

TEQPONG

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# COACHING LICENCE

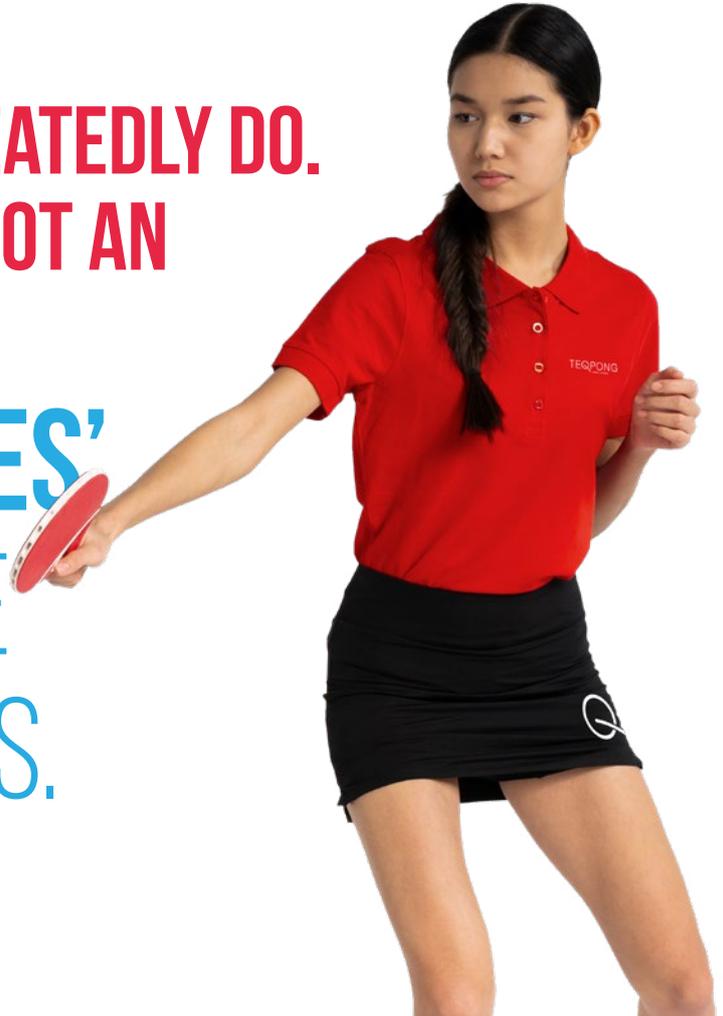
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**“WE ARE WHAT WE REPEATEDLY DO.  
EXCELLENCE, THEN IS NOT AN  
ACT, BUT A HABIT.”**

ARISTOTLE

IT IS THE **COACHES’  
ROLE** TO CREATE  
THE RIGHT HABITS.



# MANY ROLES OF BEING A COACH:

- 🔍 Instructor
- 🔍 Mentor
- 🔍 Demonstrator
- 🔍 Advisor
- 🔍 Practice Partner
- 🔍 Supporter
- 🔍 Organiser
- 🔍 Motivator
- 🔍 Planner
- 🔍 Role Model
- 🔍 Analyst

## PRIMARY ROLES

- 🔍 Assist athletes to reach their full potential.
- 🔍 Coaching athletes by analysing, instructing, and motivating.



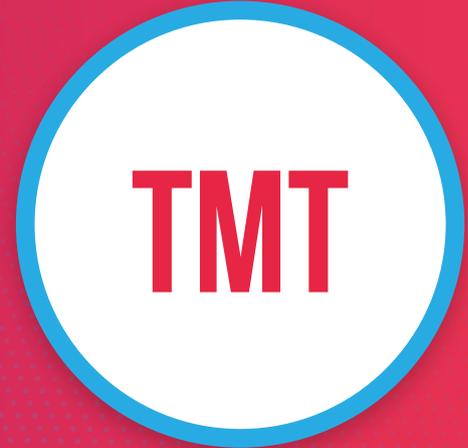
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TEQBALL



**THREE MAIN STAGES OF AN ATHLETE'S DEVELOPMENT:**

**TECHNIQUE  
MOVEMENT  
TACTICS**



# TECHNIQUE

- ❏ Correct technique for all strokes is crucial for athlete's development.
- ❏ Poor or incorrect technique will limit athlete's potential.
- ❏ Do not allow players to repeat poor technique.
- ❏ Coach the right technique and drill the correct technique into athletes through repetition.



# MOVEMENT

## WHY IS MOVEMENT IMPORTANT?

### IT HELPS ATHLETES TO:

- Q Get into the correct position as quickly as possible.
- Q Give themselves the best possible position to play a high-quality stroke.
- Q Give themselves more time to play a high-quality stroke.
- Q Avoid getting caught up with not enough space or time to play a high-quality stroke with the correct technique.

### ATHLETE'S SHOULD:

- Q Use side steps when moving.
- Q Never cross their feet over.
- Q Stay on their toes and ensure their knees are bent low.
- Q Focus on the positioning of their feet which changes according to the stroke.
- Q Make sure they return into the recovery position, especially after a short, wide, or deep return.
- Q Move to create space for their stroke.

# TACTICS

## TACTICS WILL BE DIFFERENT ACCORDING TO:

### YOUR ATHLETES:

playing style, strengths, weaknesses, and mental strength.

### OPPONENTS:

playing style, strengths, weaknesses, and mental strength.

It is your job as a coach to analyse both your athlete and opponent, create tactics and pass this information on to your athlete.

# CREATING TACTICS

## STEP 1

### ANALYSE

- 🔍 What are the opponent's strengths or weaknesses?
- 🔍 What is my athlete doing well and winning points from?
- 🔍 What are my athlete's current weaknesses?
- 🔍 What are the opponent's habits?

## STEP 2

### STRATEGY (USING THE ANALYSED INFORMATION)

- 🔍 How can they force errors from the opponent?
- 🔍 How can my player force the opponent off balance?
- 🔍 Where should they place the ball?
- 🔍 How can they create the chance for a winning stroke?
- 🔍 When should they request the 'doublepoint'?

## STEP 3

### ACTION

- 🔗 Create specific tactics for your athlete according to your analysis and strategy.
- 🔗 Use all information available and experiences to create your plan and tactics.
- 🔗 Clearly explain and discuss the tactics to the athlete.



# MASTER CLASS — THE BASICS

## EPISODE 1

WHAT DO YOU NEED TO PLAY TEQPONG?



## EPISODE 2

HOW TO HOLD THE RACKET



## EPISODE 3

THE FOREHAND SERVE



## EPISODE 4

THE BACKHAND SERVE



## EPISODE 5

SERVICE RETURN



## EPISODE 6

THE FOREHAND DRIVE



## EPISODE 7

THE BACKHAND DRIVE



# STRUCTURE OF A TRAINING SESSION

## 1. WARM UP - 20 MINUTES

## 2. MULTIBALL, EXERCISES AND MATCHES

## 3. COOL DOWN - 10 MINUTES

- 🔍 Plan the multiball, exercises and matches according to the length of the training session.
- 🔍 Ideally include all three: multiball / exercises / matches in a single session, this may depend on the athlete and their current goal.
- 🔍 Should there be a break? This depends on the length of the overall session. For sessions that are longer than 1 hour 30 minutes a 10-minute break should be given to athletes.

# WHY WARM UP?

## WARM UP MUSCLES

Warm muscles will give more power, faster and quicker physical movement and quicker reaction speed.

## REDUCE RISK OF INJURY

Higher body temperature increases the muscles elasticity which helps prevent muscle tears and strains.

## PREPARE MENTALLY

Mentally, focus the brain and get into the 'zone'!

## STRUCTURE:

### 1. OFF THE TABLE

10 MINUTES

### 2. ON THE TABLE

10 MINUTES

# OFF THE TABLE (10 MINUTES)

## CARDIO - 6 MINUTES

### EXAMPLE:

- 🕒 Jogging - 2.5 minutes
- 🕒 Side Steps - 1 minutes
- 🕒 'High Knees'- 30 seconds
- 🕒 'Butt Kicker' - 30 seconds
- 🕒 Sprint - 1 minute
- 🕒 Slow Walk - 30 seconds

## STRETCHING - 4 MINUTES

- 🕒 Include static and dynamic exercises.
- 🕒 Hold each stretch for minimum 20 seconds.
- 🕒 Focus on teqpong related muscles.

# ON THE TABLE (10 MINUTES)

## EXAMPLE:

- 🏓 Forehand Drive to Forehand Drive - 2 minutes
- 🏓 Forehand Topspin to Forehand Topspin - 2 minutes
- 🏓 Backhand Drive to Backhand Drive - 2 minutes
- 🏓 Backhand Topspin to Backhand Topspin - 2 minutes
- 🏓 Open play - 2 minutes



# MULTIBALL

- Q Crucial for teqpong training.
- Q Can be used to work on technique, movement, and reaction speed.
- Q High intensity.
- Q Endless exercise possibilities.
- Q 1 - 4 players.
- Q Time efficient - other players pick up the balls at the same time.

## HOW TO FEED MULTIBALL

- Q Ensure comfortable suitable grip whilst feeding.
- Q Feed the balls straight from your hand.
- Q Ensure that the bounce on the athlete's side of the table is realistic.
- Q Feeding must be an automatic skill allowing you as the coach to be able to keep your attention on the athlete and their strokes.
- Q Time limit per athlete: a) a fixed equal time for each athlete e.g., 5 minutes or b) 1 'bucket/box' of balls per athlete

# EXERCISES

- 🔍 Choose exercises wisely for each individual athlete.
- 🔍 Ensure each exercise has a goal and has been selected for a reason.
- 🔍 Use exercises and ideas from the Teq training book.
- 🔍 Be creative and adapt exercises to the needs of athletes.

## RECOMMENDED EXERCISE STRUCTURE:

### 15 MINUTES TOTAL PER EXERCISE

- 🔍 7-minute exercise
- 🔍 30-second break

**CHANGE** (Athletes change roles)

- 🔍 7-minute exercise
- 🔍 30-second break

# MATCHES

- 🔗 Include singles, doubles and team matches.
- 🔗 Vary the length of matches by playing best of 3, best of 5 and best of 7 matches.
- 🔗 Use player handicaps if needed during matches.
- 🔗 Create competition scenarios e.g., losing player or team must do 20 push ups.



# WHY COOL DOWN?

- 🔍 Heart and respiration rates decrease slowly which helps to avoid feeling of light headedness or feeling of faintness.
- 🔍 Slowly lowers body temperature which helps protect the heart.
- 🔍 Stretching releases lactic acid from the muscles which in turn reduces soreness, stiffness, and cramping.

## COOL DOWN - 10 MINUTES

- 🔍 Slow walking - 2 minutes
- 🔍 Static stretching - 8 minutes

Breathe deeply whilst stretching.

Mentally wind down whilst stretching.

TEQPONG

# #TEQPONG

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