

GROUP COACHING at GOLD COAST TABLE TENNIS ASSOCIATION

Tuesday Coaching

Starting 9 March

Coach: Cathy Townsend
Level 2 NCAS, AASC Coach

Session 1: 10:30 am - 12:00 pm

For all players to improve their all-round game.

- Focus on skill development
- A new skill will be introduced every session. e.g. short service, understanding spin, tactics against different types of players, etc.

Session 2: 12:15 pm - 1:45 pm

Aimed at players who wish to master consistency and train in routines.

- Footwork routines
- Ball placement
- Match sense routines

Players of all abilities are welcome to participate in either or both sessions.

Bring along your bat, towel, water bottle, suitable clothing and non-marking shoes.

Sunday Squad Training

Starting 7 March

Coaches:

Graeme Townsend Level 2 NCAS
Cathy Townsend Level 2 NCAS
AASC Coach

10 am - 1 pm

Note: Training will start at 10am sharp so please be ready on court. The centre will be open from 9:40 am.

Squad will be split into two groups:

Group 1: Established squad trainers

- Focus for representative athletes as training will be planned around major tournaments
- Training will be high repetition and consistency with highly skilled and physical routines

Group 2: Players who wish to improve ability to train in squad atmosphere

- Focus on learning training routines, mastering of consistency, positioning ball and increasing table tennis fitness
- Training will be planned around skill development to improve your all-round game.

Bring along your bat, towel, water bottle, suitable clothing, non-marking shoes and a competitive team attitude.

Fees

Tuesday Coaching

Junior/concession: \$8 for one session, \$15 for both

Adult: \$10 one session, \$18 for both

Sunday Squad Training

Junior/concession: \$15

Adult: \$18

Note: Coaching is a benefit for club members. Non-members can participate for 2 days before needing to become a member. See the 2010 Club Guide for membership details.