

Clinic with Alguetti Brothers

Saturday Morning Group Session 9:00-11:00

September 5, 2020 - Main Topic: 3rd Ball attack

9:00-9:05: 5 mins warm-up

9:05-9:10: Explaining today's main focus and understanding 3rd ball attack and its importance.

9:10-9:30: Backhand and forehand warm-up (each person loops cross-court and down-the-line).

9:30-9:35: Water break/demonstration of 1st drill (serve short, receiver pushes long to BH, server loops with BH, and then receiver blocks 2BH-2FH).

9:35-9:50: 1st drill

9:50-9:55: Water break/demonstration of 2nd drill (serve short, receiver pushes long to BH, server loops with BH, and then BH-Middle-BH-FH 2 sets and then play out the point).

9:55-10:10: 2nd drill

10:10-10:15: Water break/demonstration of 3rd drill (serve short, receiver pushes long to Forehand, server loops cross-court with FH, and then looper continues to loop with FH once to BH once to FH).

10:15-10:30: 3rd drill

10:30-10:35: Water break/demonstration of 4th drill (serve short, receiver pushes long anywhere, and then it's a free point. SERVER MUST LOOP).

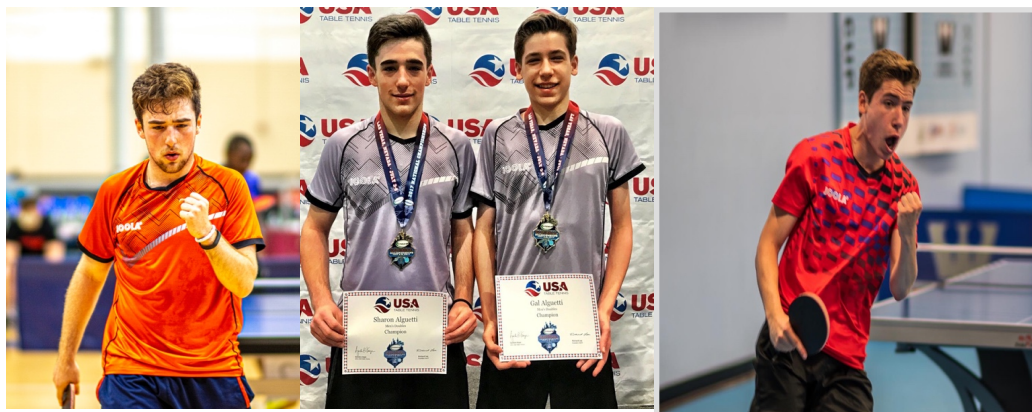
10:35-10:50: 4th drill

10:50-11:00: Deuce matches!!!

Fee: \$40

Recommended for players USATT Rating 1500 and up

Sign up on omnipong.com or at SpinBlock Table Tennis Center



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