

# Shaw JCC Mega Training Camp

## December 27-30, 2017



Head Coach Samson Dubina and the team of expert coaches and trainers will guide you through the details of footwork teaching you about looping, blocking, counterlooping, shot combinations, speed variations, spin variations, placement variations, body balance, positioning, and timing while linking back to the main topic of the week... footwork. It isn't just a week of hard training, it is a wealth of information that will have a lasting impact on your athletic career!



# Mega Camp Daily Schedule

## Wed, Dec 27<sup>th</sup>

Afternoon Training 2.5 hours  
Evening Training 2.5 hours  
(See Detailed Outline for exact content)

## Thursday, Dec 28<sup>th</sup>

Morning Tactics Lecture 1.5 hours  
Morning Sightseeing 2 hours  
Afternoon Training 2.5 hours  
Evening Training 2.5 hours  
(See Detailed Outline for exact content)

## Friday, Dec 29<sup>th</sup>

Morning Sightseeing 3 hours  
Afternoon Training 2.5 hours  
Evening Training 2.5 hours  
(See Detailed Outline for exact content)

## Saturday, Dec 30<sup>th</sup>

Morning Fitness Training and Fitness Lecture 1.5 hours  
Afternoon Training 2.5 hours  
Late Afternoon Training 2.5 hours  
(See Detailed Outline for exact content)

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 last 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). With the accommodations, the girls and ladies will stay with Samson and Heather Dubina. The boys and men will stay with Blake Cottrell and other assistant coaches.

Most players will likely schedule their flights to arrive on Wednesday morning and leave Saturday evening. However, players are encouraged to come a day early for additional training and stay a few days later for private lessons with Coach Samson Dubina and other local coaches. Arrangements can be made for training partners and living accommodations as well. Contact Samson Dubina to finalize your training plans! See you soon!

**Register now to reserve your spot!**

**[www.SamsonDubina.com](http://www.SamsonDubina.com)**



# Shaw JCC Mega Training Camp Details and Registration Form

**Coaches:** Head Coach Samson Dubina - Assistant Coaches and Elite Training Partners will be assisting throughout the week

**Cost:** \$360 for all 8 session or \$45 per session

**Accommodations:** \$50/night includes room, breakfast, airport transportation back and forth, venue transportation daily, and 24 hour supervision. Housing for guys and girls will be in separate locations. Ask coach Samson for details.

**Where:** Shaw JCC / 750 White Pond Dr Akron, Ohio 44320  
24 Tables, Wood floor, high ceiling, new lighting  
Convenient location and FREE parking

**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](mailto:tt@samsondubina.com)  
[www.SamsonDubina.com](http://www.SamsonDubina.com)

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Mail to: **Samson Dubina 355 Hoover Ave Akron, OH 44312**  
Check or Money Order to: **Samson Dubina Table Tennis Academy**

Name \_\_\_\_\_

4 Day Camp \$360  
3 Night Accommodation Package \$150



Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle Which Sessions You Want to Attend (see details on next pages)  
1    2    3    4    5    6    7    8

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Signature \_\_\_\_\_

**Space is Limited! Reserve your spot today!**

## **Session 1 – Footwork, Looping, Blocking, Consistency**

Wednesday 3:30pm-6pm

For the entire week, the focus will be on developing various aspects of footwork. For this first session, we will be working on short movement linking consistent forehand and backhand loops together. The target goal for this session is consistency in developing low, deep loops with plenty of spin to the target location. The first lecture will be on timing for looping and blocking. The second lecture will be on the necessary steps to combine practice with match play. 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
- 4:00-4:10 Looping/Blocking Timing Lecture
- 4:10-4:30 2 forehand loops – 2 backhand loops
- 4:30-4:50 1 forehand – 1 middle – 1 backhand
- 4:50-5:00 break
- 5:00-5:10 Lecture on practice vs matches
- 5:10-5:30 2 forehand loops – 2 backhand loops (12<sup>th</sup> ball is free)
- 5:30-5:50 1 forehand – 1 middle – 1 backhand (12<sup>th</sup> ball is free)
- 5:50-6:00 Closing Comments and Note Taking

## **Session 2 – Footwork, Speed Variations, Spin Variations**

Wednesday 6:30pm-9pm

Still focusing on our main topic (footwork) we will now take a step further and implement variations within the drills. In the first lecture, we will unpack the concepts of peeling vs bruising the ball learning about speed and spin variations. In the second lecture, we will learn about linking serve and return together with the drill. 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.

- 6:30-6:40 Light Jogging and Stretching
- 6:40-6:45 Forehand Warmup
- 6:45-6:50 Backhand Warmup
- 6:50-7:00 Lecture on Variations
- 7:00-7:20 2 Forehand Loops – 2 Backhand Loops (1 bruising / 1 peeling)
- 7:20-7:40 1 forehand – 1 middle – 1 backhand (middle ball bruising / corner balls peeling)
- 7:40-7:50 Break
- 7:50-8:00 Lecture on linking the shots
- 8:00-8:20 players choose which drill, but starting with the serve
- 8:20-8:40 Players choose same drill, but start with receive
- 8:40-8:55 Match Play
- 8:55-9:00 Closing Comments and Note Taking



### **Session 3 – Footwork, Anticipation, Linking the Shots**

Thursday 3:30pm-6pm

This footwork session involves random drills, which are much more similar to a real match. With taking the drills a step further, you will then feel as if you are playing a match while still focusing on maintaining consistency. 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
- 4:00-4:10 Lecture on Random Drills
- 4:10-4:30 Block 1 middle – 1 corner
- 4:30-4:50 Block 1 or 2 backhands – 1 or 2 forehands (against forehand blocking)
- 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)
- 5:40-6:00 Match Play

### **Session 4 – Footwork, Game-Simulation, Match Play**

Thursday 6:30pm-9pm

This footwork session combines all of the drills that we have practiced so far – random drills combined with serve and receive. 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
- 6:50-7:00 Full table random against backhand (players may start with serve or receive)
- 7:00-7:20 Full table random against forehand (players may start with serve or receive)
- 7:20-7:30 Break
- 7:30-7:40 Lecture – Match Application
- 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



## **Session 5 – Footwork, Combining Offense and Defense, Linking the Shots**

Friday 3:30pm-6pm

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.

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 1 backhand block – 1 forehand block against attacking player's backhand

4:30-4:50 1 or 2 backhand blocks – 1 forehand block against attacking player's forehand

4:50-5:10 random forehand and backhand blocks against attacking player's forehand

5:10-5:20 Break

5:20-5:40 2 forehand attacks – 2 forehand blocks both sides continuous

5:40-6:00 2 forehand attacks – 2 forehand blocks until change to backhand

## **Session 6 - Footwork, In-and-Out Forehand and Backhand, Linking the Shots, Fitness**

Friday 6:30pm-9pm

In-and-out footwork will be the focus for this session. It is vitally important to time the ball correctly for every shot and it is impossible without the proper footwork. There will be 2 brief lectures for this session – one on the basics of footwork and the other on the advanced variations of footwork. 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 forehand attacks – 2 forehand blocks both sides continuous

7:10-7:20 Lecture on in-and-out movement

7:20-7:40 Forehand close – forehand far against forehand block

7:40-8:00 Backhand close – backhand far against backhand block

8:00-8:10 Break

8:10-8:30 2 forehands – 2 backhands close – far – close – far against backhand block

8:30-8:40 Lecture on advanced in-and-out

8:40-9:00 Leg fitness training



## **Session 7 - Footwork, Anticipation, Game-Situation Drills, Linking Offense and Defense** Saturday 12:30pm-3pm

This footwork session will be based on anticipation based on the placement of your shot. This is one of the most important aspects of footwork – it is actually more mental than physical. Not only will we be teaching you the skill, but you will be doing drills for the entire time to perfect the skill.

- 12:30-12:40 Light jogging and stretching
- 12:40-12:50 Forehand warmup
- 12:50-1:00 Backhand warmup
- 1:00-1:10 2 forehand attacks – 2 forehand blocks both sides continuous
- 1:10-1:20 Lecture on anticipation footwork
- 1:20-1:40 Backhand rally – when attacking player changes – free point
- 1:40-2:00 Forehand rally – when attacking player changes – free point
- 2:00-2:10 Break
- 2:10-2:30 random against backhand block – attacking player changes then free point
- 2:30-2:50 same as above but starting with the serve
- 2:50-3:00 Closing comments and note taking

## **Session 8 – Footwork, Probabilities, Indicators, Match Play, Fitness** Saturday 3:30pm-6pm

This is the best session of the week – probabilities and indicators. This footwork session will be very game-like and each player will have customized drills for their playing style. 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
- 3:50-4:00 2 forehand attacks – 2 forehand blocks both sides continuous
- 4:00-4:10 Lecture on probabilities vs indicators
- 4:10-4:30 Serve combinations
- 4:30-4:50 Serve combinations
- 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



The Samson Dubina Table Tennis Academy is dedicated in 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. We welcome all domestic and international table tennis players of all ages and levels to join us here in Akron, Ohio on December 27-30 for eight sessions in intense training! See you soon! [www.SamsonDubina.com](http://www.SamsonDubina.com)



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