

Clinic with Alguetti Brothers

Wednesday Evening Advanced Group Session 8:00pm -10:00pm

September 16, 2020 - Main Topic: Serve Receive

8:00-8:05: 5 mins warm-up

8:05-8:10: Explaining today's main focus and understanding Serve Receive and its importance.

8:10-8:30: Backhand and forehand warm-up (each person loops cross-court and down-the-line).

8:30-8:35: Water break/demonstration of 1st drill (Serve short, receiver plays an aggressive long push to backhand, and then receiver blocks 2BH-2FH).

8:35-8:55: 1st drill

8:55-9:00: Water break/demonstration of 2nd drill (Serve short, receiver pushes short back to BH, server pushes long to BH, receiver loops, and then play BH to BH, when the server switches the ball to FH, play out the point).

9:00-9:20: 2nd drill

9:20-9:25: Water break/demonstration of 3rd drill (serve short, receiver pushes long anywhere, Server MUST attack. Receiver needs to put pressure with the receive.).

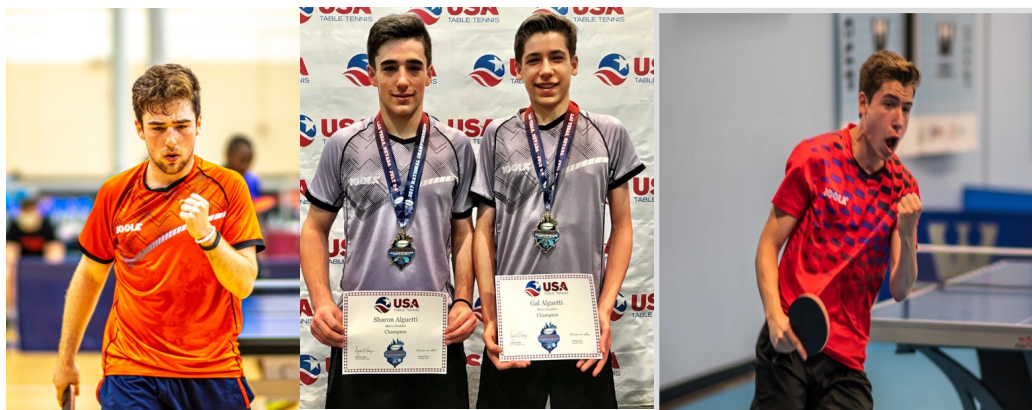
9:25-9:45: 3rd drill

9:45-10:00: matches!!! Start 5:5, but only one player serves the whole set. Switch server each set. Best 3 out of 5.

Fee: \$40

Recommended for players USATT Rating 1500 and up

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



5252 West 79th Street, Indianapolis IN 46268

www.spinblocktabletennis.com

www.facebook.com/spinblock/

Special COVID-19 Policies:

- Stay home if you have a cough, fever, or other symptoms of illness.
- Face covering are required at all times.
- Maintain physical distance 6' apart.
- Participants are responsible for disinfecting their tables at the conclusion of their play. Disinfectant wipes will be available at each table.
- Wash hands with soap and water for at least 20 seconds after each match.
- Must refrain from physical touch (Handshakes and Fist Pumps).
- Seating area will be marked with X with all chairs 6 feet apart. Do not move the chairs.
- Only bring in what you need. Leave the rest of your personal belongings in your vehicle.
- Avoid eating/drinking next to other players.

