriate for him/her.

6:00-6:10	Light Jogging and Stretching
6:10-6:20	Forehand Warmup
6:20-6:30	Backhand Warmup
6:30-7:00	and winning points (5 ways) in rallies
7:00-7:20	Structured systematic 2 Forehand Loops – 2 Backhand Loops
7:20-7:30	Strength of your game... 2 Forehand Loops – 2 Backhand Loops
7:30-8:00	Break
8:00-8:30	Personalized serve and return pattern
8:30-8:45	Match play using their preferred pattern
8:45-8:55	Match Play
8:55-9:00	Closing Comments and Note Taking
	Optional Match Play

Mega Camps! I cannot stress enough what a difference it has made in my movement and my overall game. How many practices and tournaments do you feel disappointed with the same results or lack of improvement... It is NOT quantity or level of practice that makes you improve. It is QUALITY. Samson's mega camps give you information and training to take back to your home, clubs, and partners. Yes, they are somewhat expensive and it involves a 2-3 day commitment. But, how much is improving more in 2 months than in 2-5 years WORTH to you !!! My rating and level of play have gone up over 100 points since 11-19-17. I truly believe it is due to attending the mega camp in Dec 2017. Don't settle for staying at the same level in your game... Do yourself and your game a favor. Attend one of Samson's Mega Camps this year.

- Jay Nelson, Mega Camp Participant



Session 3 – Deceptive Serves and Third-Ball Attacks

Wednesday 10am-1pm

This session is geared toward enhancing your short serves and developing some new short serves. Starting with a footwork drill as our base, we will be working on various serves linked together with the third-ball attack then the footwork. At the end of this session, there will be an advanced serving demo by the top players, trainers, and coaches.

10:00-10:10	Light Jogging and Stretching
10:10-10:20	Forehand Warmup
10:20-10:30	Backhand Warmup
10:30-10:40	Lecture on Short Serves – Pendulum, Hook, and Backhand
10:40-11:00	Footwork – 1 or 2 backhands then 1 forehand
11:00-11:20	Footwork starting with a short pendulum serve
11:20-11:40	Break
11:40-12:10	Footwork starting with a short hook serve
12:10-12:30	Footwork starting with a short backhand serve
12:30-12:50	Advanced Serving Demo
12:50-1:00	Closing Comments and Note Taking

Session 4 – Speed Serves, Blocking, Counterlooping

Wednesday 3pm-6pm

The main topic for this session is to combine deep serves with offense and defense. For the match play, there will be some target goals for each player. Between each top-table match, players will be responsible for brief note-taking. At the end of this intense session, there will be core and balance training.

3:00-3:10	Light jogging and stretching
3:10-3:20	Forehand warmup
3:20-3:30	Backhand warmup
3:30-3:50	1 bh block, 1 fh block against attacking player's forehand
3:50-4:10	Blocker starts with deep pendulum serve
4:10-4:30	Blocker starts with deep hook serve
4:30-4:50	Break
4:50-5:10	Blocker starts with deep backhand serve
5:10-5:30	Blocker starts with any deep serve (4 th ball counterloop)
5:30-5:50	Match Play
5:50-5:55	Closing Comments and Note Taking
5:55-6:10	Core Fitness Training

"I have been a professional player for 12 years and traveled throughout Europe. I have never seen a training camp as organized as Samson's Summer Camps."

- **Robert Eriksson**, Swedish Men's Singles Bronze Medalist



Session 5 – Serve Return (Attacking Half-Long and Long Serves)

Thursday 10am-1pm

Nearly everyone says that serve return is the most difficult part of the game. In this session, you will learn how to attack half-long and long serves with various types of loops and also learn how to link the attacking shots together in structured drills. This is one of the best sessions! Be sure to attend this one!

10:00-10:10	Light jogging and stretching
10:10-10:20	Forehand warmup
10:20-10:30	Backhand warmup
10:30-11:00	Footwork – backhand blocking against full-table random
11:00-11:20	Random starting with looping a deep no-spin serve
11:20-11:40	Random starting with looping a half-long no-spin serve
11:40-12:00	Break
12:00-12:20	Random starting with looping a half-long backspin serve
12:20-12:50	Match play with half-long and long serves
12:50-12:55	Closing comments and note taking
12:55-1:00	Optional Fitness Training

Session 6 – Deceptive Pushes, Drop-Shots, Speed Flips, Banana Flips

Thursday 3pm-6pm

Still working on serve return, we are shifting our focus to the short game, learning various aspects on receiving serves deceptive pushes, drop-shots, speed flips, and banana flips. At the end of this session, there will be leg fitness training as well. The fitness is mandatory for all the juniors and is optional for the adults.

3:00-3:10	Light jogging and stretching
3:10-3:20	Forehand Warmup
3:20-3:30	Backhand Warmup
3:30-3:50	Short backspin serve, free point
3:50-4:00	Lecture on deep push, short push, and flip
4:00-4:20	Short backspin or no-spin serve, deep push, free point
4:20-4:40	Short backspin or no-spin serve, short push, free point
4:40-5:00	Break
5:00-5:20	Short backspin or no-spin serve, short push, free point
5:20-5:40	Short any spin serve, deep push or short push or flip
5:40-6:00	Optional Leg fitness training



“As a former US National Team member, I have been working with Coach Samson on many coaching camps. He is very capable of developing and mentoring athletes and coaches. He has excellent work ethics and outgoing personality.”
- Yahao Zhang, North American Jr. Champion

Session 7 – Game Sequences, Anticipation, Linking Offense and Defense

Friday 10am-1pm

For every shot, there is a series of likely returns and unlikely returns. In this session, we will be focusing on serving and preparing based on probabilities and indicators. The coaches will be going from table to table giving your personalized advice and customizing the drills as needed. Notetaking is encouraged throughout the training session!

10:00-10:10	Light jogging and stretching
10:10-10:20	Forehand warmup
10:20-10:30	Backhand warmup
10:30-10:50	Short topspin serve, flip, loop the flip, free point
10:50-11:10	Short no-spin serve, push slightly high, loop the push, free point
11:10-11:30	Deep backspin serve, loop, block to the opposite side, free point
11:30-11:50	Break
11:50-12:10	Half-long backspin serve, look for indicators, free point
12:10-12:30	Match play
12:30-12:55	Top table
12:55-1:05	Closing comments and note taking

Session 8 – Tactical Analysis of 10 Different Opponents, Match Play, and Fitness

Friday 3pm-6pm

This is the most interesting session of the week – tactical analysis of 10 different playing styles— various looping styles, various chopping styles, various blocking styles, and much much more. Throughout this session, there will be much match play and notetaking based on developing the skills of observing and strategizing. The fitness training is mandatory for all juniors and optional for the adults.

3:00-3:10	Light jogging and stretching
3:10-3:20	Forehand warmup
3:20-3:30	Backhand warmup
3:30-4:00	Match play
4:00-4:10	Lecture on tactical analysis
4:10-4:30	Defense Match Training drills part 1 and part 2
4:30-4:50	Offense Match Training drills part 1 and part 2
4:50-5:00	Break
5:00-5:20	Match play
5:20-5:40	Top Table
5:40-5:50	Optional core fitness training
5:50-6:00	Closing comments and note taking

"The opportunity to be in an intense learning environment that also challenges you physically for multiple days in a row makes me feel like I'm a pro training for the Olympics."

- **Joe Ciarrochi**, Mega Camp Participant



week 3 times

Session 1 Wed, July 18th 3:30-6pm

Session 2 Wed, July 18th 6:30-9pm

FREE Optional Lecture Thursday, July 19th 1:30-3pm

Session 3 Thurs, July 19th 3:30-6pm

Session 4 Thurs, July 19th 6:30-9pm

FREE Optional Lecture Fri, July 20th 1:30-3pm

Session 5 Fri, July 20th 3:30-6pm

Session 6 Fri, July 20th 6:30-9pm

Session 7 Sat, July 21st 12:30-3pm

Session 8 Sat, July 21st 3:30-6pm



Regardless if you are a 6-years-old or 60-years-old, regardless if you are a beginner or Olympian, you are invited to attend.

The class will be divided based on skill level and every participant will be working on level-appropriate skills during the week.

Session 1 – Forehand Speed, Spin Variations, rallies, and game Combinations

Wednesday 3:30pm-6pm

For the entire week, the focus will be on developing tactical variations to all of your shots making your loops, blocks, pushes, flips, smashes, and counterloops more deceptive. As you learn to add more variations to your game, you will then have the ability to play many different tactics in the games while still staying within your realm of consistency. There will be plenty of coaches walking from table to table offering assistance through every drill. Throughout each session we encourage note taking and video recording.

3:30-3:40	Light Jogging and Stretching
3:40-3:50	Forehand Warmup
3:50-4:00	Backhand Warmup
4:00-4:30	Forehand Rally Speed Variations
4:30-4:50	Forehand Rally Spin Variations
4:50-5:00	break
5:00-5:10	Forehand Speed/Spin Variations
5:10-5:30	Footwork Training With Looping Variations
5:30-5:50	Footwork Training With Looping Variations – Part II
5:50-6:00	Closing Comments and Note Taking

Session 2 – Footwork, Speed Variations, Spin Variations, Optional Fitness Training

Wednesday 6:30pm-9pm

Now we are going to focus the entire session on backhand speed and spin variations. The focus for the week is not merely to teach you new skills but to help you develop a training routine that you can use throughout the entire year. Because we have players of various skill levels training, each player will sometimes be given separate drills that are level appropriate for him/her. Notetaking with personal reminders throughout the session is strongly encouraged.

6:30-6:40	Light Jogging and Stretching
6:40-6:45	Forehand Warmup
6:45-6:50	Backhand Warmup
6:50-7:20	Backhand Speed Variations
7:20-7:40	Backhand Spin Variations
7:40-7:50	Break
7:50-8:00	Backhand Speed/Spin Variations
8:00-8:20	Footwork Training with Looping Variations
8:20-8:40	Footwork Training with Looping Variations – Part II
8:40-8:50	Match Play
8:50-8:55	Closing Comments and Note Taking
8:55-9:00	Optional Fitness Training



Coach Samson Dubina has been awarded the USATT Technology Coach of the Year for the last three consecutive years for his advancements in the sport inventing new products, developing Bluetooth coaching, and developing the instant video play-back system.

Session 3 – Advanced Looping, Linking the Shots, Footwork

Thursday 3:30pm-6pm

This session is a big step up from the first day. With many footwork drills combining both backhands and forehands, you will begin learning to keep the structure of our game while adding the unique variations to trick your opponent. The lecture will be about the various types of drills, various playing stages, and knowing which stage you are at and the process needed to get to the next stage. At the end of this session, there will also be some match play and some evaluations.

3:30-3:40	Light Jogging and Stretching
3:40-3:50	Forehand Warmup
3:50-4:00	Backhand Warmup
4:00-4:30	Loop 2 backhands / 2 forehands with speed/spin variations
4:30-4:50	Loop 1 or 2 or 3 forehands then 1 backhand with second forehand being your power shot
4:50-5:00	Break
5:00-5:20	Full table random
5:20-5:40	Full table random starting with serve or receive (player can choose)
5:40-5:55	Match Play
5:55-6:00	Closing Comments and Notetaking

Session 4 – Advanced Rallies and Strategic Placement

Thursday 6:30pm-9pm

This tactical session will be geared toward forehand and backhand rallying ball placement drills. The main lecture for this session will be about the mindset needed to transition between drills and games. For the match play, there will be some target goals for each player. Between each top-table match, players will be responsible for brief note-taking. At the end of this intense session, there will be core and balance training.

6:30-6:40	Light jogging and stretching
6:40-6:45	Forehand warmup
6:45-6:50	Backhand warmup
6:50-7:10	Forehand footwork with placement looping
7:10-7:30	Backhand footwork with placement looping
7:30-7:50	Random footwork with angle placement
7:50-8:00	Break
7:40-8:10	Match Play
8:10-8:30	Top Table
8:30-8:40	Closing Comments and Note Taking
8:40-9:00	Core Fitness Training



"Samson Dubina is one of the more analytically gifted coaches I have had the pleasure of working with. Always able to identify technical issues in your game and give simple solutions. Also an adept match coach, he is able to get right to the point and pick apart opponents quickly. Giving his players clever tactics to follow."

- **Chance Friend**, Professional Player

Session 5 – Forehand Looping, Footwork, and Sidespin Variations

Friday 3:30pm-6pm

The first few sessions were geared toward speed variations, spin variations, and placement variations. This session is on adding sidespin variations. This skill is usually less developed, but very effective when perfected. I think that this will be the most enjoyable session in the week. Not only will you learn the technique for adding various types of sidespin, but you will also learn the tactics behind doing it and learn how it links together with the rest of your game.

3:30-3:40	Light jogging and stretching
3:40-3:50	Forehand warmup
3:50-4:00	Backhand warmup
4:00-4:10	Offense/Defense Lecture
4:10-4:30	Loop 2 backhands, 2 forehands basic strokes
4:30-4:50	Forehand inside-out loop
4:50-5:10	Forehand outside-in loop
5:10-5:20	Break
5:20-5:40	Loop 2 bh, 2 fh adding outside-in (against partner's backhand block)
5:40-6:00	Loop 2 bh, 2 fh adding inside-out (against partner's forehand block)

Session 6 – Defensive Variations, Game Tactics, Optional Fitness

Friday 6:30pm-9pm

For all playing styles, it is important to have a solid defense. We are going to start with some foundational defense drills and build to some advanced ones. At the end of this session, there will be leg fitness training as well. The fitness is mandatory for all the juniors and is optional for the adults.

6:30-6:40	Light jogging and stretching
6:40-6:45	Forehand Warmup
6:45-6:50	Backhand Warmup
6:50-7:10	2 backhand blocks, 1 forehand block (against backhand)
7:10-7:20	Lecture on lateral sidespin blocking
7:20-7:40	2 normal backhand blocks, 1 sidespin block, free point
7:40-8:00	2 backhand blocks, 1 forehand block, blocker chooses tactic
8:00-8:10	Break
8:10-8:30	Full table random blocking – Part I
8:30-8:50	Full table random blocking – Part II
8:50-9:00	Leg fitness training



Join us this summer! Our international coaching team is dedicated to giving you the best possible camp!

-Satoko Hayashi Japan National HS Team Champion

Session 7 – Tactical Serving and Match Play

Saturday 12:30pm-3pm

In this tactical session, we will be focusing on serving tactics with placement, spin, speed, height, and depth. This is one of the most interesting sessions during the week – be sure to attend this one. We will also be finishing up the session with a serve demo from some pros and a short lecture.

12:30-12:40	Light jogging and stretching
12:40-12:50	Forehand warmup
12:50-1:00	Backhand warmup
1:00-1:20	2 forehand attacks – 2 forehand blocks both sides continuous
1:20-1:40	Spin variations on short serves
1:40-2:00	Spin variations on deep serves
2:00-2:10	Break
2:10-2:30	Placement variations on short serves
2:30-2:50	Placement variations on deep serves
2:50-3:00	Pro demo, lecture, closing comments and note taking

Session 8 – Tactical Serve Return: Looping, Chopping, Pushing, Flipping

Saturday 3:30pm-6pm

This tactical serve return session will be focused on the main four ways to return serves – looping, chopping, pushing, and flipping and developing new methods to return with new variations. There will also be match play and closing camp lecture at the end of this session.

3:30-3:40	Light jogging and stretching
3:40-3:45	Forehand warmup
3:45-3:50	Backhand warmup
3:50-4:10	Variation loops against deep serves
4:10-4:30	Variations chops against half-long serves
4:30-4:50	Variation pushes and drop-shots
4:50-5:00	Break
5:00-5:20	Variation flips against short serves
5:20-5:40	Top Table
5:40-5:50	Core fitness training
5:50-6:00	Closing comments and note taking



The Samson Dubina Table Tennis Academy is dedicated to bringing the Olympic sport of table tennis to a new level in Ohio through professional coaching, elite tournaments, world class equipment, and promoting sportsmanship on and off the court.

Ohio MEGA Camps

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June 4-7

June 12-15

July 18-21

3 distinct camps • 1 unified purpose

from far and wide

Last year people came from all over the United States and even Canada came to participate in our camps. Participants came from California, Texas, New Mexico, Mississippi, Minnesota, Wisconsin, Illinois, Indiana, Michigan, New York, Pennsylvania, West Virginia, New Jersey, Maryland, Ohio, and Kentucky! This year we are expecting both domestic and international players to participate!

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