

# Tischtennis Trainingsplan

- **Dauer der Trainingseinheit: Aufschlag, Rückschlag, 3. Ball**
- **Trainingsschwerpunkt/Ziel: 120 min**
- **Zielgruppe: Fortgeschrittene**

**Dauer  
(min)**

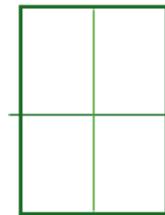
15

**Erwärmung: Aufbauen. Fangenspiel um den Tisch herum. Bei Klatschen wird die Richtung gewechselt.**

## ÜBUNG 1

15

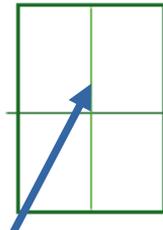
Freies Einspielen 15 min.



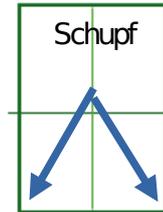
## ÜBUNG 2

2x  
7,5

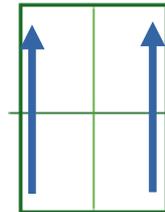
KUSA in Mitte. Schupf auf Ecke. Eröffnung parallel. Frei.



kUSA



Schupf

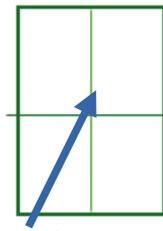


RHT VHT

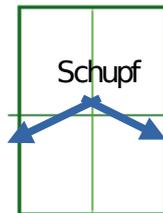
## ÜBUNG 3

2x  
7,5

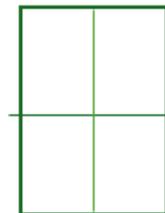
KUSA in Mitte. Schupf mit so viel Winkel wie möglich. Frei.



kUSA



Schupf

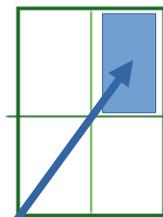


**- Pause -**

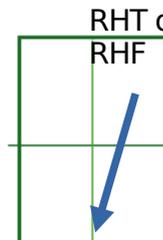
## ÜBUNG 4

2x  
7,5

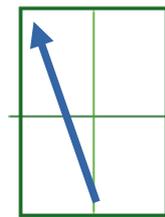
Irgendein AS in RH-Bereich. Eröffnung in Mitte. Gegentopspin. frei.



AS



RHT o.  
RHF



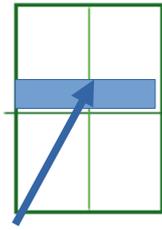
VHT

**Dauer  
(min)**

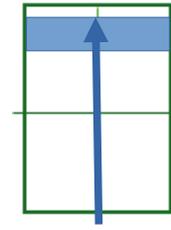
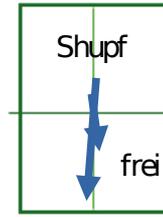
**ÜBUNG 5**

KUSA. Ableger frei oder langer Schupf in Mitte → Eröffnung frei.

2x  
7,5



KUSA

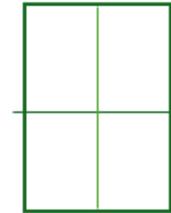
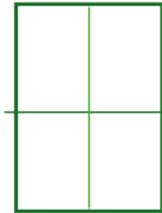


VHT

**ÜBUNG 6**

Empty rectangular box for notes.

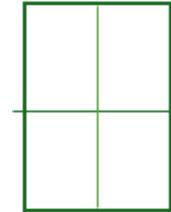
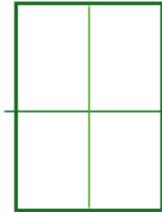
x



**ÜBUNG 7**

Empty rectangular box for notes.

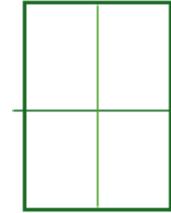
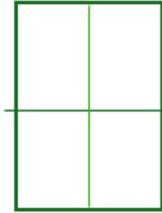
x



**ÜBUNG 8**

Empty rectangular box for notes.

x



**Abschluss: Kaisertisch mit Variationen: Schwache Hand, Ping Pong, Rollaufschlag frei usw.**

20