

Spin & Smash January 2024 Camp
January 24-26, 2024, with Chance Friend

Wednesday, January 24

Session 1: 10am – 12:30pm

During this first session players will focus on footwork and fundamental strokes. Most of the drills will be for transitioning forehands and backhands while staying balanced.

Private coaching with Chance available from 2:30 – 4:30pm

Session 2: 5pm – 7:30pm

This second session will continue the focus on transitional footwork and fundamental strokes, while staying balanced.

Private coaching with Chance from 8pm – 10pm



Thursday, January 25

Session 1: 10am – 12:30pm

During this session players will focus on receiving serve and the short game. This will include work on push and flip strokes, and the recovery after the stroke. Players will also be working on the opening attack against long serves.

Private coaching with Chance available from 2:30 – 4:30pm

Session 2: 5pm – 7:30pm

This session will continue the focus on receiving serve and the short game. This will include work on push and flip strokes, and the recovery after the stroke. Players will also be working on the opening attack against long serves.

Private coaching with Chance from 8pm – 10pm



Friday, January 26

Private coaching with Chance available from 9am – 10am

Session 1: 10am – 12:30pm

During this session players will focus on sequences and game situations. Most drills will begin with serving and receiving. Players will work on positioning and changing locations.



Spin & Smash Table Tennis & Ping Pong Center
9525 OH-161
Plain City, Ohio 43064
www.spinandsmash.com
(614) 937-1626

Session 2: 1:30pm – 4pm

This session will continue the focus on sequences and game situations, with tournament preparation in mind. Most drills will begin with serving and receiving. Players will work on positioning and changing locations.

Costs:

\$50/session

\$90/day

\$250/entire camp

Private coaching: \$70/hr.

Note:

- Availability is limited to 20 players during each session.
- Lodging is available in Dublin and Marysville, Ohio. There are a number of food options available within 205 miles of the center.
- Open play is available during breaks in the schedule.
- The Butterfly Spin & Smash January Open, January 26-27 will begin at 5pm Friday, January 26, 2024.



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