



ETTU Annual Coaching Conference

"The main guidelines in the development of young players 14-18 years old "..... and a few other points of interest.."

INSEP, Paris - Okt 23 - Mikael Andersson



The Writing On the Wall

Who am I ? and What did I do as a professional to support international development in Table Tennis ?

Athletes development - The age factor

Some statements related to the Present and the Future

Factors determining success - Big Picture - Medium and small scope

Snapshot of European Players - What have they become

STTA High Performance 2018

Lifting the Level - Why is it so hard

Conclusion



We are here to predict the future....

WHATEVER WORKS !!!!

...To the best of our collective abilities



Golden opportunities aren't always golden

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Mikael Andersson - Table Tennis Career Milestones

- Average player . Early coaching debut . Passed coaching exams at the age of 15 in Northern Sweden.
- Ambition to coach and lead. Looked at soccer - ended up back in TT in 1984
- **Landed with Halmstad TTC - 1984 . First team coach from 1986-87**
- **National coach Danish TT 1988-1995**
- Head coach - Sport Director Halmstad 1995-1997
- **High Performance Director CTTA and HP ITTF 1998-2001**
- ITTF Various positions - ITTF 2002-2012
- ITTF Senior consultant - journey ended 2014
- **Edgeball Media AB 2013- with interesting clients.**
- **WTTC 2018 Tech Director 2015-2018**
- **STTA High Performance Director 2018----**



The Early Coaching Years

Coaching a good pro team
- Learning from top players
on the go.

Hard as a nut . Challenged players and the
environment every single day.

In the spotlight - among
others - fierce competition
among young coaches in
Sweden end of the eighties
and early nineties .

Career thoughts . No
regret . All in.

Introduced dynamic factors
into the training environment

Emphasis on multi-ball series involving constant
movement . Introduced this part also as a pre match
routine .



Seven Years as the General and Front-soldier Danish Table Tennis 1998-2005

Training Center - Build UP

Key players development - Allan
Bentsen , Martin Monrad and Michael
Maze on the mens side

1994 - European Junior Team Title . Tips
and Tricks

Success to come - Sydney 2000.
European team title 2005



Edgeball Media AB



Independent driving in tight traffic - still very sensitive and protective viewpoints from national associations.

Players development protected for all the wrong reasons

Table Tennis in North America - USA

League development in Asia - T2 and Indian League



WTTC Halmstad 2018 - Welcome to the NEXT Level



With the Future In Mind - The ITTF years 2002-2014



ITTF World Cadet Challenge -2002

Continental Teams . Connected well with HP and Development budget.
Very special event.

ITTF WFIM - HP support The perfect formula for success

Youth Olympic Games

Table Tennis the nr one sport in terms of quality . Comprehensive qualification system for all levels . Perfect balance with medal possibilities defined for emerging continents.

ITTF WJTTC - 2003

Global Reach . Future challenges. Asian dominance cemented



ITTF Training Center Ideas

Taken a long time to find the right model . New ideas . Funding for operations and management always the issue. Ownership of the athletes another important point



Reality Check - Did we Create some Positiv movement

Overall Table Tennis is an fascinating mix of people, ideas - the one wilder than the other and most of all very PASSIONATE players. Not an easy environment for organised, structured national activities, that's for sure.



Table Tennis in the USA

93 full time facilities

400 full time coaches

Average log ; 30 hours a week

Average pay : 50 US / hour

Turnover on yearly basis - only on coaching

27 000 000 \$

YES !



**But not too much
DNA and not many markets
will grow from an HP point
of view only with one player
making a move .**

Table Tennis in the USA is one of these sports carried on the shoulders of a hard core group of enthusiasts with great love and passion for their sport. From time to time there is the odd promoter jumping into the mix with ideas, visions and events letting everybody know that what they are doing is the only way forward.



Reality Check - Did we Create some Positiv Movement

ITTF Global Activities on the Junior side... which opened the doors more clearly for controlled talent ID on the continental and world level

Some sort of focus provided for continental activities such as talent ID and development camp

Relative success with flexible - direct and momentum based scholarship support .

Showcased specific athletes - "The Gamechangers"

Did our efforts - hard work and spirited support change the world of table tennis ?

But we forgot to set up the professional pathway to include coaching

The TEN Year Project

European talents even longer ride before peaking



Advanced coaching intensity



The European Perspective

Few initiatives been successful in pulling in all the best players

Feedback on coaching - evaluation at camps - cultural differences and teaching philosophies

The Talent Pool at 11 and 12 always very OK - at least for the trained coaching eye

High Performance take on CALENDAR - PLAYERS RIGHTS - LEAGUE DEVELOPMENT and FUTURE EVENTS



Continental development - National perspective

The multiple layer interest related to different competition models can often slow down the players technical and physical development

But in workable ages from 14 and up - dramatic drop off due to time - all in effort - money



Age related Athletes Development in Europe

9-12 years

Early start - YES . Enough data to support - **top early and top later.**

The drop in ages - national associations as the driving force ?

Different schools in teaching technique - depending on the holistic view on style and personality.

Hunger for competition and playing the game itself

Initiation by support - quality opponents and advanced coaching

Introduction to one on one training with multi-ball to speed up the development - work ethic etc..

International checkpoints - 11 or 12 suitable but this is a moving target.

Competition is also shaping the technical skills along side with traditional qualities in European TT - tactical sense.



Age related Athletes Development in Europe

13-16 years

National team worthy

Goal setting - Drive and Ambition does not come from out of the blue

Must travel well - all aspects

Transition from one coach to another and another again...? How well is the player managing the intake of information

Pride in style

Establish genuine interest in the importance of physical fitness

Technical brilliance versus GRIT

What Good Coaching Can Do

Mental and physical aspects drives technical development



Age related Athletes Development

17-18 years

Grade A students
checkpoint

**Watch out for massive
drop offs in the future**

**The transition from dependence to
independence**

**B-side not good enough for PRO level
contracts although the scrambling
method may work a few more years**

**Blocking and attack -
first line of defense**

**Searching for the POWER game -
could be an illusion .. or at least
not the only part that we need to
develop**

**Can create quality or
not by themselves in
training**

**Coachable or NOT ? / understands
how to separate personality from
performance**

**Style constantly present in
players and coaches
mindset.**



Factors determining successful development

Big Picture

We are seeing a shift away from national associations as the only driver , towards individual PRO rights.

Continental factors - And how to make them more attractive.
Gradual improvements when it comes to calendar and events. Hard to predict what direction we are going. Properties must DEVELOP come closer to the reality. Start the discussion on the basis of functional governing bodies.

ITTF actions in relation to professional pathways .



Factors determining successful development

Big Picture

Resources or investment thinking from backers / families . Now very present in Europe .Overtaking - to a certain degree National associations.

General popularity of the sport -
The Identity
Sport for All for Life

**Fear of competition -
Protective parents**



**Competitions becoming expensive
with little payback**



Factors determining successful development

Medium Scope

- Evolving definition of the talent factors - feeling for the ball and the solutions . Tech learning abilities . Motor skill/set. Honest desire to win and to train for it.
- What you see is what you will get. Coaches need to see the whole package of a player and start to guide them early on.
- The ambition of coaches will always play a crucial role.
- Fire and determination even more sought after qualities in the future.
- Lack of natural motor skills in kids needs to be adressed in early stages training set up.
- Right and balanced surroundings . Important to guide the facebook savy young families .



Factors determining success The Wild Ones ...

The ITTF World Junior Circuit
and Open Junior
Competitions have played
themselves into a corner

**We need a new style of
international competitions
on the youth side in Europe**

Train Explosive TT

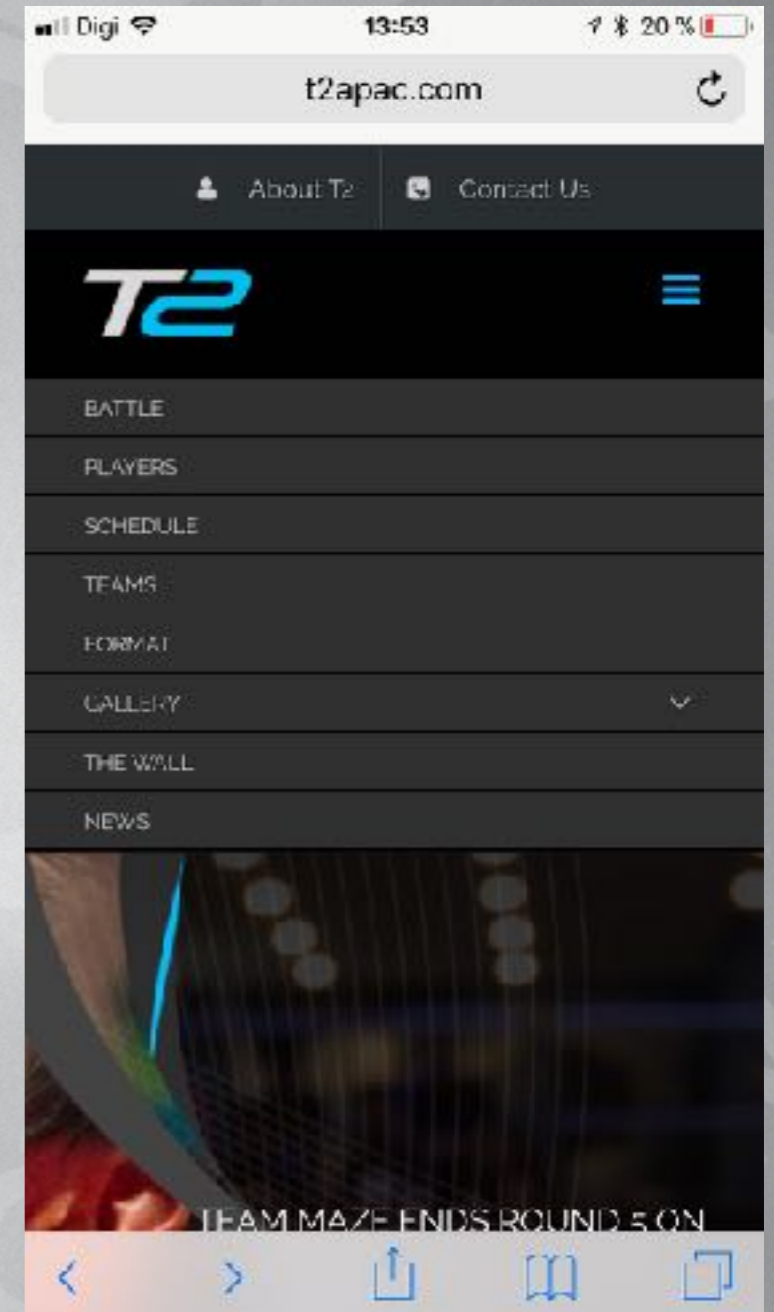


**Matching standards competitions in cooperation /
country to country creates a good learning
environment**



Point by Point summary

- At what point are we (the player and the coach) ready for the open sea ?
- How to we regulate international play more from a learning point of view . The Role of the Coach..
- New methods in match-coaching
- National activities needed to maintain competitive balance and to expose the player for selections ...
- Train competition - New Ways explored
- Pln-Pointed coaching . Quality coach on advanced talent. Always a challenge for **established national associations.**
- **Goal setting abilities - Mental strength - Determination and Will power**
- Style of play and how do we define that style and **encourage players to be different.**
- **Viewing and processing of data - matches - tournaments and results.**
- Willingness to find **extra funds to invest in order to quickly advance .**
- **Investment guidelines** made available with regularity.



The Past - The Present and The Future

Statements

*" I fear for a profession that made my fortune - a very small person in the bigger picture : The Table Tennis Coach ! What about the future for the profession and is the **ITTF or any continental governing body working actively to secure, protect and promote professional table tennis coaching**" ?*

The European WT and challenge dilemma .." The growing number of European junior / u21 players playing without proper coaching at events "

Action : ITTF / European coaching licensing system and regulations to coach at WT / Challenge events would drive the demand for quality coaching



The Past - The Present and The Future

"On traditional associations facing new challenges and perhaps a tenfold increase in the number of events working out of the same budget.... we need to find openings for private or commercial investments into competitive and development style programs."



We are starting to see the first entrepreneur parent driven companies looking at Table Tennis as an investment in personal development and for professional success

Private coaching trends... Never before have parents invested so much money in private coaching as now.. (2010) It is interesting to see how national associations will handle the trend and make full use of apparent qualities."



The Past - The Present and The Future

The statements

"Team vs Individual ... Smart mind should try to find a way to include new team related competitions with a full basket of gains and benefits for interested national associations"

"New forms of playing team event will be the next thing .. We need to wake up and promote team events as the number one platform to upset the asian dominance " T2

ETTU and National bodies should set a priority to start discussing players rights and duties versus national governing bodies .

In the area of High Performance you need a clear understandable roadmap for all involved. You need a financial model that is sustainable and to create pro level turnover for success..



The Past - The Present and The Future

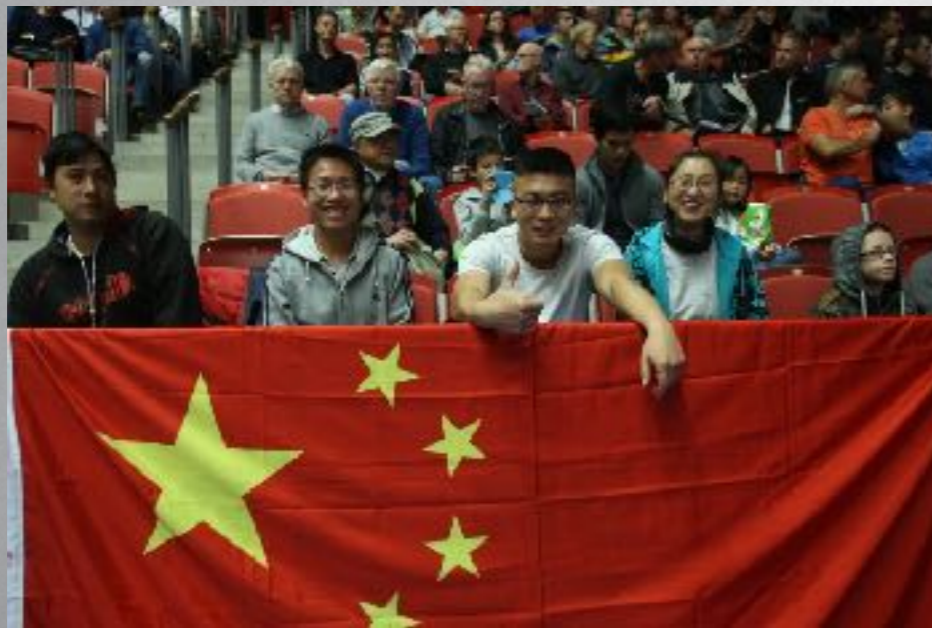
"Female coaches and the crisis ... First of all we see things differently to men ; such a fact will add one more dimension to coaching" We need to encourage female players to look at the opportunities rather than the limitations ..(Interview with Claude Bergeret in 2010)



The Past - The Present and The Future

"The complete bombardment of the international calendar will crush national and even continental properties by forcing lack of space / time and lack of attention"

" We have only seen the beginning of Asian league movements . Emerging markets may join . Risk capital is the key and Asia is way ahead here"



"Risk capital consists of investment funds allocated to speculative activity and refers to the funds used for high-risk, high-reward investments. T2 , Indian League "



OVTCHAROV Dimitrij (107028)

The Past : Fresh minded , confident young man enjoying competition with trained variation in service and killer-shots.

The Present : Fixed mindset searching for solutions on problems that may not exist.. But keeps searching .. Engaged -engaged and over engaged .

The Future : Will he find a balanced self confidence as long as Timo is in the picture..?



FREITAS Marcos (102841)

The Past : Stylish players using the back of the court as his domains ...Emotional no show at times when competing in the junior ranks.

The Present ; Fierce competitor that perhaps is waking up for more offensive training solutions ... ?

The future : Yes ... But only if he can take another step closer to the table and generate a more explosive game..

FRANZISKA Patrick (102832)

The Past : Well educated player bearing all signs of a Helmuth Hampl production

The Present : Healthy- Strong and Free ? One good placement away from his first major title in Alicante , European Champ.

The future : Would be tremendously helped by an improved German team effort at major events.



[GAUZY Simon \(112062\)](#)

The Past : Stylish and entertaining with incredible shotmaking capabilities . Service / return explorations way beyond the regular cadet / junior player.

The Present : Loosing his competitive footprints when trying to do the extra stuff when ordinary and safe is called upon.

The future ; Looks like one individual against all the rest...



[FALCK Mattias \(112074\)](#)

The Past : Late in development and to be honest very much a non factor internationally as a cadet and junior player

The Present : Helped by the style factor .. Own style - different from others - creates good focus in training and for match analyse.

The future ; In progress and will continue to develop.



SAMARA Elizabeta (108226)

The Past ; Flashy - technically effective and emotionally invested made her a strong player

The Present ; Same old shoes in terms of looking at herself - still lacking some power to come with the serving.

The future : Surely there is one more push to become better .

EKHOLM Matilda (102472)

The Past : Missing in action for the most part - at least internationally.

The Present ; Interesting fiery character playing with the emotions on her sleeves .. Style advantage .

The Future : One more push to go . If she can focus on the right things .

SZOCS Bernadette (111012)

The Past : Fireball with lots of success at the international junior stage. Fearless competitor.

The Present ; Growing by the minute. Fantastic achievements in T2 .

The Future ; All the time adding bits and pieces to her game and can apply both smartness - angles and toughness in match deciding moments.



Breakdown of STTA High Performance

Clear Vision and Goal to be one of the leading countries in the world in Table Tennis. We are ready to challenge for top positions by mind and with knowledge

Part of our tradition on the Mens side
- Womens TT in Sweden uncharted territory

System or NA model needs to adapt - this is happening for the moment. In the future much more dedicated support for championships preparation.

Clubs are still fairly dominating - puts a stamp on players development through experienced coaching set up.



Traditional model with now three to five elite training environments including Köping RIG- National intake of players 15-18 on special program

Overall we are seeing private investments and singled out talents pushing extra hard with arrangements focused only around the targeted individual .

Traditional training camp set up - much harder than before.



Breakdown of STTA High Performance

The challenges ahead

Financial model needs to evolve - develop and become more marketing oriented -

Event awareness - STTA must organise more international events for the sport to be seen

Critical mass of the talent pool is becoming thinner

Coaching - Education - Recruitment



Heavy discussion related to the national competition model

Right to compete internationally ? - Open for all ? To what effect ?

Training concepts overall -supporting the elite environments .



Case studies on Swedish Talents

Early detection - still many smaller clubs represented

Competition system more wobbly - but still a traditional strongpoint

Same kind of approach as before when it comes to schooling players - technically... Not the most detailed - picky approach ..

How to determine - on the boys side what kind of style will work in the future ?

We may need to look at different things rather than let the eye catch the talented shot making

Private efforts dominating - filling the void of NA:s running thin

Not a very clear path from 15 and up.. Different options. Free market.



Rebecca Muskandor / Truls Möregårdh

Investment style of approach . Early aggressive set up with clear goals.

Always searching for training with good apatite

Evaluation ongoing for next step including coaching.

Sniffing for the best options around

Smart Casual Parent Support - Not without demands however.



Lifting The Level

The Existing Line of Thoughts (Paradigm) will produce already existing results ..A paradigm is a way of looking at something.



Up and coming Youth Stars are in great need of role models or pushing support players

..

There will be Roads to travel - But the hard thing is to do it without a clear map

Tradition is a powerful thing. To make the journey alone is tenfolds harder.

To manufacture and execute change in behaviour of the players and more importantly to change the mindset of the coaches . Not easy

What Good Coaching Can Do



Lifting the Level

Key Word ; Coaches Mindset and Teaching

Young coaches should work on expanding their view-points - to look beyond the horizon and play on experience.. Most of that work has to do with the **STYLE** of play and if the qualities are good enough to reach the desired level

Always stay on top - Bring on advice - Maintain an Open mindset

Knowledge related to style of play is a very valuable asset. It will help all involved to grow tactical awareness and to stimulate interest to go further.



The Noble Art of Straight Talk and Honest Evaluation = Coaching

What do we look for in evaluation and selection . Good technical skills / Strong Mentality / Physical assets and Tactical awareness



Lifting the Level

Key Word ; Playing skills and Overall Qualities

Early start In competition and good results are very driving experiences..

The HUNGER

To maintain the international goals is easier if regularly confronted with the reality in training and competition

To develop the service
= Point scoring = First
Line Tactics



Ability to stay and work your game close to the table is one h...ll of an important quality

How quickly can we measure the given player - talent versus international competition .

To connect between first aggressive return of service and follow up attack - block and active defence

Question of Power or Safety ? - To be applied with Tactical sense



