

**THE 14-DAY INTENSIVE
TABLE TENNIS TRAINING CAMP FOR
INTERNATIONAL TEENAGERS DURING
THE SUMMER VACATION
OF 2025**



FEEL THE CHARM OF TABLE TENNIS
TO UNLOCK UNLIMITED ENERGY

An architectural rendering of the Tianjin University of Sport. The top half of the image shows a large, modern stadium with a curved, metallic roof and a facade of blue glass panels. Several flags, including the Chinese national flag, are flying in front of the stadium. The bottom half of the image shows a large, modern building with a facade of vertical glass panels and a central glass entrance. The building is surrounded by a green lawn and a paved walkway. In the foreground, there is a body of water reflecting the sky. The sky is blue with some clouds.

天津体育学院

TIANJIN UNIVERSITY OF SPORT

— THE PROFESSIONAL CHOICE OF TABLE
TENNIS TRAINING FOR YOUTH

Part 01

COLLEGE INTRODUCTION



THE HISTORY OF PHYSICAL EDUCATION MAJOR

- 01** Physical Education major in Tianjin was established in 1958
- 02** PE major is the first major established by Tianjin University of Sport
- 03** In 2019, it was recognized as a national first-class undergraduate major construction site
- 04** Approved as National New Humanities Research and Reform Practice Project in 2021
- 05** national first-class undergraduate courses
- 06** 7 provincial-level first-class undergraduate courses



FEATURES OF THE PHYSICAL EDUCATION MAJOR

ORIENTATION

CULTIVATE ALL KINDS OF PE TEACHERS AT ALL LEVELS WHO CAN MEET THE NEEDS OF SOCIETY WITH ALL AROUND DEVELOPMENT OF MORAL, INTELLECTUAL, PHYSICAL, AESTHETICS AND LABOUR EDUCATION.

Excellent PE teacher training mode in the new era

More than 20,000 high-quality applied sports talents trained for the national sports and educational front

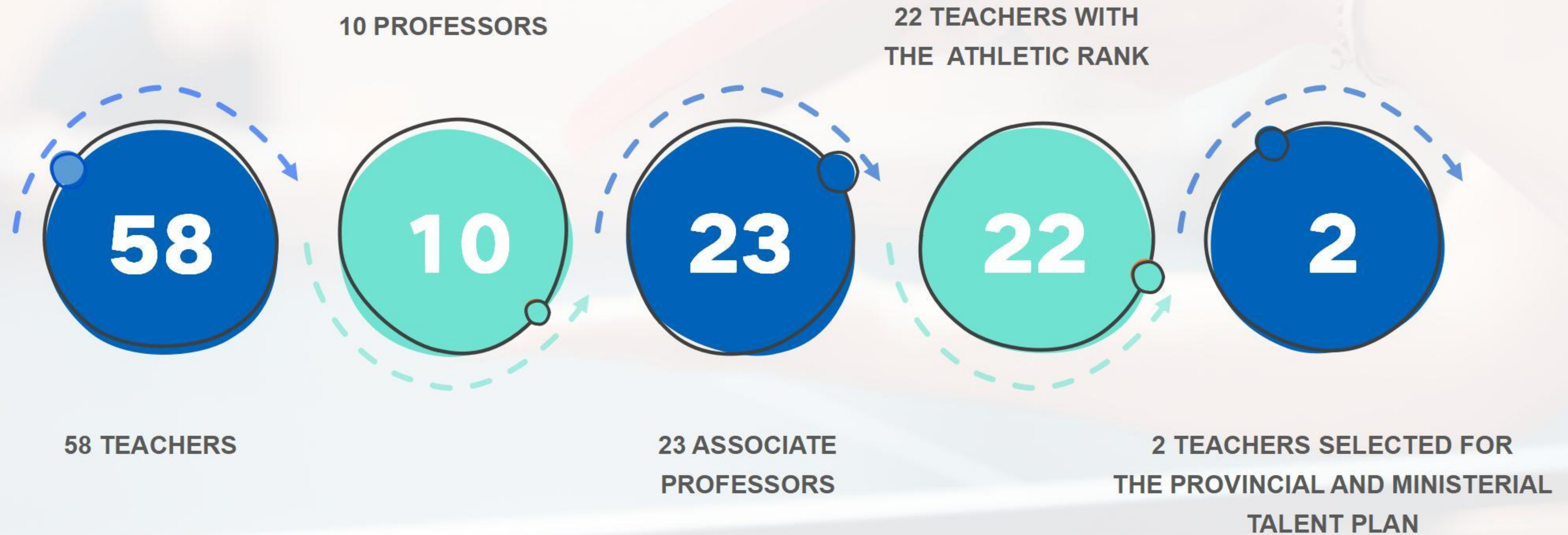
National advanced staff, national excellent PE teachers, provincial and municipal labor models



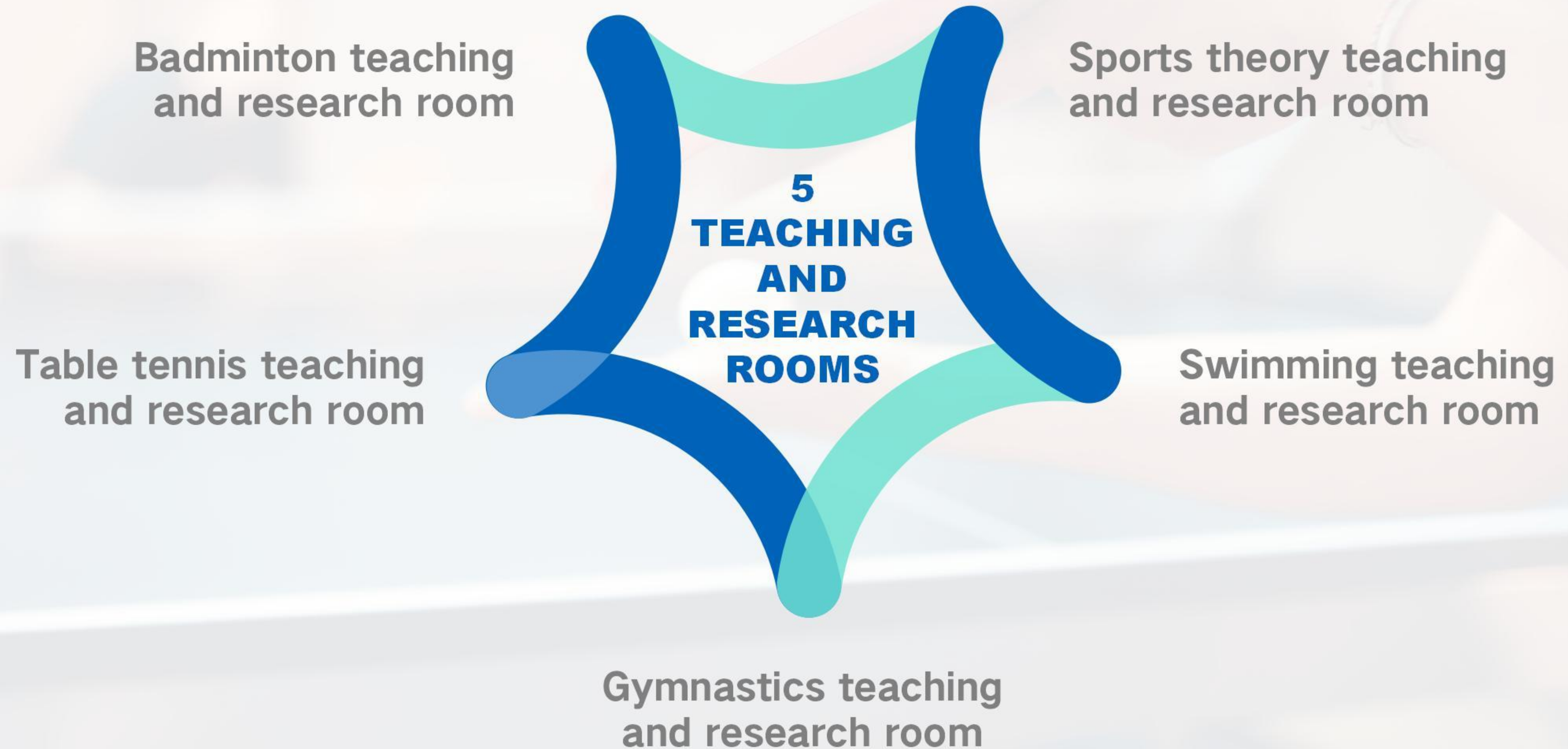
Tianjin Teaching
Achievement
Award first prize

National Teaching
Achievement
Award second prize

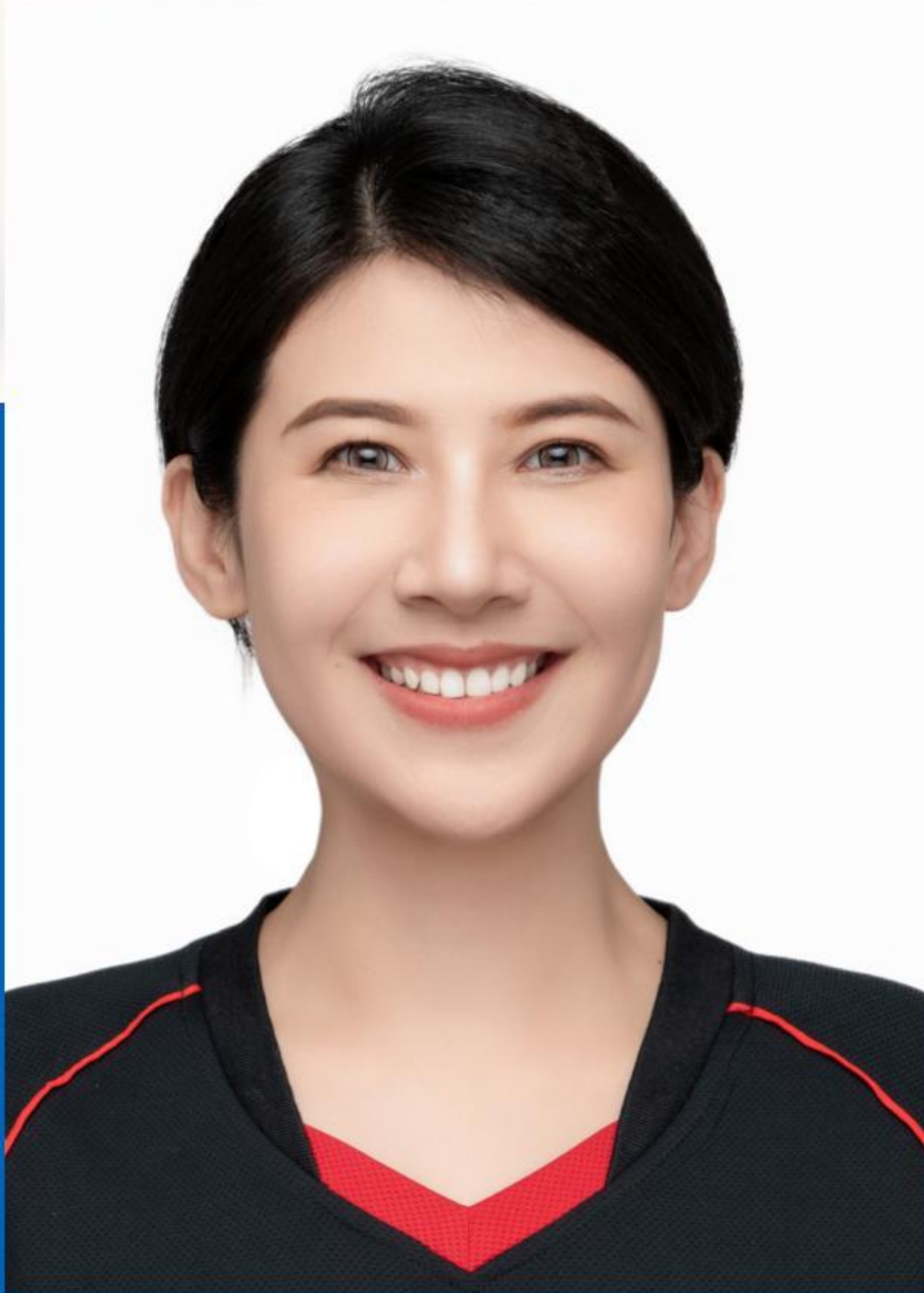
STRONG TEACHING STAFF



STRONG TEACHING STAFF



STAR COACH



ZHANG MINGYIN

Master tutor

Table tennis teaching and research department
teacher of Tianjin University of Sport

- Research direction is table tennis teaching and training theory and method
- Published a number of academic papers related to table tennis
- Participated in a number of research projects
- Former Tianjin table tennis team player
- National first class athlete
- National referee

Part 02

TRAINING PLAN

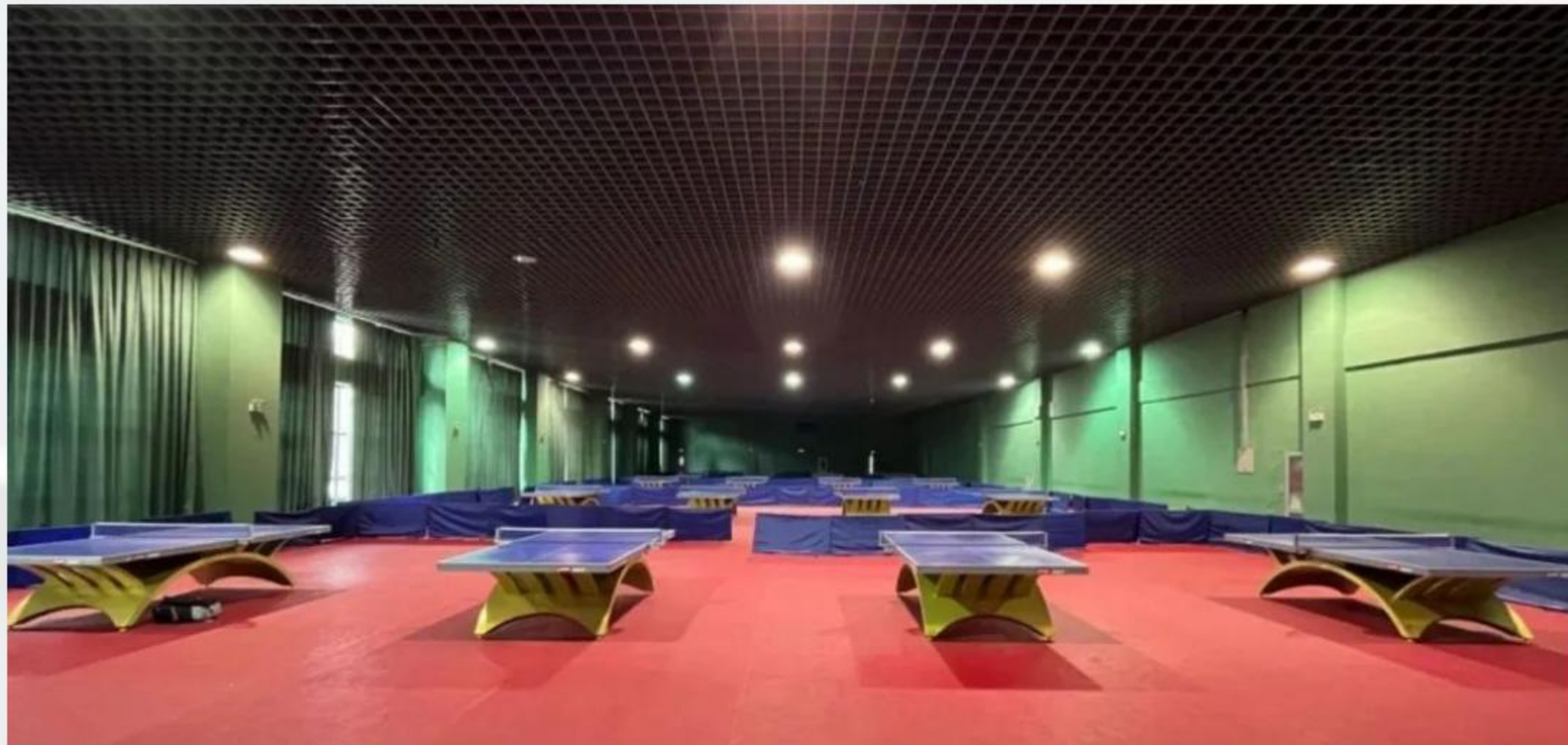
Recruit American youth aged 13-22 years old

Two-week table tennis training program planned for the players with a certain level of table tennis



TRAINING OBJECTIVES

Comprehensively improving the players' table tennis skills, tactical level and physical capability then enhancing the actual combat ability through two weeks of concentrated training



ANALYSIS OF THE GAME STRATEGY

VICTORY IS IN HAND & STRATEGY IS THE KEY



Opponent analysis

Analyze the strengths and weaknesses of the opponent in order to plan tactics.



Site analysis

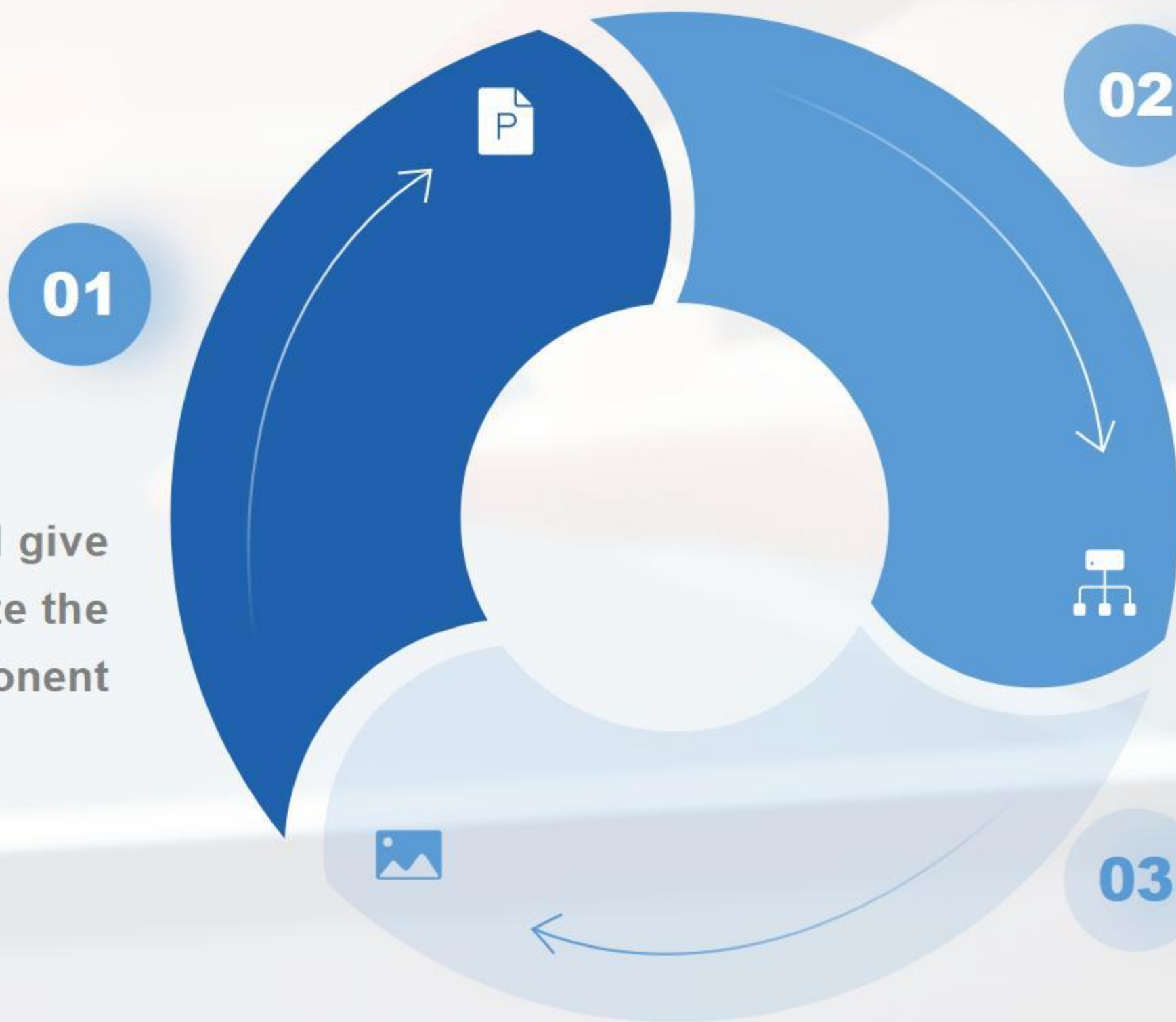
Adjust the game strategy according to the field conditions

SERVING AND RECEIVING TECHNIQUES

IMPROVE SERVING AND RECEIVING SKILLS

01 Proper serving posture

Keep your balance while playing and give full play to your body strength. Analyze the strengths and weaknesses of the opponent in order to plan tactics.



02

Accurate serving direction

Choose serving direction according to your opponent's position and strategy

03

Quick response to catch the ball

Observe the spin and speed of the opponent's ball and react quickly

USE SKILL TO HIT GOOD SHOTS

Pay attention to reaction of the opponent

Observe opponent's movements and choose the best hitting strategy.

Plan out tactics beforehand

According to the characteristics of the opponent, plan out offensive and defensive tactics beforehand

More training, more practice

Improving the level of competition skills through continuous practice



DEEPLY ANALYZE CLASSIC GAMES

FULLY ABSORB THE ESSENCE OF
CHAMPIONSHIP SKILLS

01

**Ma Long
VS
Zhang Jike**

Watch a table tennis match
between world champions

02

**Liu Guoliang
VS
Roscoff**

Top competition between
Chinese and European players

03

**Wang Hao
VS
Fan Zhendong**

Classic battle of the domestic
best players

MYSTERIOUS GUESTS WILL COME TO OFFER ON-SITE GUIDANCE

ENCOUNTER WITH • THE BIG SHOT

Mysterious superstars of the table tennis world are about to come!

He once dominated the playing field, stunning his opponents with his professional skills and extraordinary strategies.

Now, he is here to share his expertise.

With the agile steps and precise swings; wherever he goes, the students' skills are sure to soar.

Seize the rare opportunity and come to experience the extraordinary guidance from the superstar.

Embark on your journey to becoming a champion!



TRAINING SCHEDULE: WEEK 1

Morning training : 150 minutes

Preparation (15 minutes)

Technical Training (110 minutes)

Forehand attack

Backhand and attack exercises

1/2 unit movement, attack, loop

Push left and attack right

Backhand side attack

Backhand scrub

Attack after serving

Physical training (25 minutes)

Rope ladder

Sponge mat

Jump rope

Rubber band

Jump rope or relay games

Afternoon training : 150 minutes

Preparation (15 minutes)

Multi-ball training (100 minutes)

Technical training

Service training

Teaching competition (35 minutes)

Big cycle or group cycle, using best-of-five or best-of-three depending on the number of players, 11 points per game, 2-3 games a day. According to the level of the trained players, the rules of the doubles competition can also be explained and practiced. Through the competition, the players can improve the combination of skills and tactics and different opponents of the contingency ability and improve the tacit cooperation and running ability of the two through the doubles match.

TRAINING SCHEDULE: WEEK 2

Morning training : 150 minutes

Preparation (15 minutes)

Technical Training (110 minutes)

Forehand attack

Backhand and attack exercises

Forehand three point move attack, loop

Unfixed swing speed

Backhand side attack

Backhand scrub

Service attack

Physical training (25 minutes)

Rope ladder

Sponge mat

Jump rope

Rubber band

Jump rope or relay games

Afternoon training : 150 minutes

Preparation (15 minutes)

Multi-ball training (100 minutes)

Technical training

Service training

Teaching competition (35 minutes)

Big cycle or group cycle, using best-of-five or best-of-three depending on the number of players, 11 points per game, 2-3 games a day. According to the level of the trained players, the rules of the doubles competition can also be explained and practiced. Through the competition, the players can improve the combination of skills and tactics and different opponents of the contingency ability and improve the tacit cooperation and running ability of the two through the doubles match.

SAFETY GUARANTEE

01

MEAL AND ACCOMMODATION

In the dormitory and
canteen of the university or
nearby hotel

02

MEDICAL TREATMENT

University clinic

03

TEACHER- STUDENT RATIO

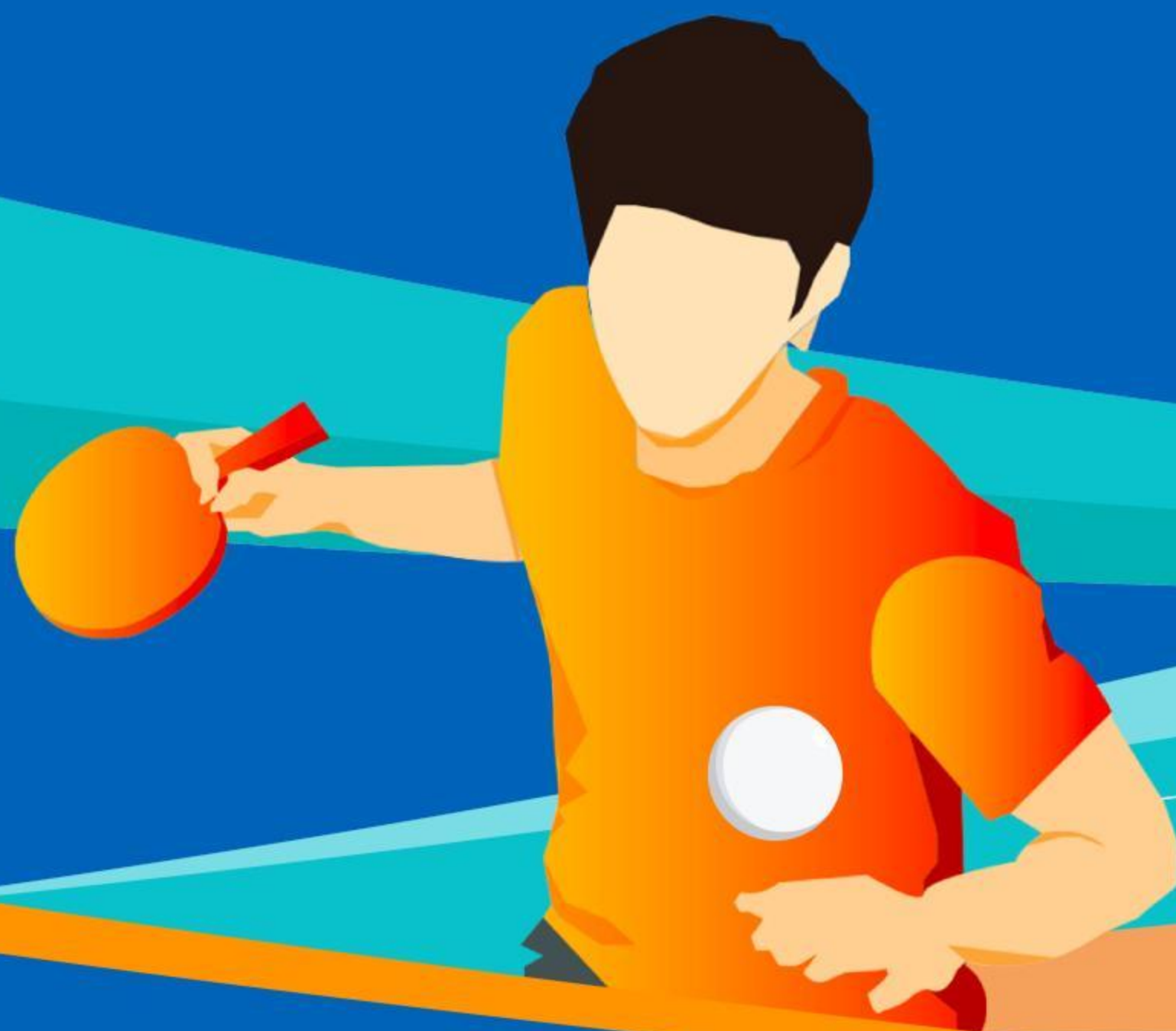
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04

HONOR

Giving the participant
certificate

THANKS



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