

- ◇ Herzlich
willkommen
- ◇ Velkomst
- ◇ Добродошли
- ◇ Velkommen
- ◇ ברוך הבא
- ◇ Bienvenido
- ◇ добро
ПОЖАЛОВАТЬ
- ◇ ようこそ
- ◇ Bine ati venit
- ◇ 환영
- ◇ Bem vinda
- ◇ Benvenuto
- ◇ 歡迎

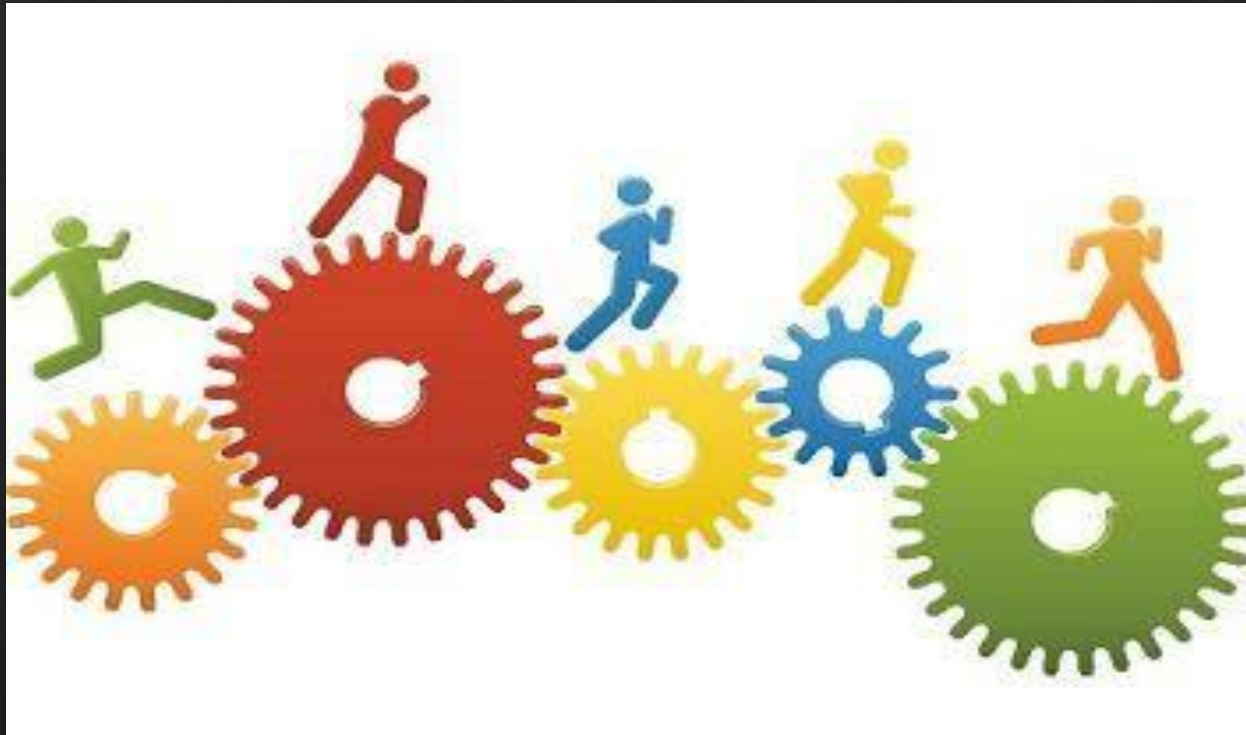


Here is where the magic happens!

Hands on:



What does development mean?



General advise for positive development:

Create partnerships



Never be "too" good for anything.





1. You only get good in what you do.

2. What you know today will not be enough tomorrow.

3. The secret behind success in life is hard work. That is the reason why the secret behind the success for most people stay as a secret.
(JO Kos)



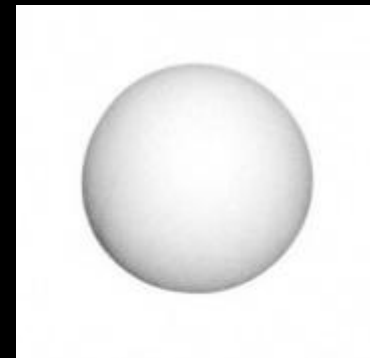
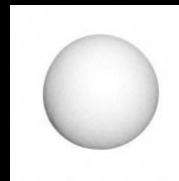
”Our comforting conviction that the world make sense rests on a secure foundation: our almost unlimited ability to ignore our ignorance”

Daniel Kahnemann



Changes in 21 century

- 1. 38-40 mm ball- September 2000**
- 2. 21-11 points game- September 2001**
- 3. The service rule- September 2002**
- 4. Glueing/not glueing VOS- January 2006**
- 5. Racket control- May 2007**
- 6. Celluoid- Non celluoid ball- during 2014**
- 7. Coaching during games- October 2016**



A woman with curly brown hair, wearing a blue suit jacket over a white collared shirt, is captured in a dynamic pose as if playing ping-pong. She is holding a red paddle and looking towards the camera with an expressive, open-mouthed smile. The background is dark, featuring a large, semi-transparent silhouette of a man's face and upper torso. Numerous white ping-pong balls are shown in various stages of motion, falling from the top of the frame towards a red ping-pong table at the bottom. The overall scene is lit with dramatic, low-key lighting, emphasizing the woman and the falling balls.

38-40 mm

ball

What do we know? What do we think?

21-11 points game



What do we know? What do we think?

Service rule

P1 = 2

P2 = 0



What do we know? What do we think?

A male table tennis player in a yellow shirt is celebrating a victory. He has a wide, toothy grin and his right arm is raised, holding his black table tennis racket high in the air. The background is a blurred crowd of spectators in a stadium.


Glueing/not glueing

What do we know? What do we think?

RACKET CONTROL

WHAT DO WE KNOW? WHAT DO WE THINK?





Celluoid/no celluoid

◇ What do we know? What do we think?

Coaching during the games



What do we know? What do we
think?

My facts.....today

Be yourself- be real



Learn to say:





Dont take anything
for granted

If something goes wrong,
go to yourself first





Go forward!



Respect your colleague- don't judge



Respect results





**Do you expect 100% of your players?
How much do you need to give to get that?**

net
15.2cm high

net overhang
15.25cm

At the table:

Explain what you

want/expect-

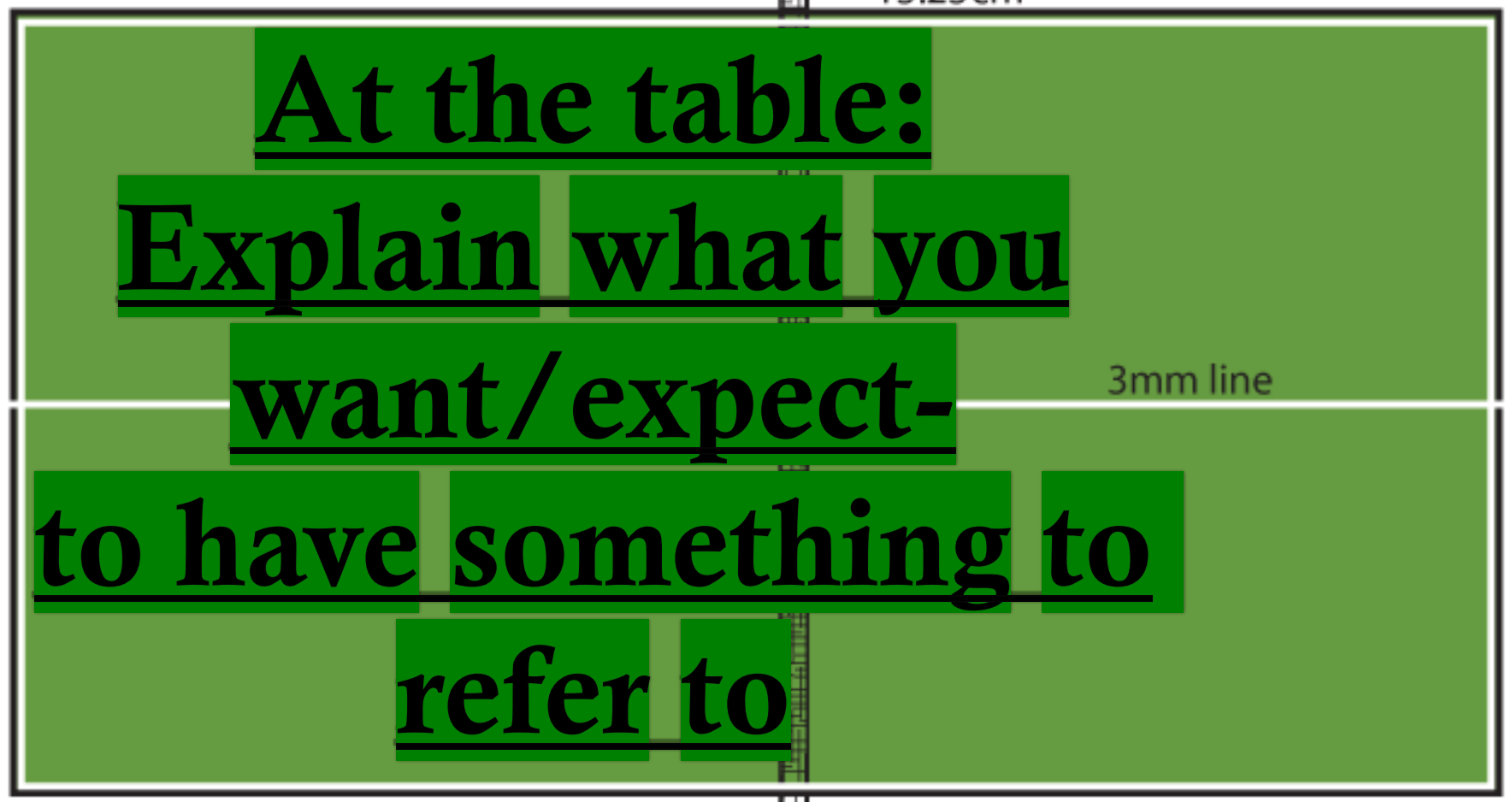
to have something to

refer to

3mm line

1.525m

2.74m

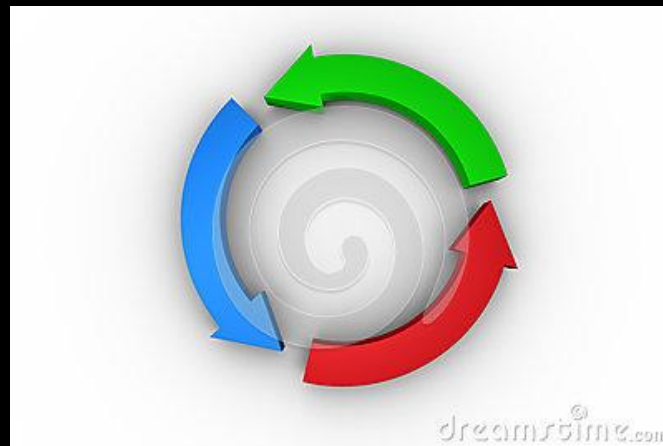


Use the time- first 15 minutes
at the table?



Remind YOURSELF about
purpose of the exercise:

”You only get good in what you do”





**The better prepared-
the more you can improvise**



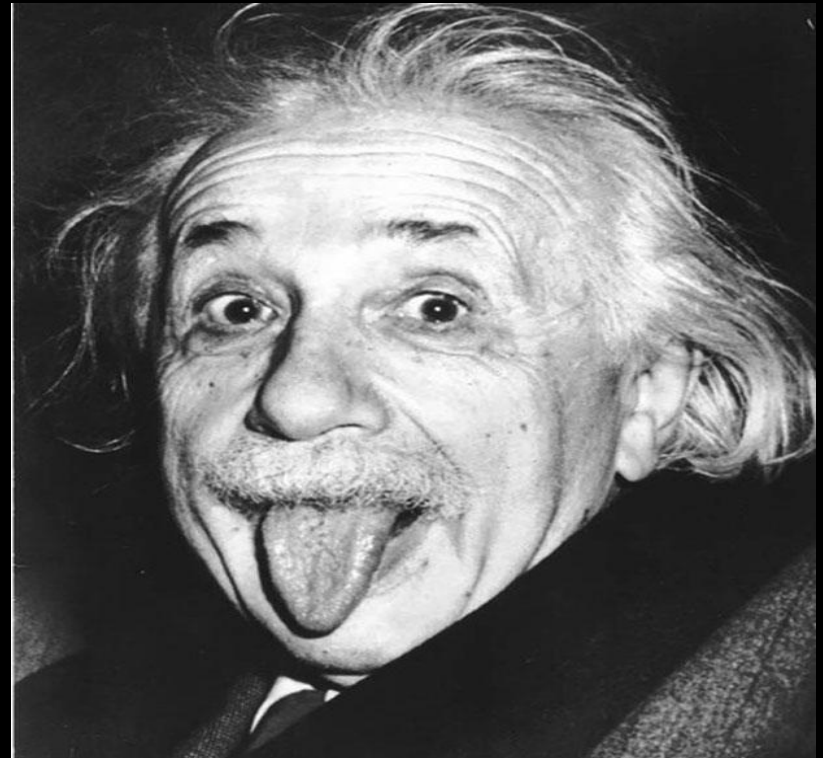
All successful coaches knows
biomechanics....in the hall.

1. Distance

2. Hight

3. Hittingpoint

4. Balancepoint



Groups of 4!

30 min+presentation

We practice a group, national level, 16-18 years old.

How does your "dream week" look like?

Is there any differences between girls and boys?

Motivate!

Maybe you want to make girl/boys weeks?





**How does your week look
right now?**



How do we create your dream week?





ASIA!

How do we pass them?

20 min.



True intuitive
expertise is learned
from prolonged
experience with good
feedback on mistakes.

– *Daniel Kahneman*

Tak

Хвала

Merci

Goodbye Colleague



תודה

謝謝

Bedankt

Danke

спасибо