

2019 ITTF WORLD CADET CHALLENGE TRAINING CAMP PROGRAM

Wladyslawowo-Cetniewo (POL)

23-25 October 2019



Head Coach: Mr Leszek KUCHARSKI (POL)

Assisted by all coaches in attendance



Training duration: morning and afternoon 2 hours, excluding off the table warming up

Morning Training duration: 2 x 1 hour sessions

Players' pairs intervals: 2 x 30 minutes

Afternoon Session duration: 2 x 1 hour sessions

Players' pairs intervals: 2 x 30 minutes

+ 60 minutes individual training (multiball/service/doubles etc.)

All players have to arrive to the hall latest 15 minutes before the session and carry out the off the table warming up.

Order of play:

1st 30 mins:

Team A "P1" vs. Team B "P2", Team A "P2" vs. Team B "P1"

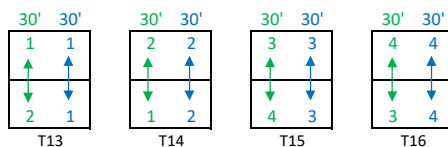
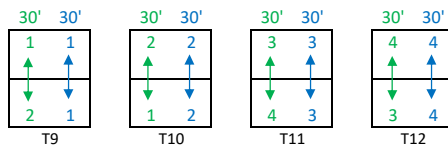
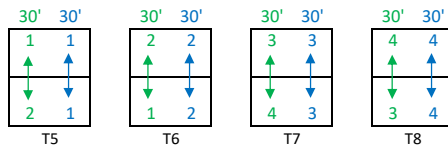
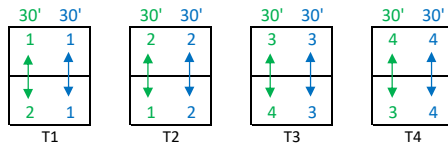
Team A "P3" vs. Team B "P4", Team A "P4" vs. Team B "P3"

2nd 30 mins:

Team A "P1" vs. Team B "P1", Team A "P2" and Team B "P2"

Team A "P3" vs. Team B "P3", Team A "P4" and Team B "P4"

Session Scheme:



Meal Times:

Breakfast: 7:00 - 10:30
Lunch: 12:00 - 16:00
Dinner: 18:00 - 22:00

22 October 2019

21:30-22:00 Meeting with Team Managers*

22:00-22:30 Meeting with Coaches*

23 October 2019

Day 1 morning:

Training 1, Session 1:

9:00-11:00 9:00-10:00 HOPES-AFRICA

11:00-13:00 11:00-12:00 ASIA-NORTH AMERICA

POLAND-OCEANIA

EUROPE-LATIN AMERICA

Training 1, Session 2:

10:00-11:00 HOPES-OCEANIA

12:00-13:00 ASIA-LATIN AMERICA

POLAND-AFRICA

EUROPE-NORTH AMERICA

Day 1 afternoon:

Training 2, Session 1:

15:00-17:00 15:00-16:00 HOPES-POLAND

17:00-19:00 17:00-18:00 ASIA-EUROPE

AFRICA-OCEANIA

NORTH AMERICA-LATIN AMERICA

Training 2, Session 2:

16:00-17:00 Individual Training

18:00-19:00 Individual Training

20:30-21:30 **Educational Session*** by Jerzy GRZYCAN: "Tactical Analysis of Top Ranked Players and its Implications to Educating Players and Coaches in Table Tennis"

24 October 2019

Day 2 morning:

Training 3, Session 1:

9:00-11:00 9:00-10:00 ASIA-AFRICA

11:00-13:00 11:00-12:00 HOPES-NORTH AMERICA

EUROPE-OCEANIA

POLAND-LATIN AMERICA

Training 3, Session 2:

10:00-11:00 ASIA-OCEANIA

12:00-13:00 HOPES-LATIN AMERICA

EUROPE-AFRICA

POLAND-NORTH AMERICA

Day 2 afternoon:

Training 4:

15:00-17:00 15:00-17:00 Free - pairings upon coaches' agreement (Asia, Africa, Europe, Oceania)

17:00-19:00 17:00-19:00 Free - pairings upon coaches' agreement (Hopes, North America, Latin America, Poland)

20:30-21:30 **Educational Session*** by Massimo COSTANTINI: "The Role of Education in the Training Process"

25 October 2019

Day 3 morning:

Training 5, Session 1:

9:00-11:00 9:00-10:00 ASIA-POLAND

11:00-13:00 11:00-12:00 NORTH AMERICA-OCEANIA

EUROPE-HOPES

LATIN AMERICA-AFRICA

Training 5, Session 2:

10:00-11:00 ASIA-HOPES

11:00-12:00 NORTH AMERICA-AFRICA

EUROPE-POLAND

LATIN AMERICA-OCEANIA

Day 3 afternoon:

15:00-17:00 **Free Training** (coaches have to announce their desired time slot)

17:00 **Draw*** followed by the Team Managers-Coaches Meeting.

Important Note:

* All the activities will be held at the Hotel Albatros in the Conference Room on the 2nd floor.