

Fiona Gillespie – Table Tennis Development Plan

Priority Areas for Improvement

1. Positioning → Stand farther from table (1m+ baseline)
 2. Serve Variety → Master 3 placements (short/mid/deep) + spin mixes
 3. Backhand Attack → Develop drives/smashes (no more timid shots)
 4. Topspin vs. Backspin → Stop netting heavy backspin balls
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Technical Drills (Routine Practice)

1. Positioning Fixes

Drill Name: *"Home Base Recovery"*

- How To:
 - Place a marker 1m behind the table as your "home" spot
 - After every shot (even serves), return to this spot
 - Focus on small, quick steps to reset

2. Serve Mastery

Drill Name: *"3-Zone Spin Serve"*

- Target Areas:
 - Short: Bounce twice on opponent's side (near net)
 - Mid: Lands near white line (half-long)
 - Deep: Hits within 10 cm of baseline
- Spin Types to Rotate:
 - Side-topspin (curve away)
 - Pure backspin (dead bounce)

3. Backhand Power

Drill Name: "No-Spin Punch"

- Steps:
 1. Partner feeds 20 no-spin balls to BH
 2. Hit each with a short, punchy drive (elbow locked)
 3. Progress to smashing high balls

Tactical Adjustments

Key Match Strategies

Situation	Action
Opponent serves long?	BH punch deep to their elbow
You serve short backspin?	Prepare for FH loop on their push
They struggle with wide angles?	Serve side-topspin → attack their open side

Weekly Training Template

Week 1:

- 15 min: 3-Zone Spin Serve
- 20 min: FH loops vs. backspin (light → heavy)
- 10 min: Match practice (focus on recovery steps)

Week 2:

- 15 min: BH drive/smash progression
- 20 min: Serve + 3rd ball attacks
- 10 min: Footwork ladder drills

Week 3:

- 30 min: Simulated matches (implement 1 tactical goal)
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Pro Tips

- For Netting Backspin: Say "UP" out loud when looping to reinforce brushing upward
 - For Consistency: Reduce power by 30% – focus on placement over speed
 - For Frustration: Between points, tap the table edge twice to reset mentally
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Helpful Resources

- Search YouTube: "Table tennis footwork recovery drills" (for positioning)
- Search YouTube: "How to loop backspin like a pro" (for FH/BH technique)