

Tischtennis Trainingsplan

- **Dauer der Trainingseinheit: 120 min**
- **Trainingsschwerpunkt/Ziel: Unwissenheit**
- **Zielgruppe: Fortgeschrittene**

Dauer (min)

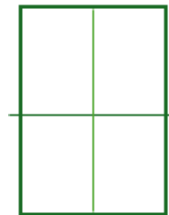
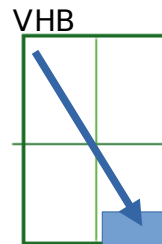
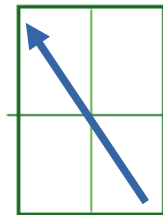
15

Erwärmung: Zehnerball. Aufbauen.

ÜBUNG 1

2x 5

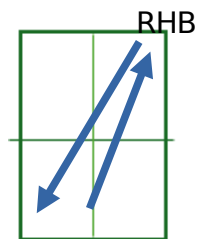
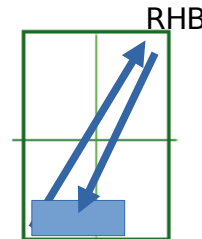
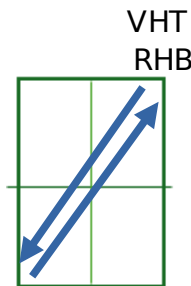
VHT aus VH-Bereich.



ÜBUNG 2

2x 5

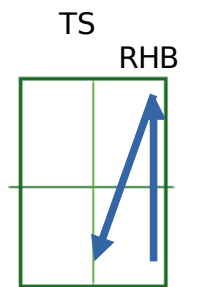
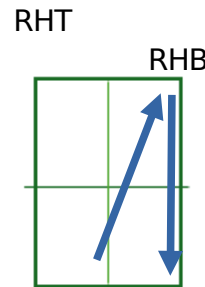
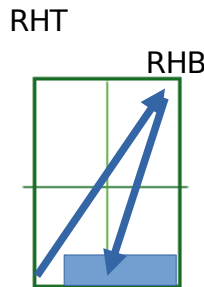
RH, RH, einmal frei. Von vorn.



ÜBUNG 3

2x 5

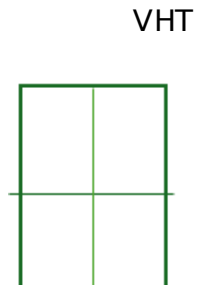
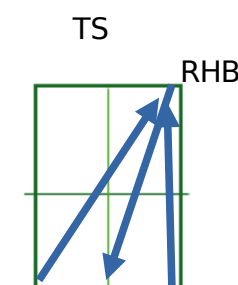
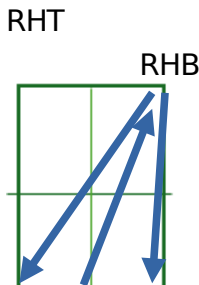
RH-frei-VH-frei.



ÜBUNG 4

2x 5

Mitte-Ecke



VHT

RHT

VHT

3

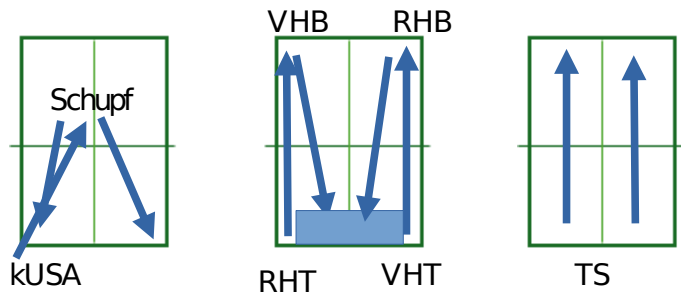
- Pause -

Dauer (min)

ÜBUNG 5

KUSA, Schupf auf Ecke, Eröffnung parallel, Block frei, TS parallel. Frei.

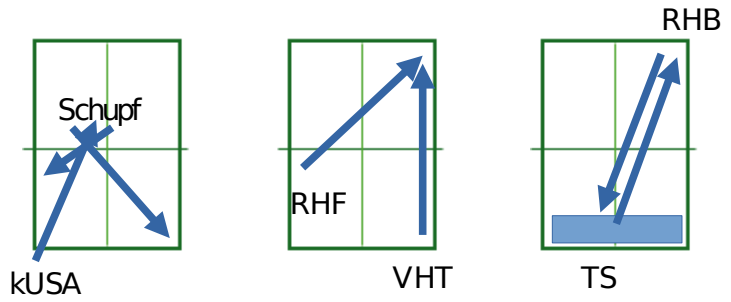
2x 7,5



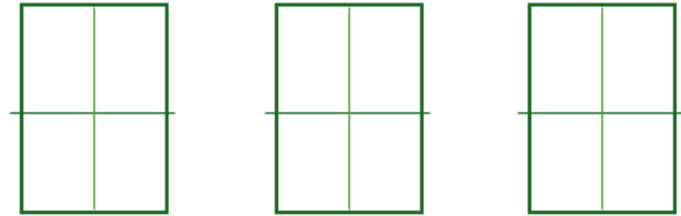
ÜBUNG 6

KUSA, Schupf in kurz RH o. Lang VH, Eröffnung in RH. → RH frei.

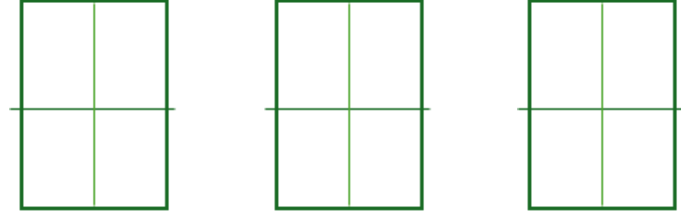
2x 7,5



ÜBUNG 7



ÜBUNG 8



Abschluss: Irgendwas mit Wettkampf. 7-Ablöse, Kaisertisch, Kugellager o.Ä.