

**ITTF LEVEL 2 COURSE PROGRAM**  
**18 – 23 OF SEPTEMBER 2017**

**MONDAY 18.09.2017**

**09:30 - 12:30 Conference room**

INTRODUCTION THEORY 1-12

1.1 - SPORTS EDUCATION THEORY 13-16

1.2 - TABLE TENNIS PLAYER EDUCATION THEORY 17-22

**15:30 - 18:30 Conference room**

2.1 - BASIC PRINCIPLES THEORY 23-34

2.2 - PRODUCING GOOD PLAYERS THEORY 35-39

**TUESDAY 19.09.2017**

**09:30 - 12:30 Conference room**

2.3 - MOVEMENT THEORY 40-46

2.3 - MOVEMENT DEMONSTRATION VIDEO

**15:30 – 18:30 Conference room**

4.1 - GENERAL PHYSICAL PREPARATION

Energy Systems THEORY 168-169

Aerobic Training THEORY 170-171

Anaerobic Training THEORY 172-173

**WEDNESDAY 20.09.2017**

**09:30 - 12:30 Training hall**

2.4 - TECHNICAL STROKES CARDS THEORY 47-55

**Footwork** DEMONSTRATION PRACTICE

**15:30 - 18:30 Training hall**

2.4 - TECHNICAL STROKES CARDS THEORY 56-63

**Serves** DEMONSTRATION PRACTICE

2.4 - TECHNICAL STROKES CARDS THEORY 64-67

**Returns** DEMONSTRATION PRACTICE

**THURSDAY 21.09.2017**

**09:30 - 12:30 Training hall**

2.4 - TECHNICAL STROKES CARDS THEORY 68-71

**Top - spins** DEMONSTRATION PRACTICE

**15:30 - 18:30 Training hall**

2.4 - TECHNICAL STROKES CARDS THEORY 72-79

**Blocks & Smashes** DEMONSTRATION PRACTICE

**FRIDAY 22.09.2017**

**09:30 - 12:30 Conference room**

5.1 - HOW THE MIND WORKS THEORY 214-222

**15:30 - 18:30 Training hall**

2.4 - TECHNICAL STROKES CARDS THEORY 80-86

**Defense** PRACTICE

**SATURDAY 23.09.2017**

**09:30 – 13:00 THEORY EXAM LEVEL 2 Conference room**

**14:00 – 17:00 TECHNICAL EXAM LEVEL 2 Training hall**