

Tischtennis-Training


Vor dem Training


10'	<ul style="list-style-type: none">• Einlaufen• Dehnen	
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Training

Schwerpunkt: Sicherheit, Beinarbeit, Taktik (Variationen & Wettkampftraining)

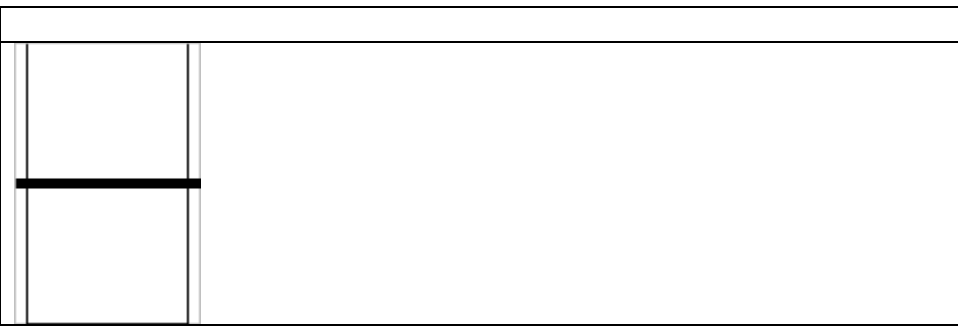
5'	Einspielen	
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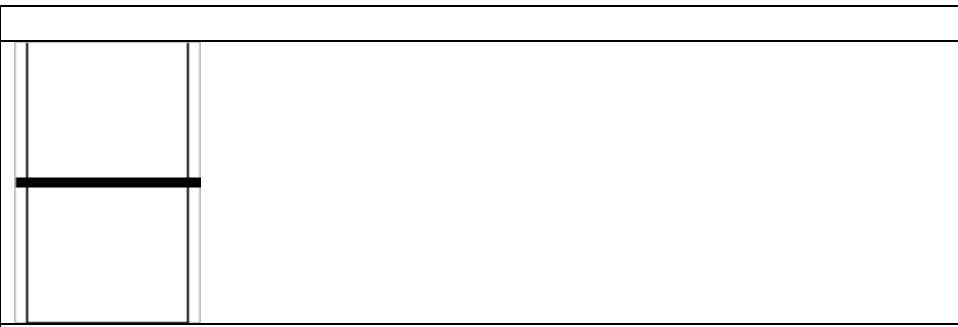
2 x 8'		<table border="1"><tr><td>S</td><td></td><td></td></tr><tr><td>Be</td><td></td><td></td></tr><tr><td>Ta</td><td></td><td></td></tr></table>	S			Be			Ta		
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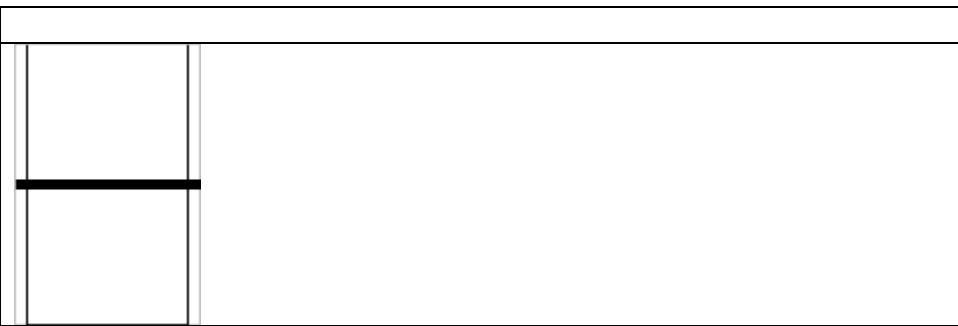
2 x 7'		<table border="1"><tr><td>S</td><td></td><td></td></tr><tr><td>Be</td><td></td><td></td></tr><tr><td>Ta</td><td></td><td></td></tr></table>	S			Be			Ta		
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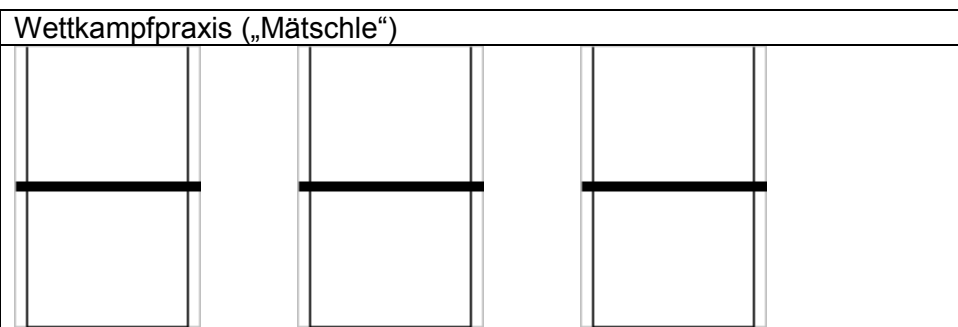
10'	Pause	
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oder:

	Wettkampfpraxis („Mätschle“)			<table border="1"> <tr><td>S</td><td></td><td></td></tr> <tr><td>Be</td><td></td><td></td></tr> <tr><td>Ta</td><td></td><td></td></tr> </table>	S			Be			Ta		
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Nach dem Training

5'	Stretching	
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