

Tischtennis Trainingsplan

- **Dauer der Trainingseinheit: 120 min**
- **Trainingsschwerpunkt/Ziel: Reinstieg nach der Sommerpause**
- **Zielgruppe: Mittelstufe und Fortgeschrittene**

Dauer (min)
10

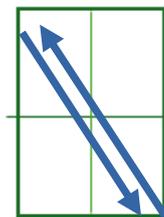
Erwärmung: Kurzes lockeres Einlaufen. Wir wollen so viel Zeit wie es geht an den Tischen verbringen.

ÜBUNG 1

2x 5

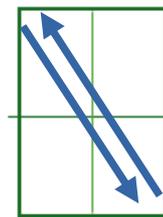
30-50-80 über die VH.

VHB



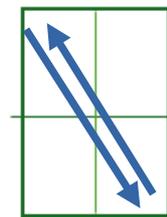
VHT 30%

VHB



VHT 50%

VHB



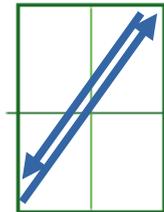
VHT 80%

ÜBUNG 2

2x 5

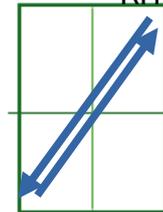
30-50-80 über die RH.

RHB



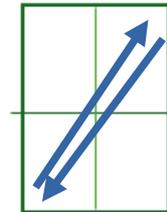
RHT 30%

RHB



RHT 50%

RHB



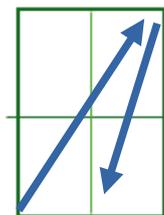
RHT 80%

ÜBUNG 3

2x 5

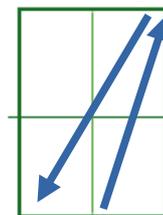
RH-Mitte-RH-VH.

RHB



RHT

RHB



VHT

RHB



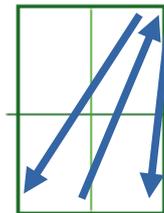
RHT VHT

ÜBUNG 4

2x 5

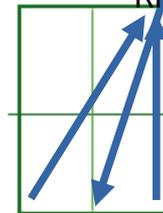
Mitte-Ecke.

RHB



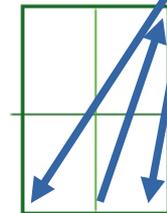
VHT

RHB



RHT o. VHT

RHB



VHT

3

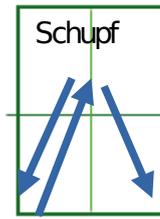
- Pause -

**Dauer
(min)**

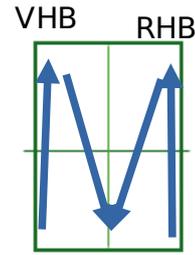
ÜBUNG 5

Kurzer Aufschlag. Schupf auf Ecke. Eröffnung parallel. Block auf Mitte. Frei.

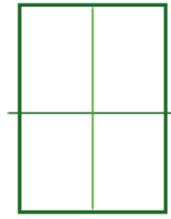
2x 5



kUSA



RHT VHT

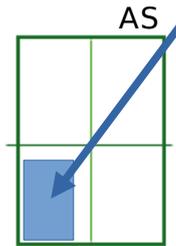


VHT frei

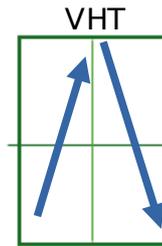
ÜBUNG 6

Irgendein Aufschlag in RH-Bereich. Eröffnung auf Mitte. Gegentopspin dia. Frei

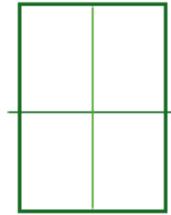
2x 5



AS



VHT



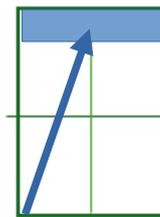
RHF o. RHT

frei

ÜBUNG 7

Kickaufschlag frei.

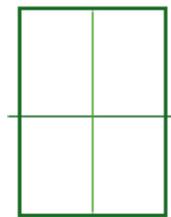
2x 5



KickAS

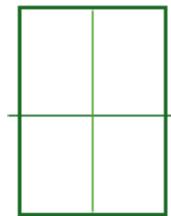


frei



ÜBUNG 8

x



Abschluss: 7-Ablöse. Oder andere Turnierformen. Hauptsache viele Ballkontakte.

20