

## 2018 ITTF Level 2 Table Tennis Coaching Course Timetable

Day / Time	09.00 10.30	10.30	10.45 12.30	12.30	2.00 3.30	3.45 4.15	4.30 5.30	5.30 6.00	6.00 p.m.	
<b>DAY 0</b> 24 Apr					<b>Arrival</b>					
<b>DAY 1</b> 25 Apr Wed.	- Opening - Coaches Presentation - Level 2 Presentation	<i>Break</i>	THEORY General Principles (Sport Education)	<b>L U N C H</b>	THEORY Basic Principles (Bio- mechanics)  *Sport Science	DEMO Spins & Deviations	Practical: Coaches practice Spins & Deviations	Evaluation and questions  (preparation for day 2)	<b>Free Play</b>	
<b>DAY 2</b> 26 Apr Thu.	THEORY Table Tennis Education	<i>Break</i>	THEORY Producing good players	<b>L U N C H</b>	THEORY The Movement  *Sport Science  (videos of footwork)		Practical: Coaches practice	Evaluation and questions  (preparation for day 3)	<b>Free Play</b>	
<b>DAY 3</b> 27 Apr Fri.	THEORY Energy Pathways (physical) -Aerobic & -Anaerobic training  *Sport Science	<i>Break</i>	THEORY Energy Pathways (physiology) – Group Discussion  *Sports Science	<b>L U N C H</b>	THEORY Technical Cards: adjustments/ footwork / serves / training serves	DEMO - Footwork + Practice - Serves + Practice	Practical: Coaches practice Footwork & Serves	Evaluation and questions  (preparation for day 4)	<b>Free Play</b>	
<b>DAY 4</b> 28 Apr Sat.	THEORY: The brain & mind functions (PSYCHOLOGY)  VIDEO: The brain & mind functions (PSYCHOLOGY)  *Sport Science	<i>Break</i>	THEORY: Technical cards - serves (cont.)/ returns (videos)  DEMO: Serves (continued)/ Returns + Practice	<b>L U N C H</b>	THEORY: Technical cards – topspins /training tops / defence /training defence (Presentation by groups of coaches)	DEMO: Topspins / Defence	Practical: Coaches practice Topspins/ Defence	Evaluation and questions  (preparation for day 5)	<b>Free Play</b>	
<b>Day 5</b> 29 Apr Sun.	THEORY: Imagination & imagery (PSYCHOLOGY) - continued  THEORY: Technical cards –blocks/ smashes	<i>Break</i>	DEMO: Blocks / Smashes + Practice	<b>L U N C H</b>	THEORY: Multiball (video)	DEMO: Multiball	Practical: Coaches practice multiball	Session evaluation & questions / Preparation for exam	<b>Free Play</b>	
<b>Day 6</b> 30 Apr Mon.	<b>FINAL EXAM (Interview)</b>		DEMO: Practice on final Exam  <b>PRACTICAL EXAM</b>	<b>L U N C H</b>	<b>PRACTICAL EXAM (continued)</b> Presentation Of Certificate Attendance					