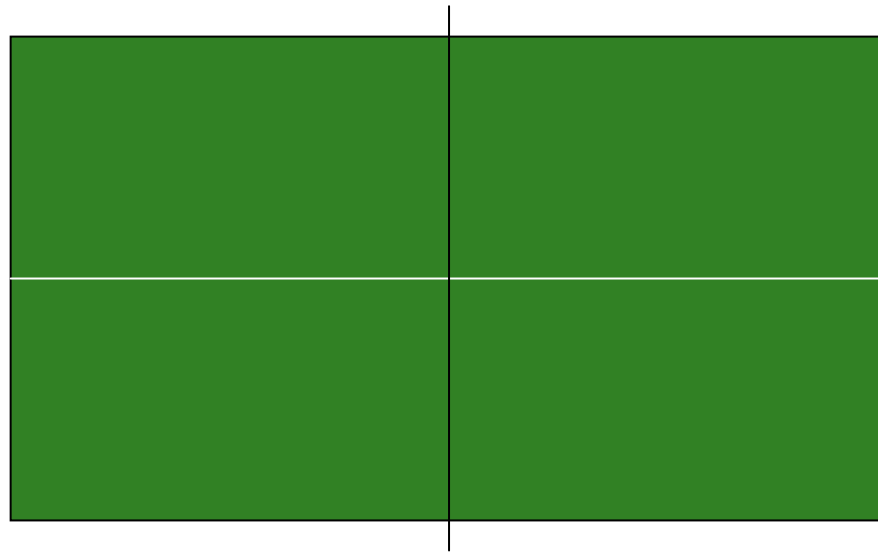


# FERENC KARSAI'S TRAINING DRILLS

S= Student

Objective: to complete the drill at a speed similar to a game situation as consistently as possible.



F= Feeder

Objective: to accurately and forcibly block at a level similar to a game situation

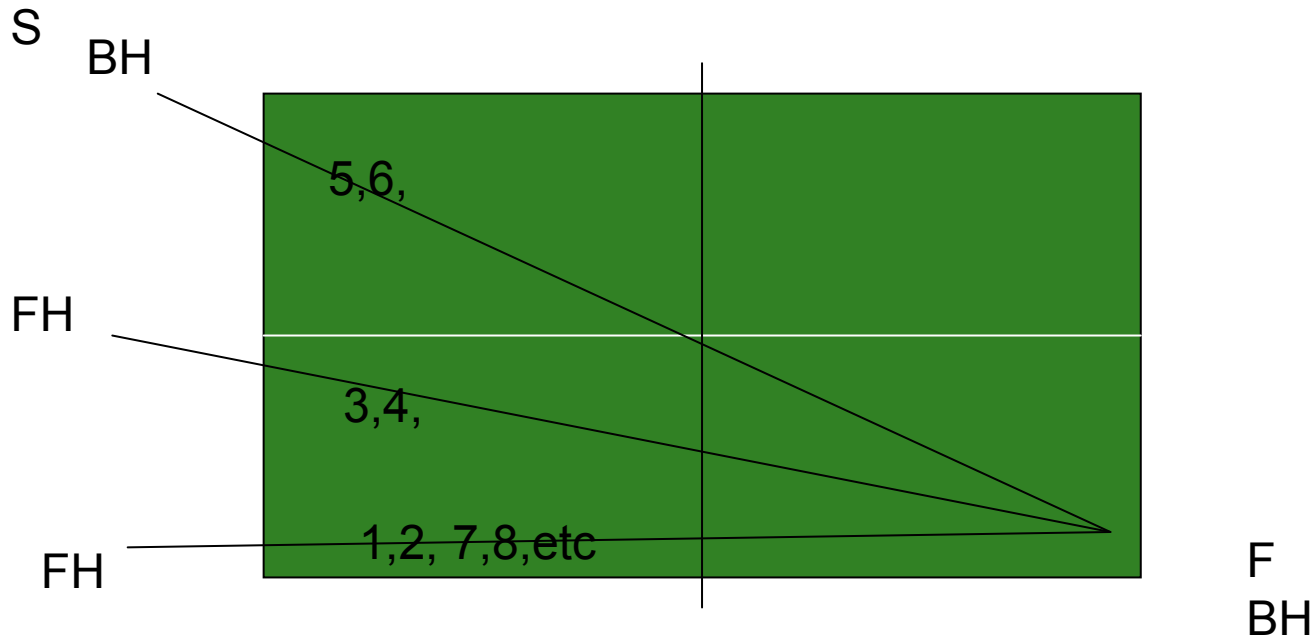
Guide: FH = Forehand BH = Backhand Sv = Serve

Fd = Feed ( Bounce and hit over net)

T = Topspin, B = Backspin, Fl = Float, Free = Freeplay

All drills are based on right hand players

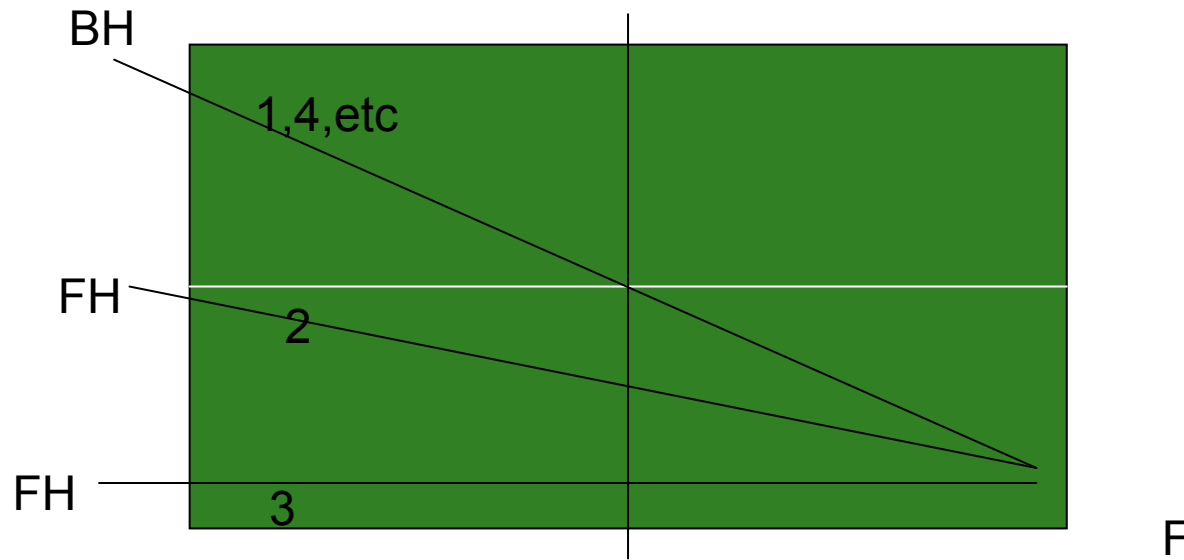
# Regular Drills



# Regular Drills

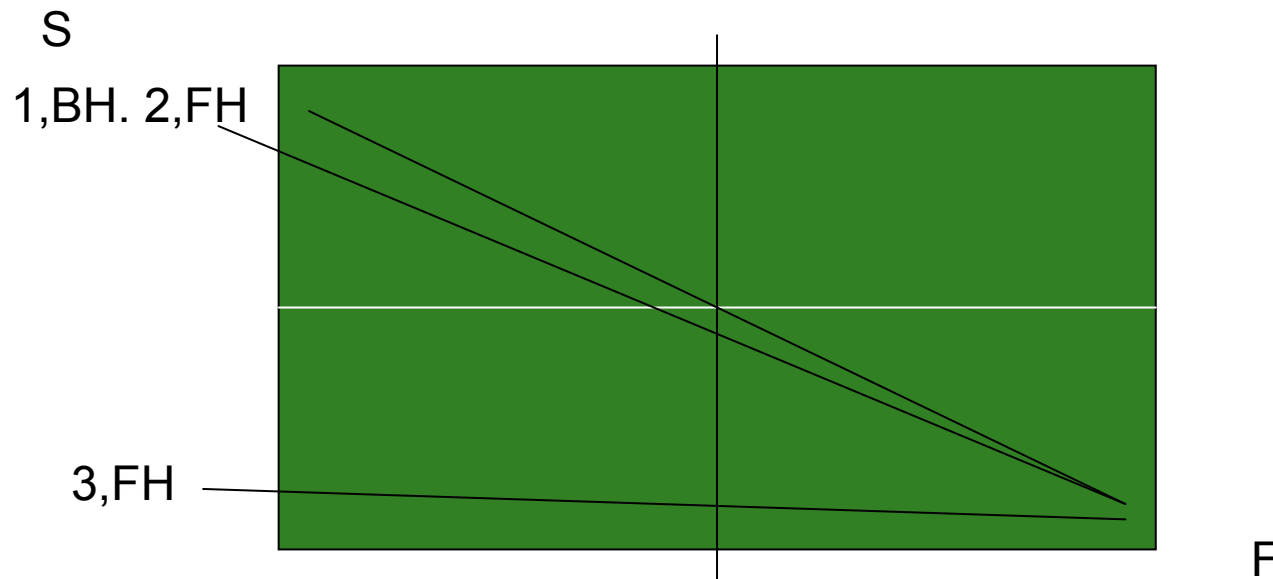
Topspin drills

S



Topspin drills

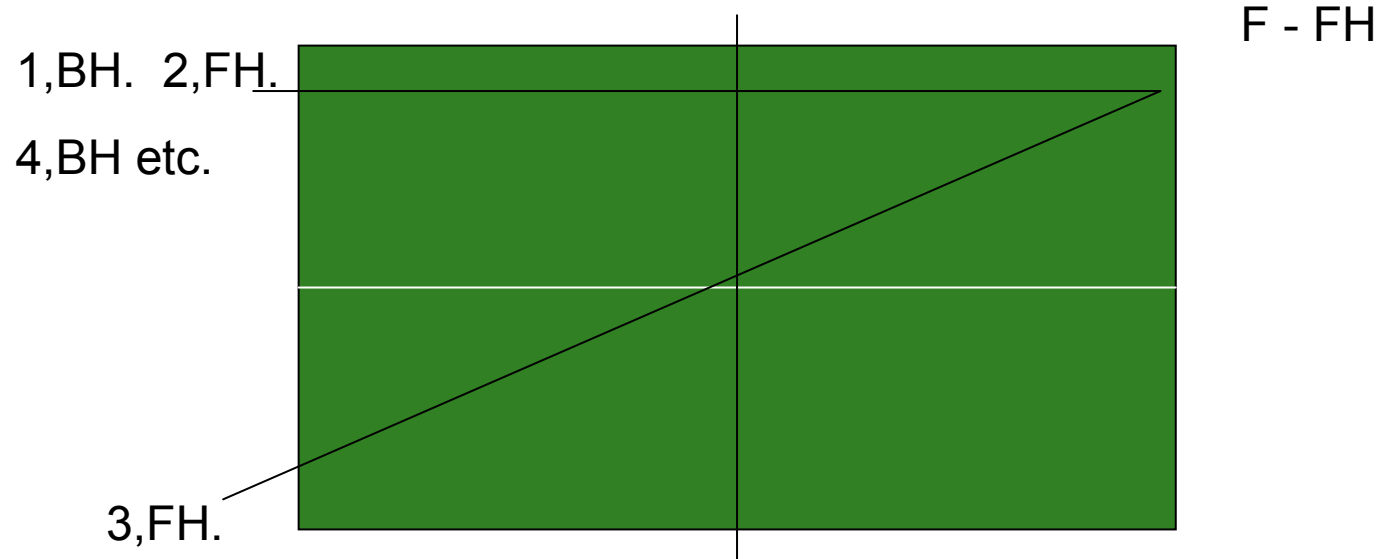
# Regular Drills



FALKENBURG: The Swedish coaches favourite.

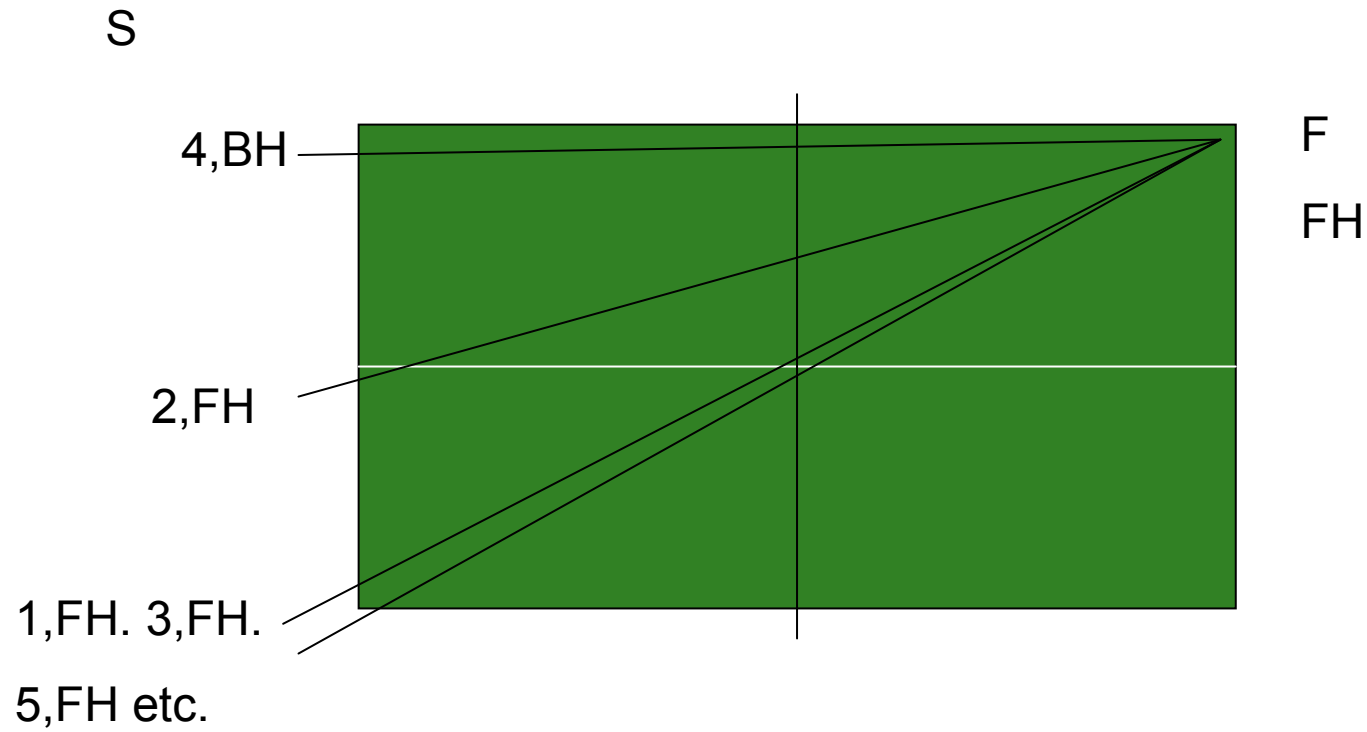
# Regular Drills

Topspin drills



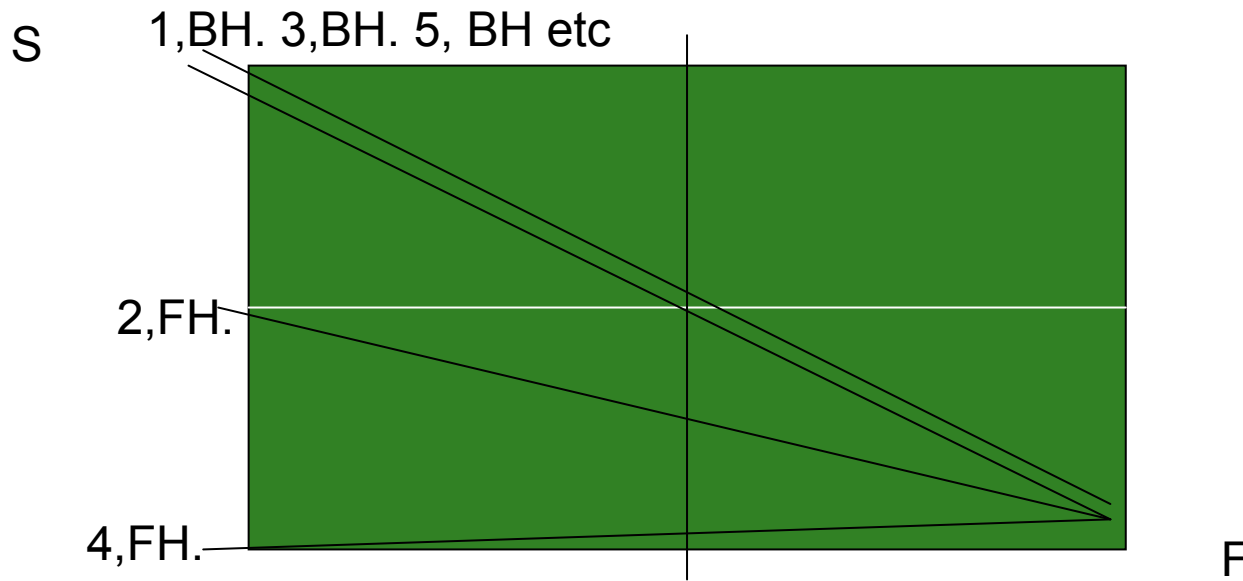
FALKENBURG, Forehand: The Swedish coaches favourite.

# Regular Drills



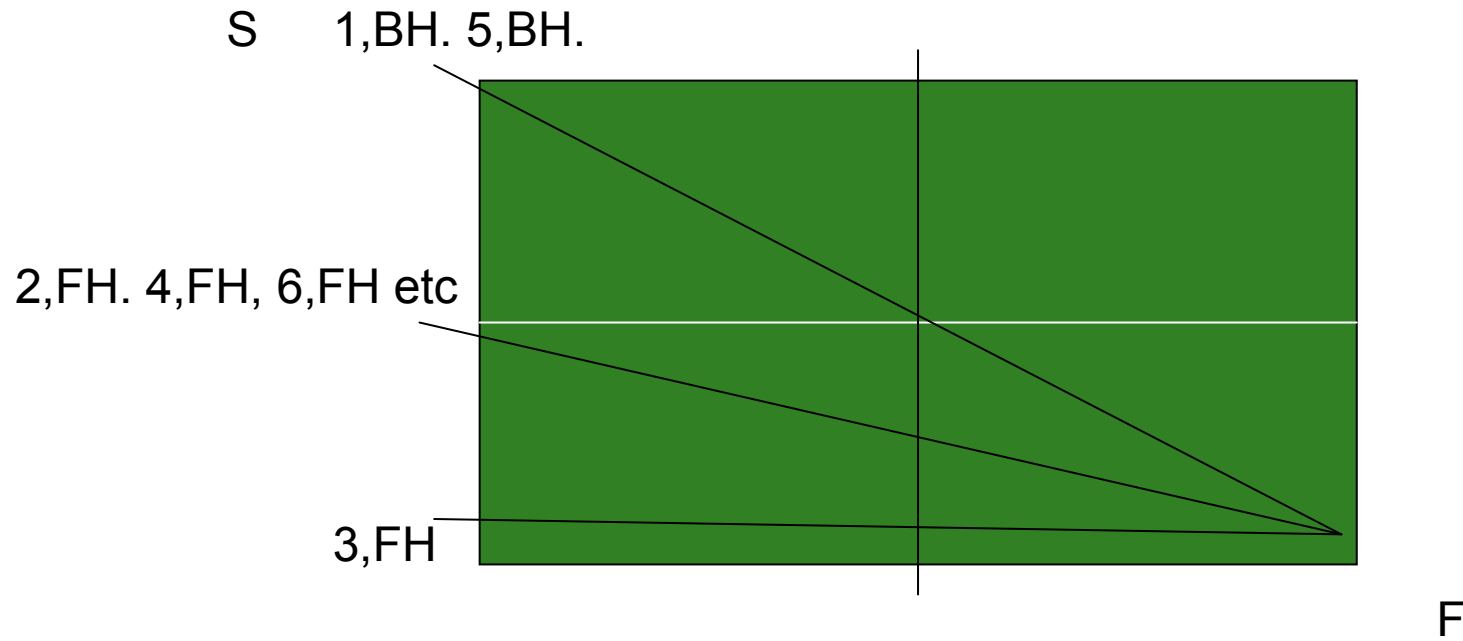
Topspin drills

# Regular Drills



Jean-Michel Saive's favourite.

# Regular Drills





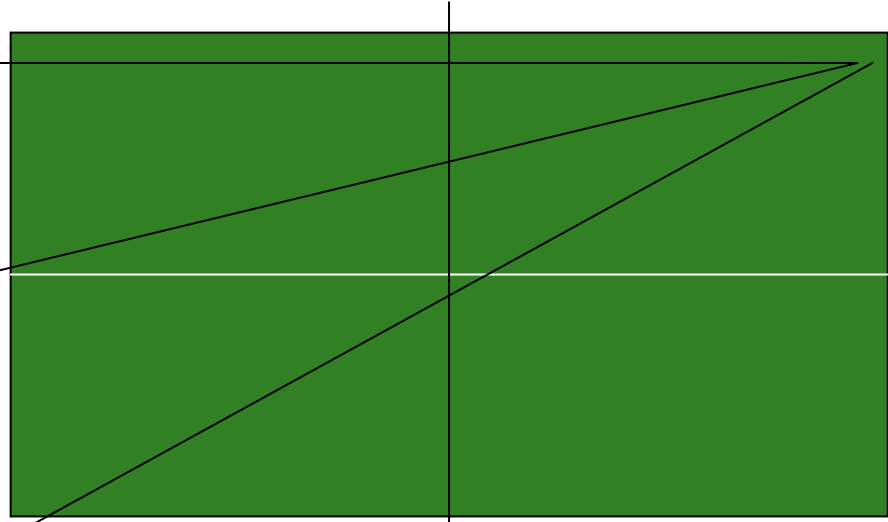
# Regular Drills

S 3,BH 7,BH etc

F - FH

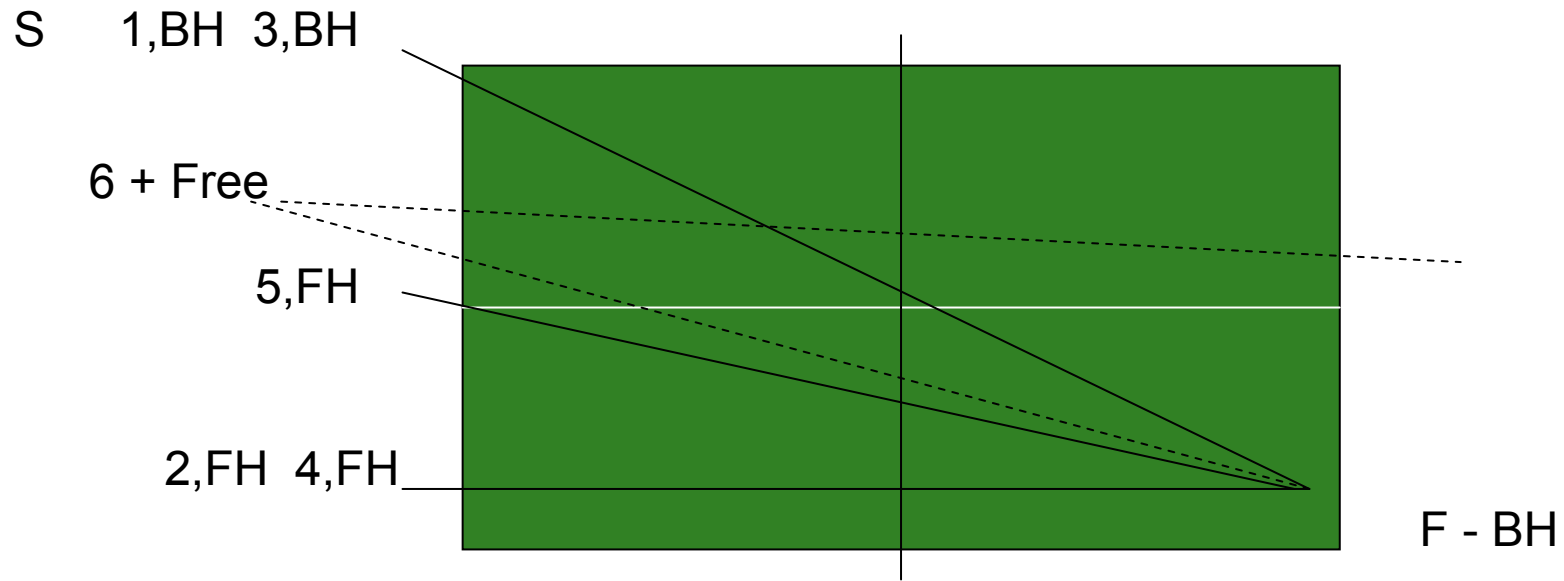
2,FH 4,FH 6,FH

1,FH 5,FH



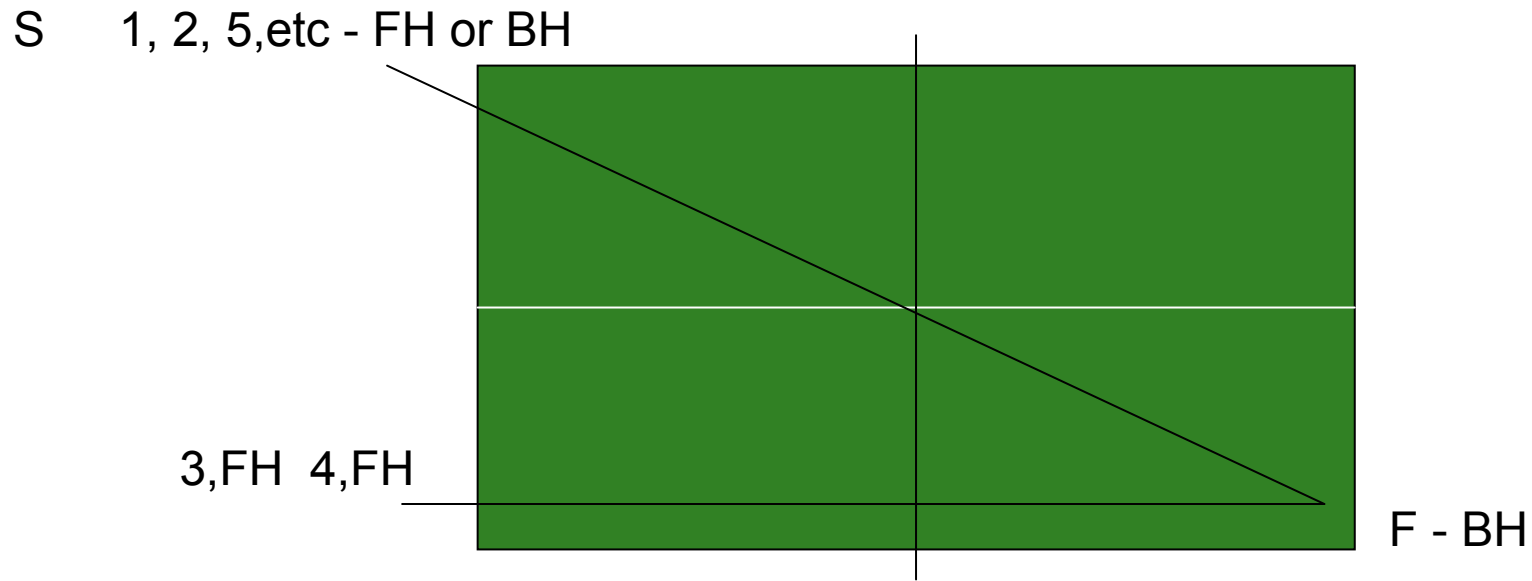
# Regular to Irregular Drill

Topspin drills



This is a first sample of including irregular play into a regular drill.

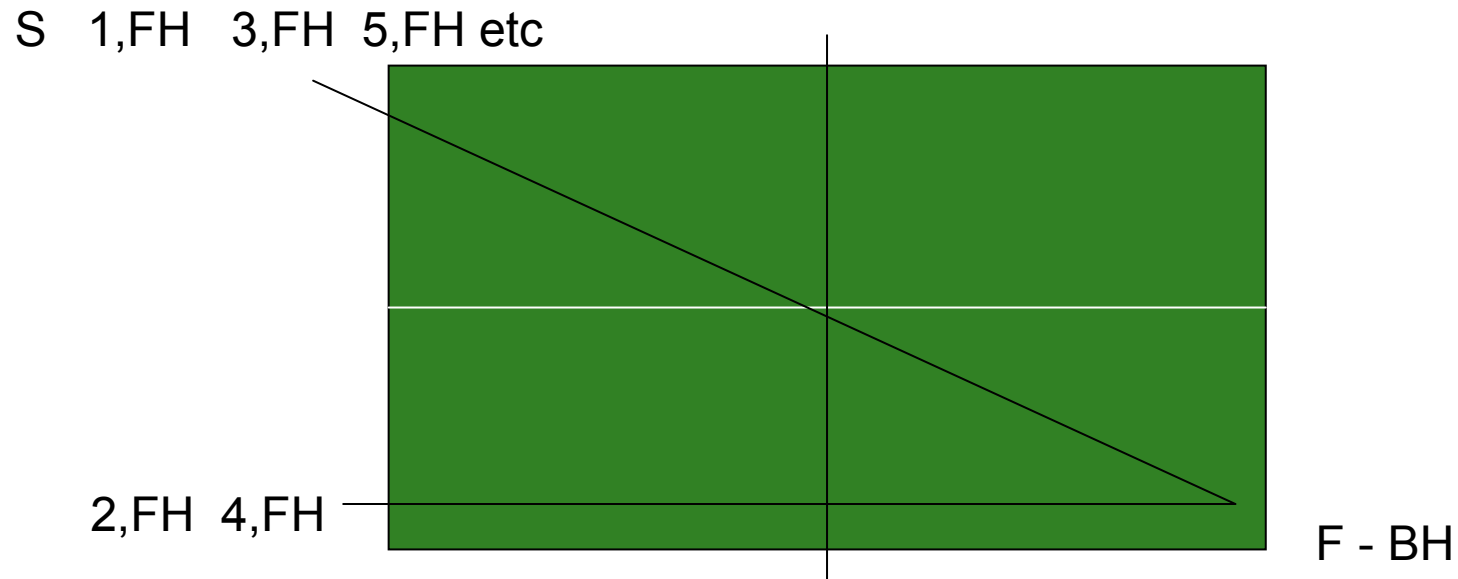
# Regular Drills



This gives the option of FH or BH from the BH side

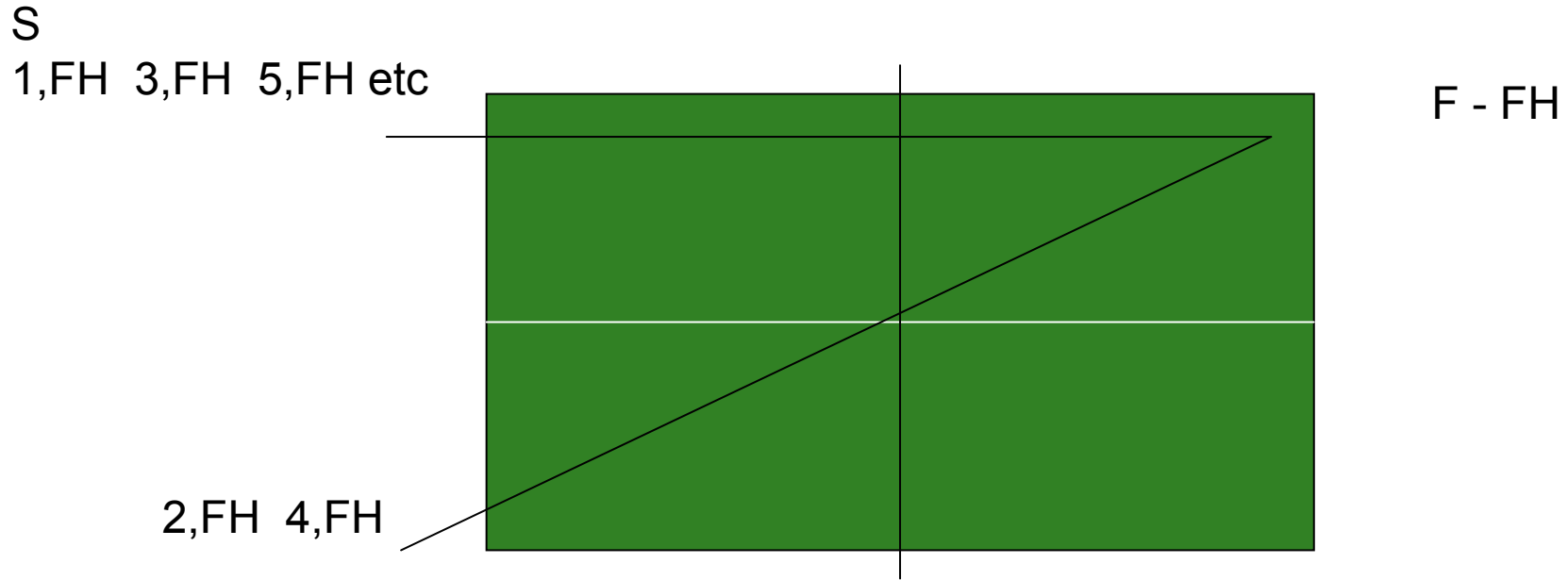
Topspin drills.

## Regular Drills



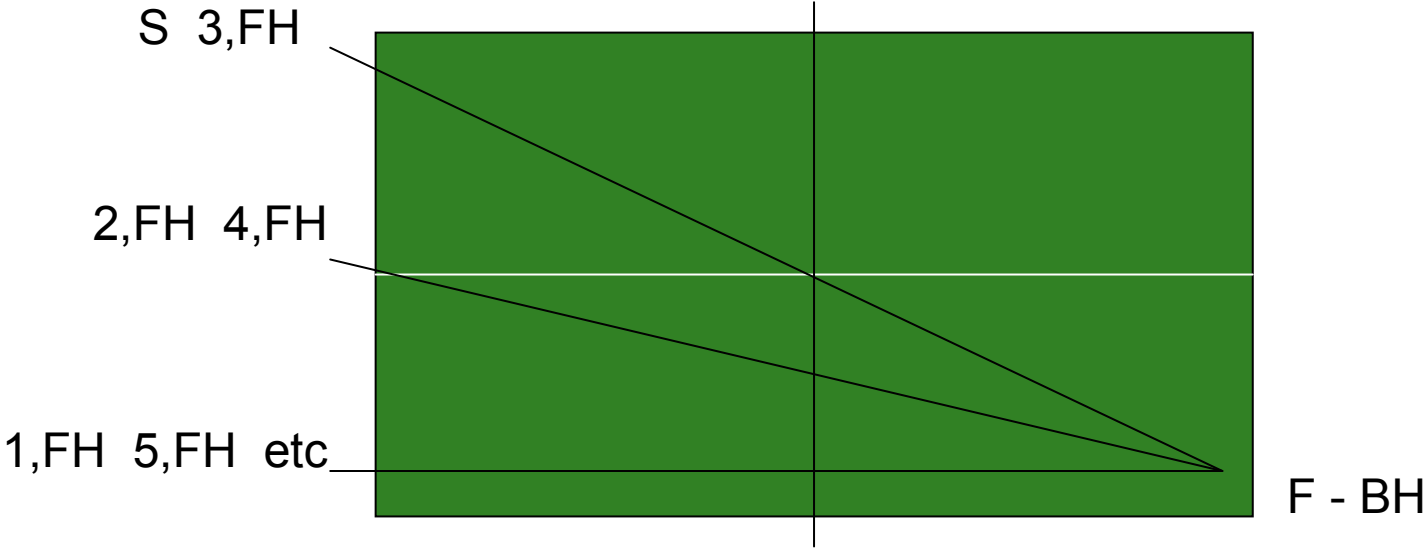
Good footwork required, Feeder can vary strength of feed dependant on the ability of the student.

# Regular Drills

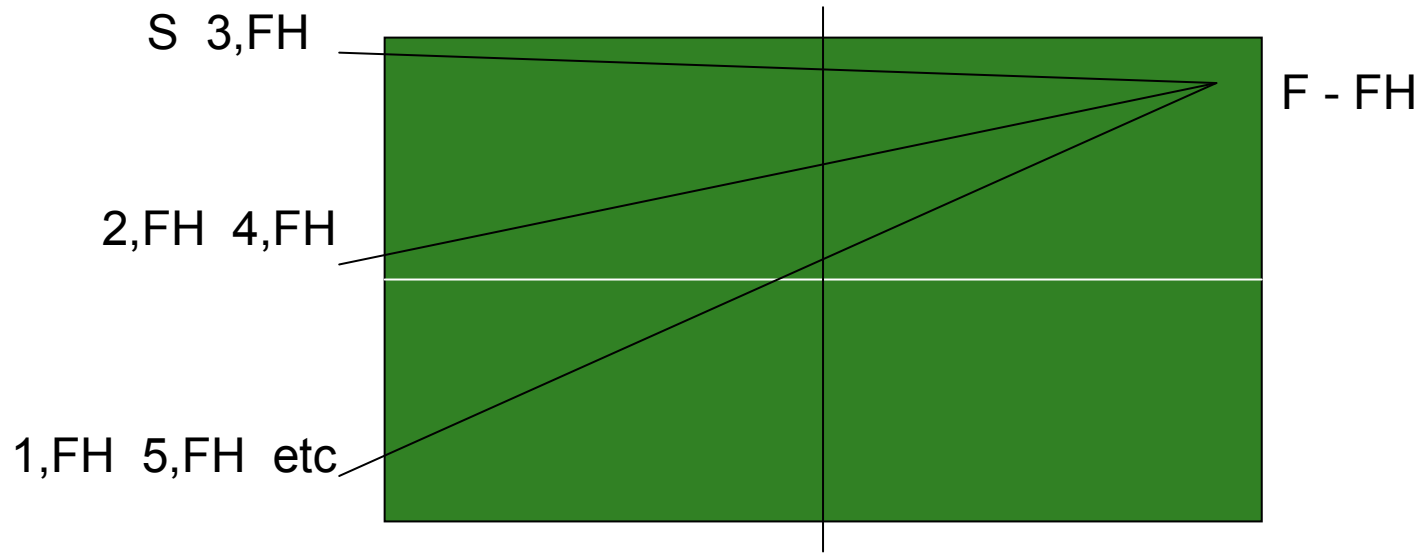


From the Forehand feed, the angle to the forehand is increased.

# Regular Drills

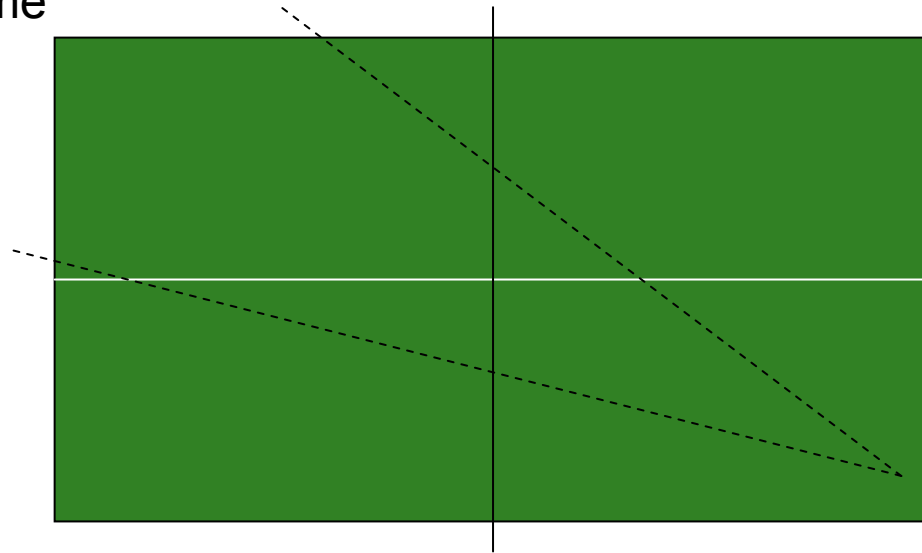


# Regular Drills



# Irregular drills

S FH all the time



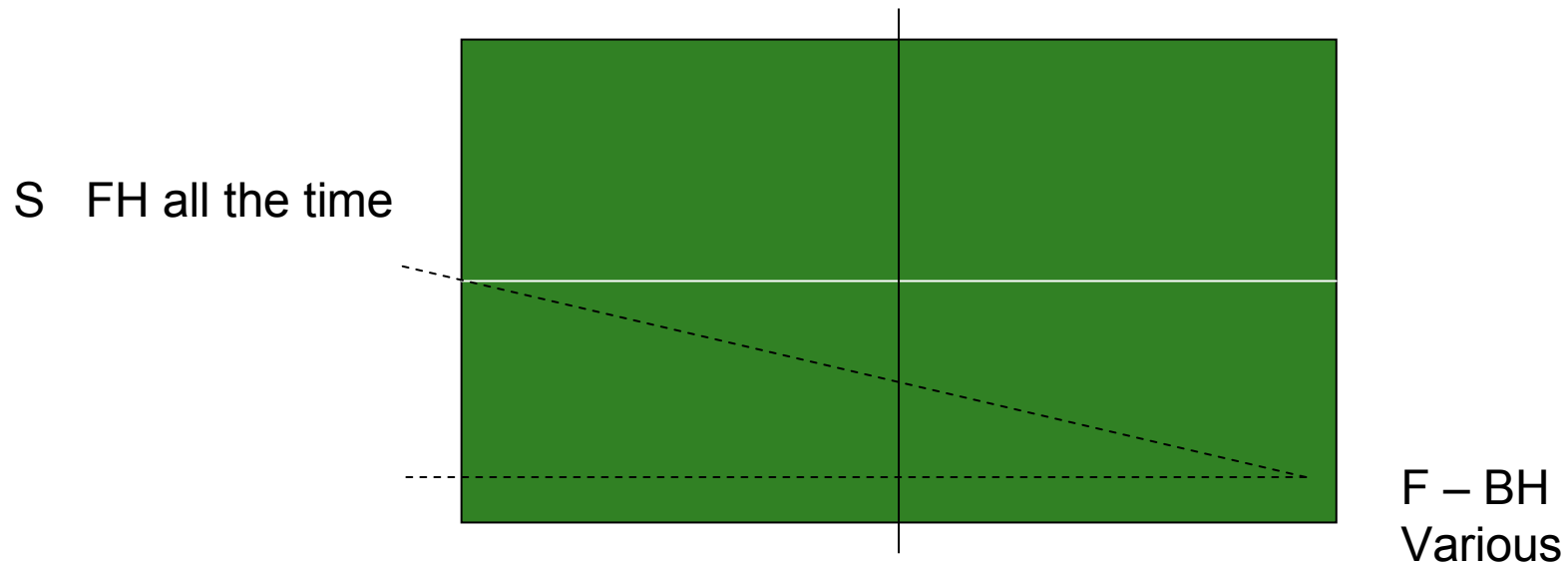
F – BH  
Various

----- = Irregular pace, spin and direction.

Target area is between the two dotted lines



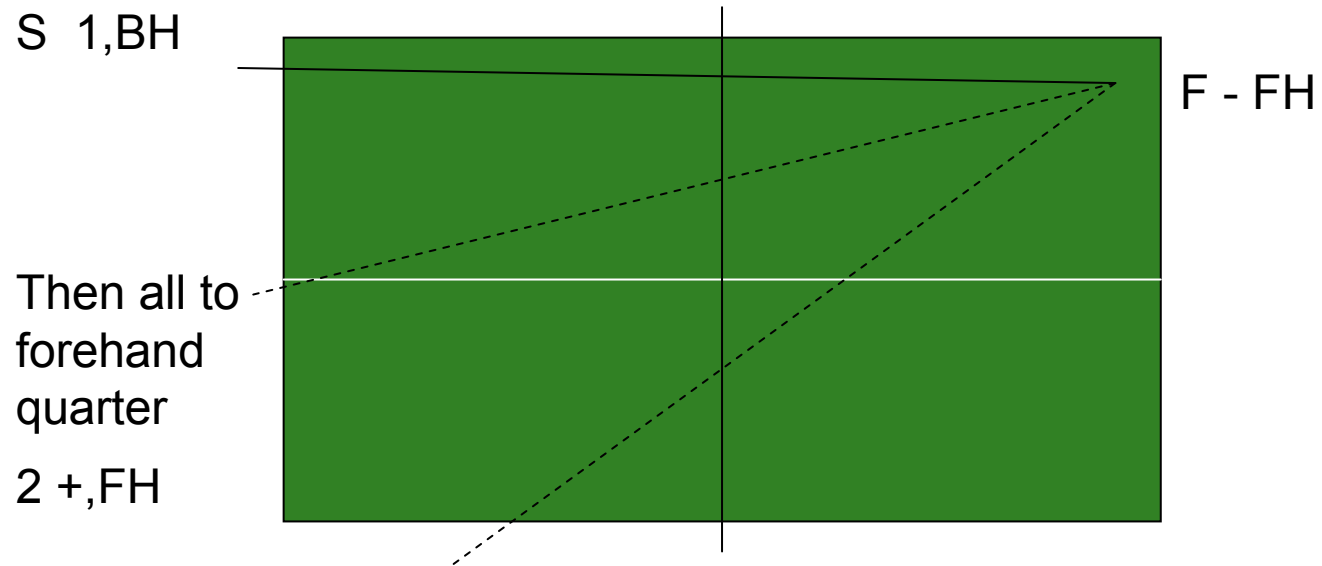
## Irregular drills



----- = Irregular pace, spin and direction.

Target area is between the two dotted lines

# Irregular drills



----- = Irregular pace, spin and direction.

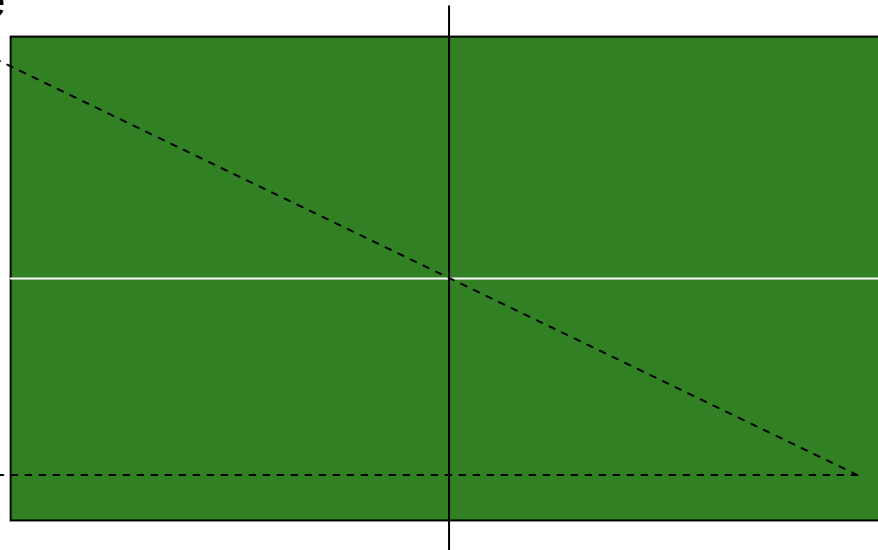
Target area is between the two dotted lines

# Irregular drills

S BH all the time

Until.... 2  
unexpected  
forehands...

Return forehand  
blocks to Feeders  
BH

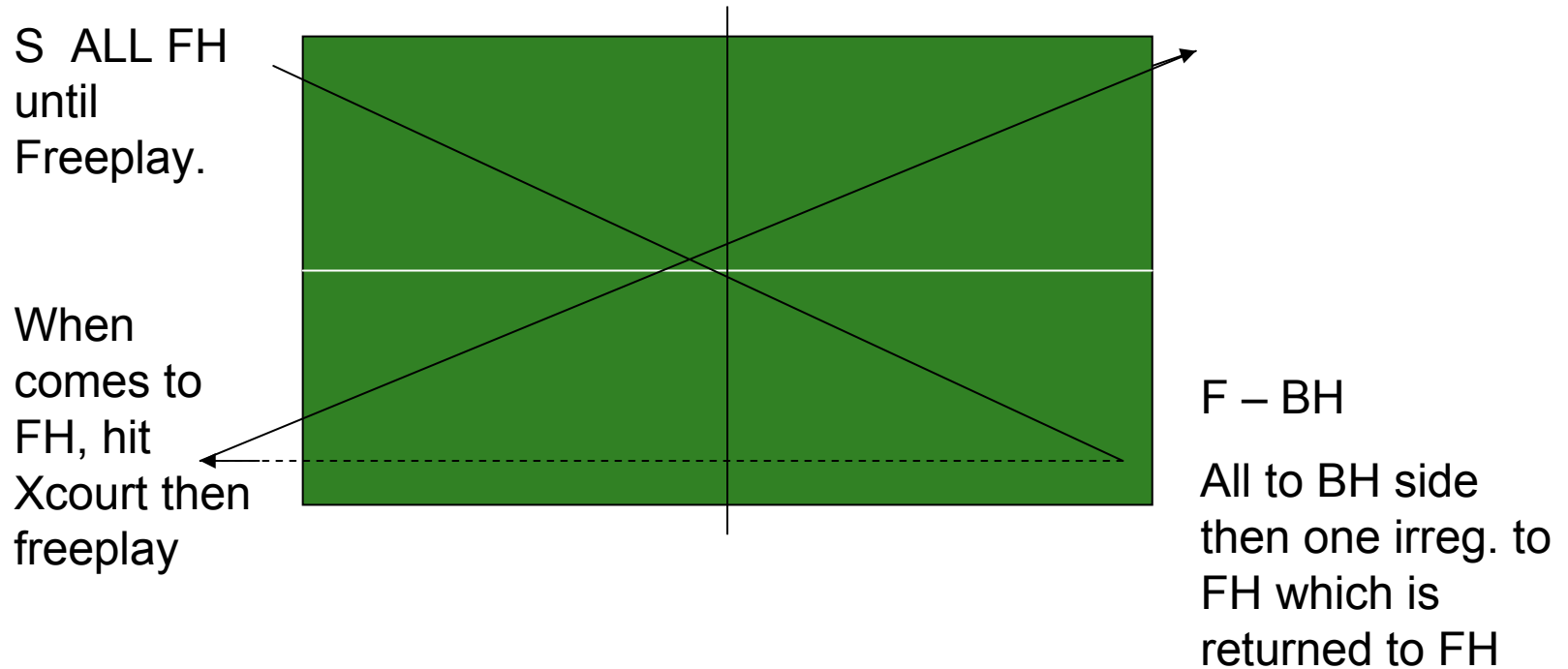


----- = Irregular pace and spin

F – BH Various

When feeder  
decides, 2  
blocks to FH

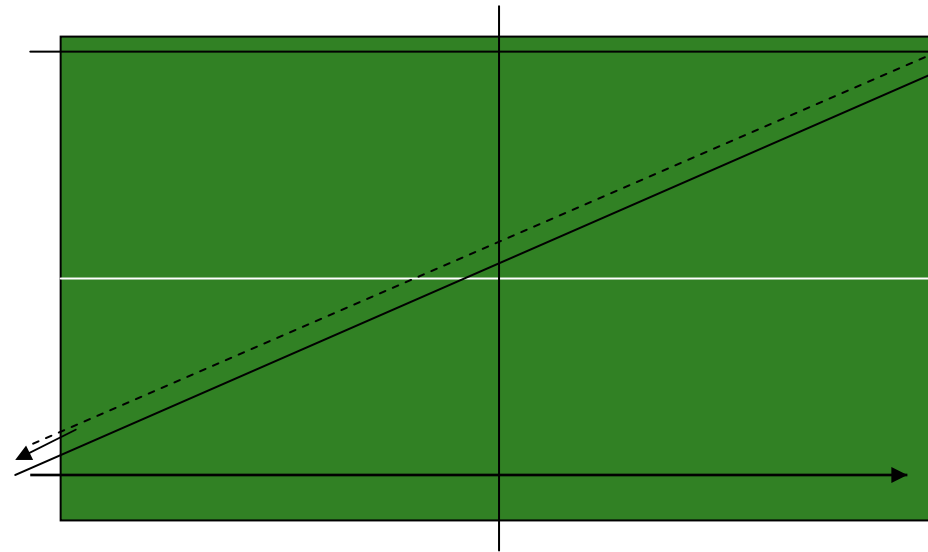
# Regular – Irregular - Freeplay



## Regular – Irregular - Freeplay

S ALL FH until  
Freeplay.

When comes to  
FH, hit Xcourt  
then on 2<sup>nd</sup> FH,  
hit down the line  
then freeplay



F - FH

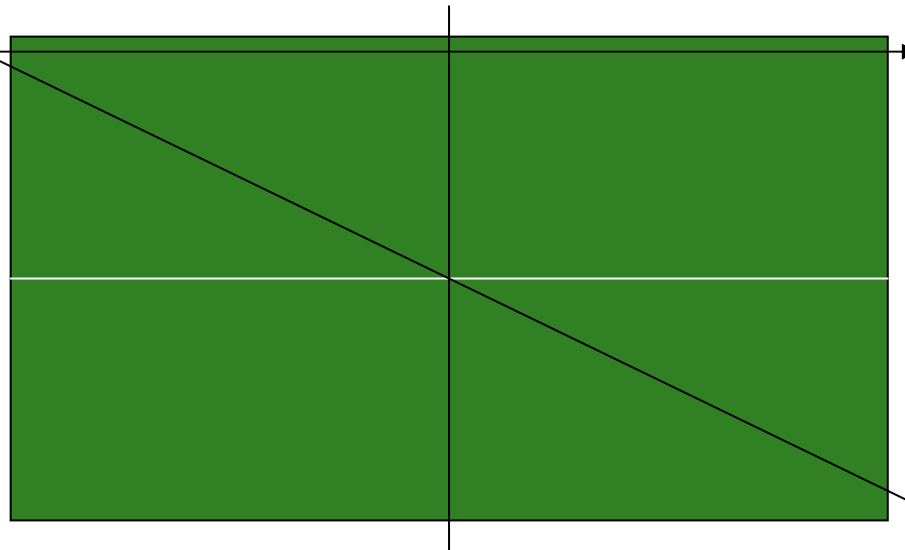
All to BH side  
then one irreg. to  
FH which is  
returned to FH

Return to FH  
which is hit down  
the line into  
freeplay.

## Regular – Irregular - Freeplay

S 1,BH 2+,FH

On 5<sup>th</sup> +, hit  
down line then  
into freeplay



F- BH

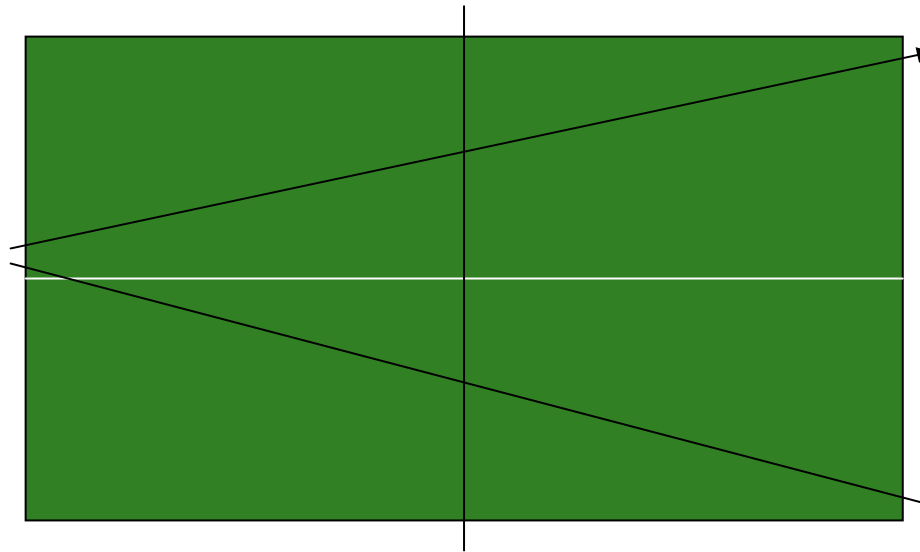
All to BH until S  
plays to FH,  
then freeplay.

Force into BH  
to prevent FH  
down line.

## Regular – Irregular - Freeplay

S 1,BH 2+,FH

On 5<sup>th</sup> +, hit to  
F's FH then into  
freeplay



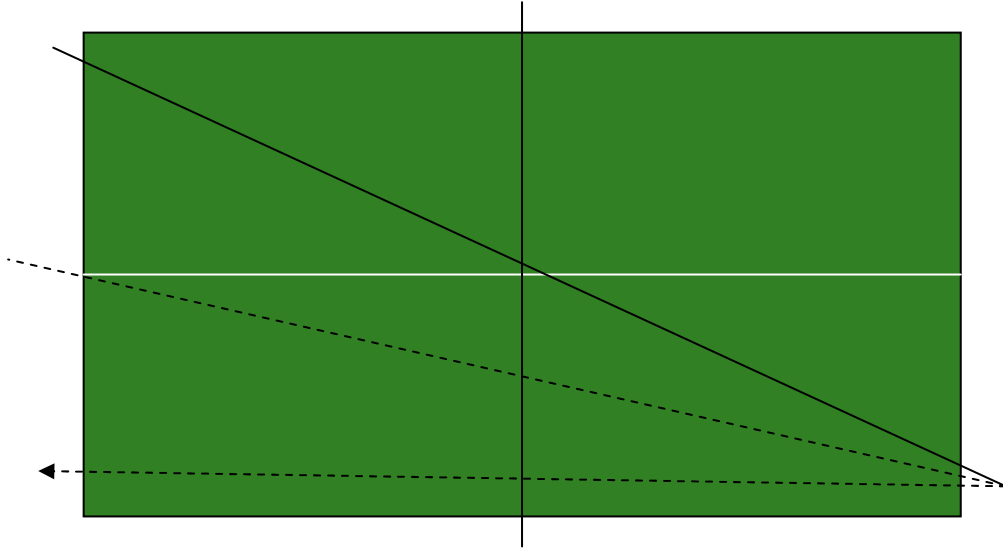
F - BH

All to mid table  
until S plays to  
FH, then  
freeplay.

# Irregular Drills

S 1,BH, 3,BH  
5,BH etc (odd)

2,FH 4,FH  
from either  
middle of table  
or wide to FH



F – BH

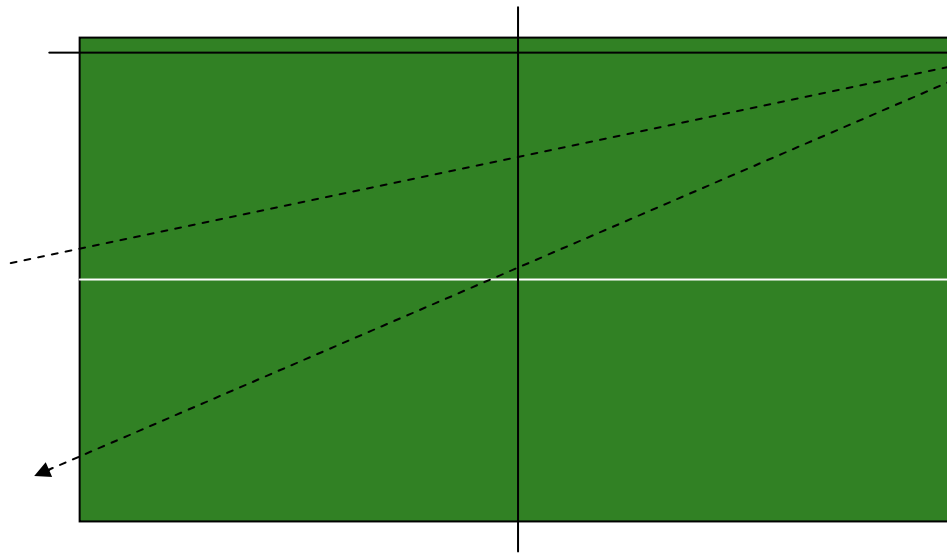
Alternate 1,BH  
to mid table or  
wide FH.



# Irregular Drills

S 1,BH, 3,BH  
5,BH etc (odd)

2,FH 4,FH  
from either  
middle of table  
or wide to FH



F – FH

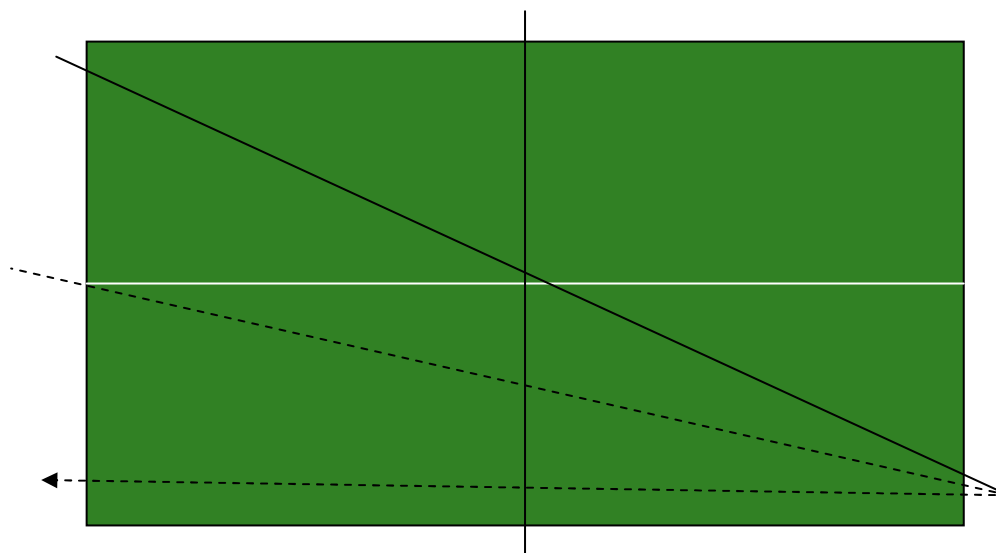
Alternate 1,BH  
to mid table or  
wide FH.

# Irregular Drills

S 1,BH 3,BH  
4-BH or FH

2,FH from  
middle or wide

May receive 2  
to BH then  
back to FH



F – BH

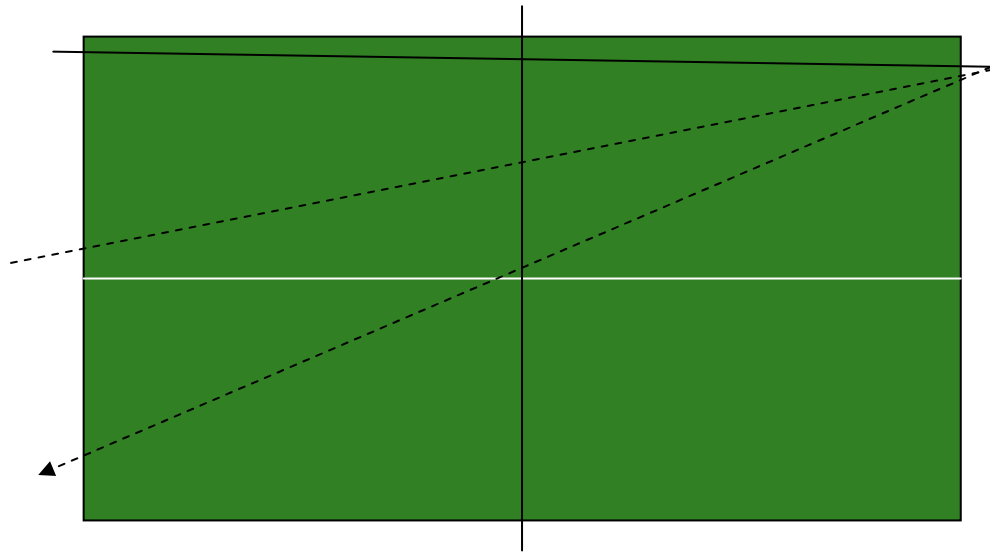
Alternate 1,BH  
to mid table or  
wide FH. Put 2  
to BH to stop  
early movement  
by S

# Irregular Drills

S 1,BH 3,BH  
4-BH or FH

2,FH from  
middle or wide

May receive 2  
to BH then  
back to FH



F – FH

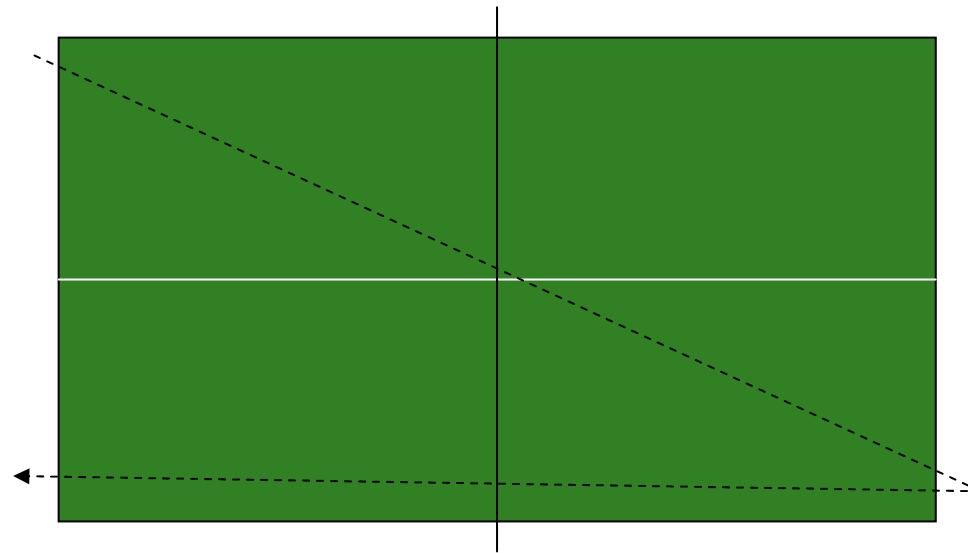
Alternate 1,BH  
to mid table or  
wide FH. Put 2  
to BH to stop  
early movement  
by S

# Irregular Drills

S 1,or 2,BH

Followed by

1 or 2,FH



F – BH

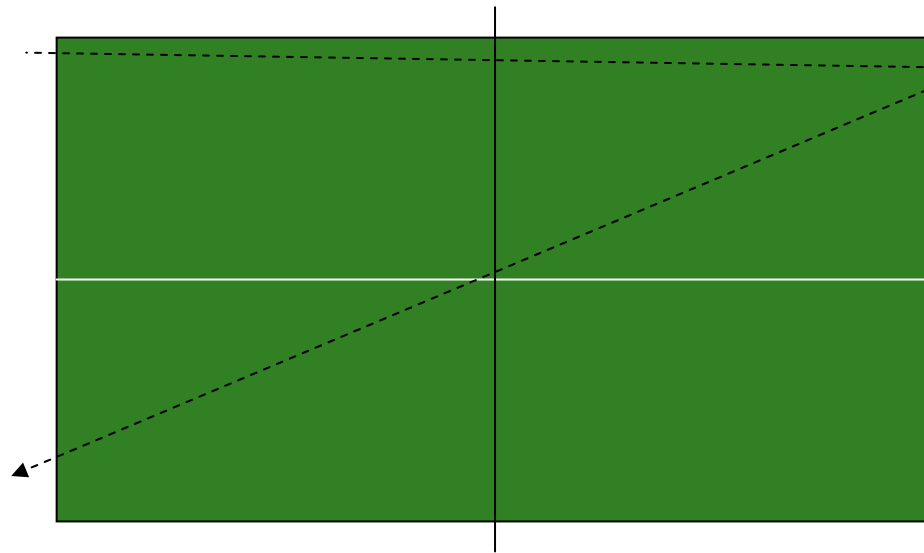
Alternate 1,or 2  
to BH then 1 or  
2 to FH

# Irregular Drills

S 1,or 2 BH

Followed by

1 or 2 FH



F – FH

Alternate 1,or 2  
to BH then 1 or  
2 to FH

# Irregular Drills

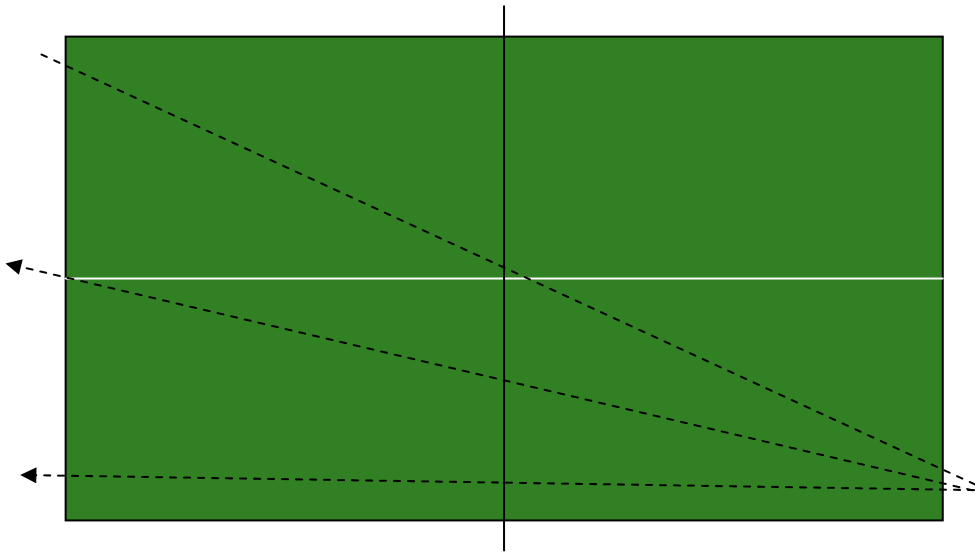
S 1,or 2,BH

Followed by

1 or 2 Mid table  
FH

or

1 or 2,FH



F – BH

Alternate 1,or 2  
to BH then 1 or  
2 to FH then to  
BH.

# Irregular Drills

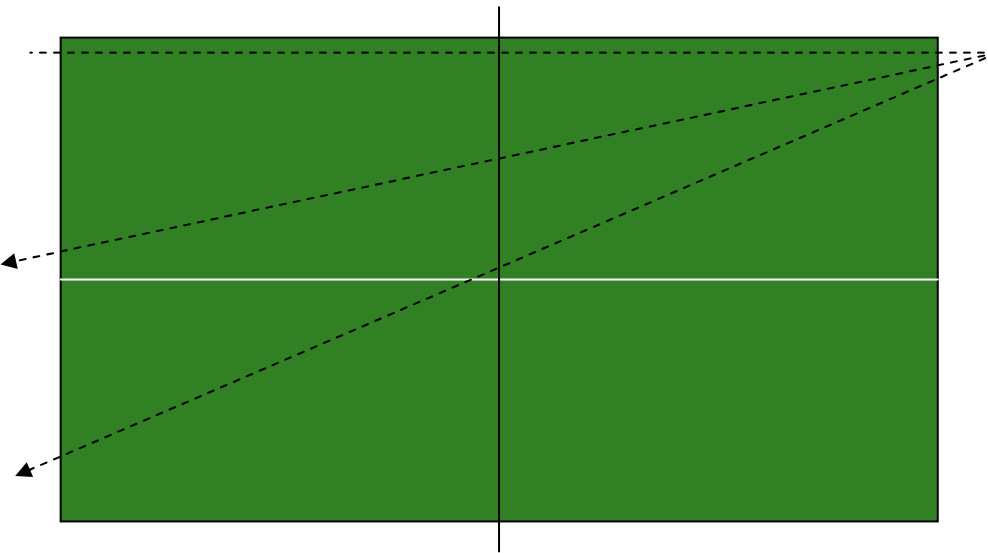
S 1,or 2,BH

Followed by

1 or 2 Mid table  
FH

or

1 or 2,FH



F – FH

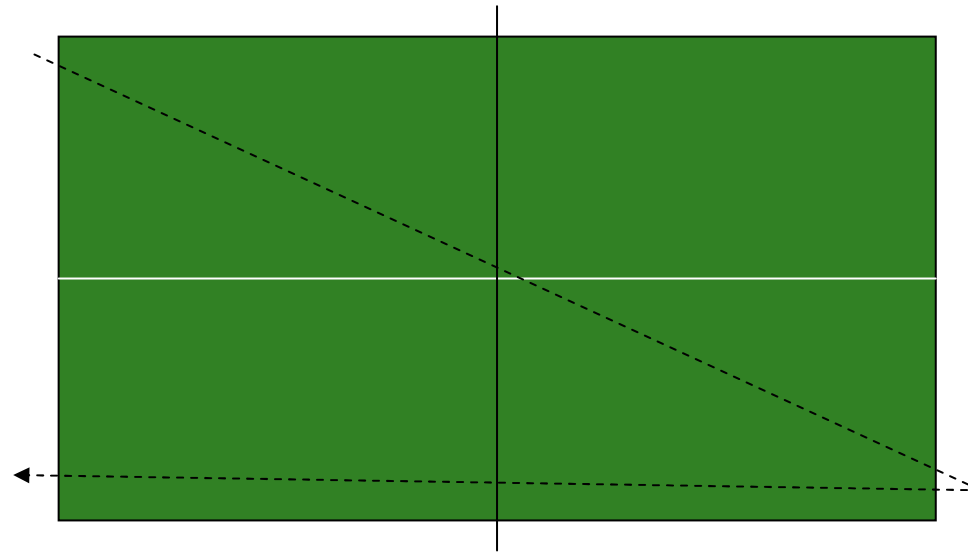
Alternate 1,or 2  
to BH then 1 or  
2 to FH then to  
BH.

# Irregular Drills

S 1,BH

Followed by

1-3,FH's



F – BH

Alternate 1 to  
BH then 1-3 to  
FH before return  
to BH

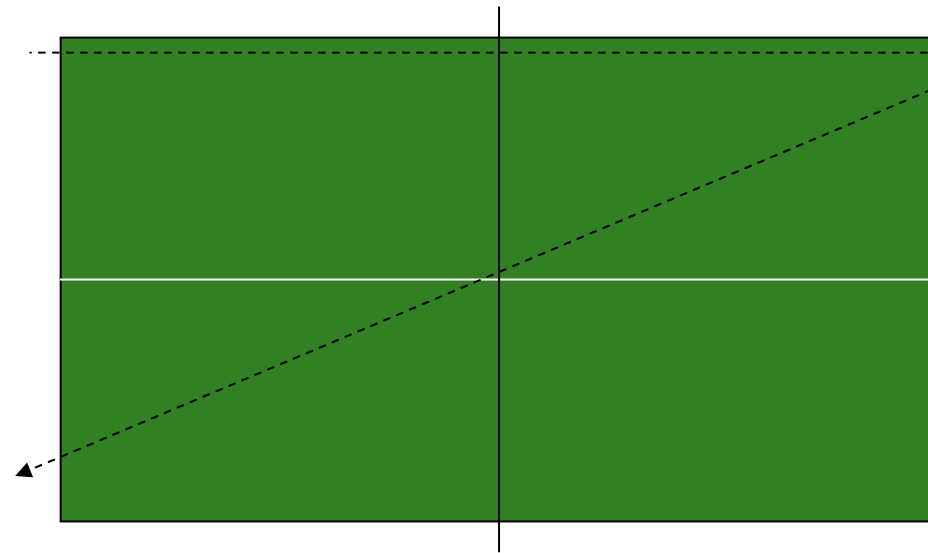


# Irregular Drills

S 1, BH

Followed by

1-3, FH's



F - FH

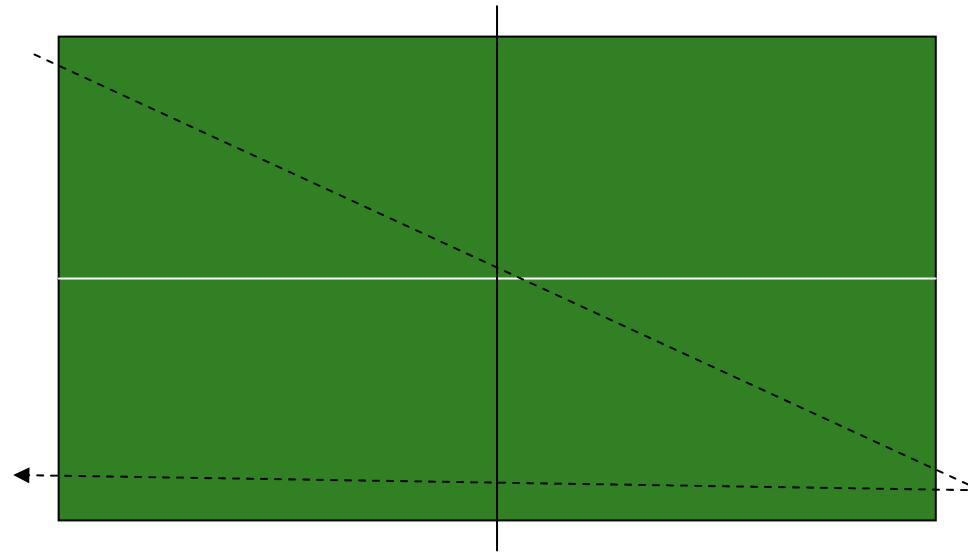
Alternate 1 to  
BH then 1-3 to  
FH before return  
to BH

# Irregular Drills

S 1-3,BH's

Followed by

1,FH



F – BH

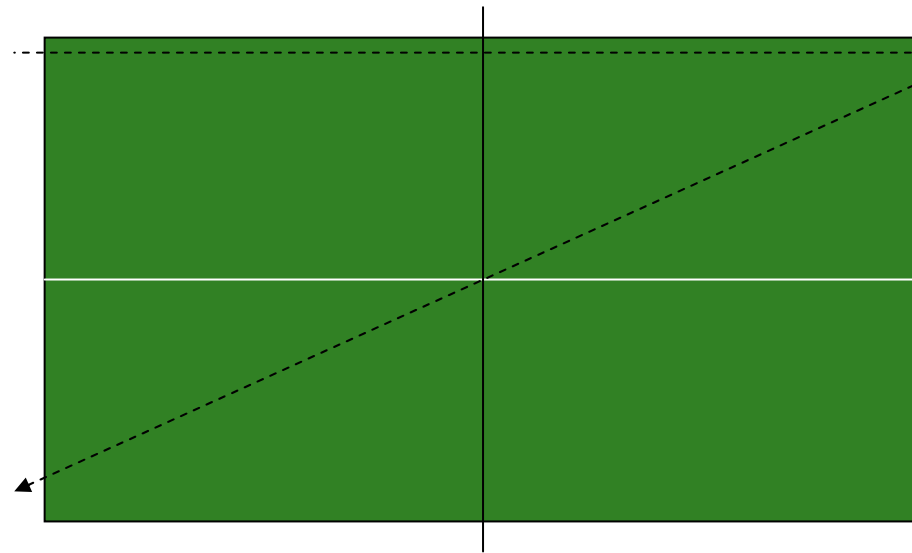
Alternate 1-3 to  
BH then 1 to FH  
before return to  
BH

# Irregular Drills

S 1-3, BH's

Followed by

1, FH



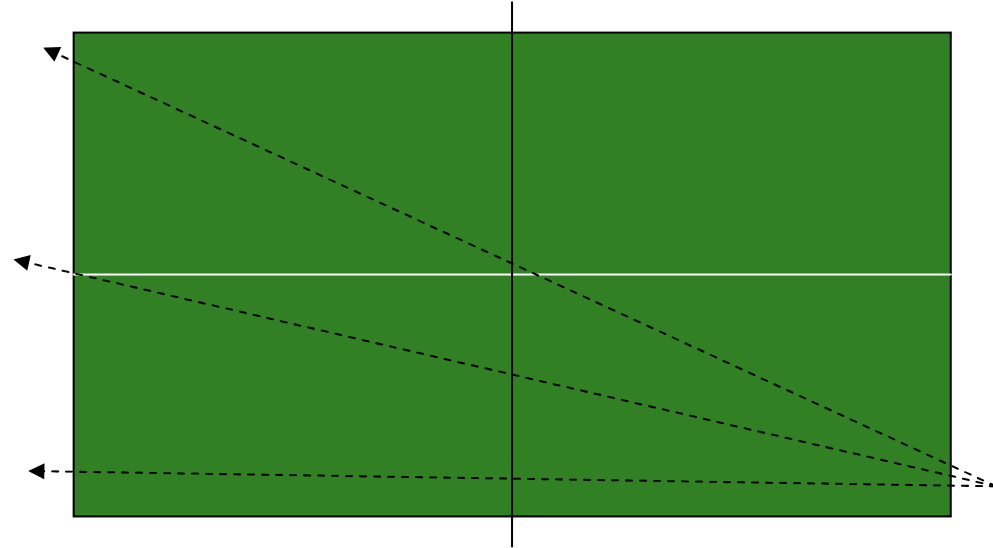
F - FH

Alternate 1-3 to  
BH then 1 to FH  
before return to  
BH

# Irregular Drills

S 1-3, BH's

Followed by  
1, FH or 1, Mid  
table FH



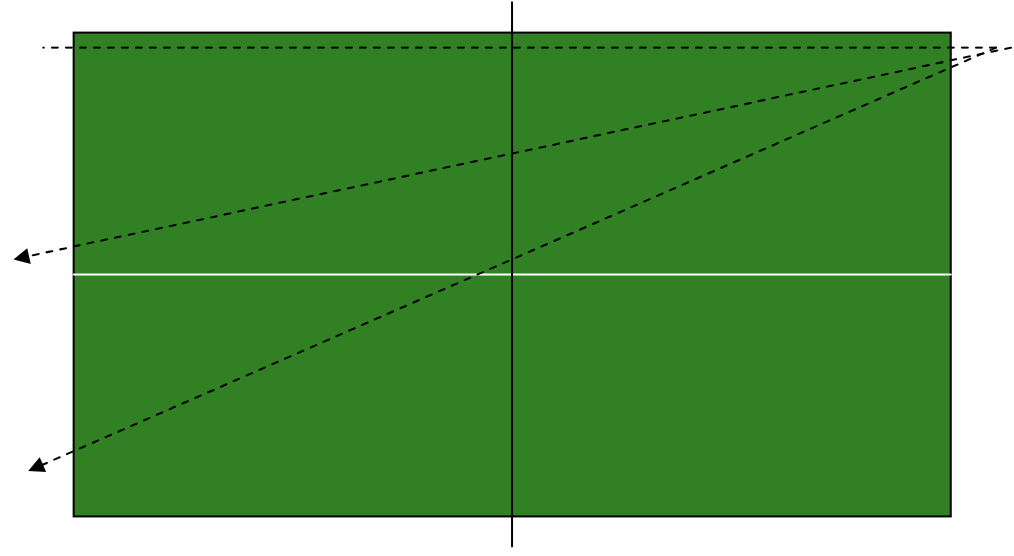
F – BH

Alternate 1-3 to  
BH then 1 to FH  
or 1 mid table  
before return to  
BH

# Irregular Drills

S 1-3, BH's

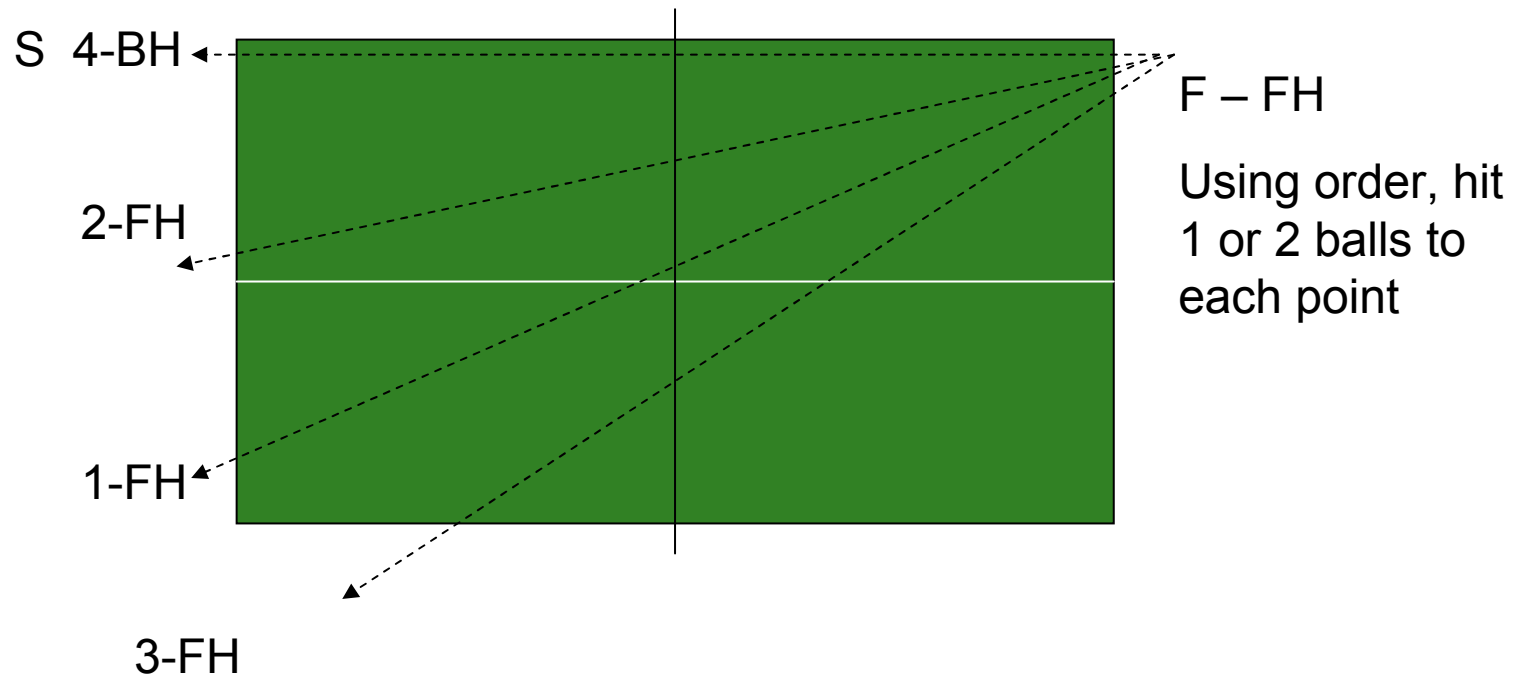
Followed by  
1, FH or 1, Mid  
table FH



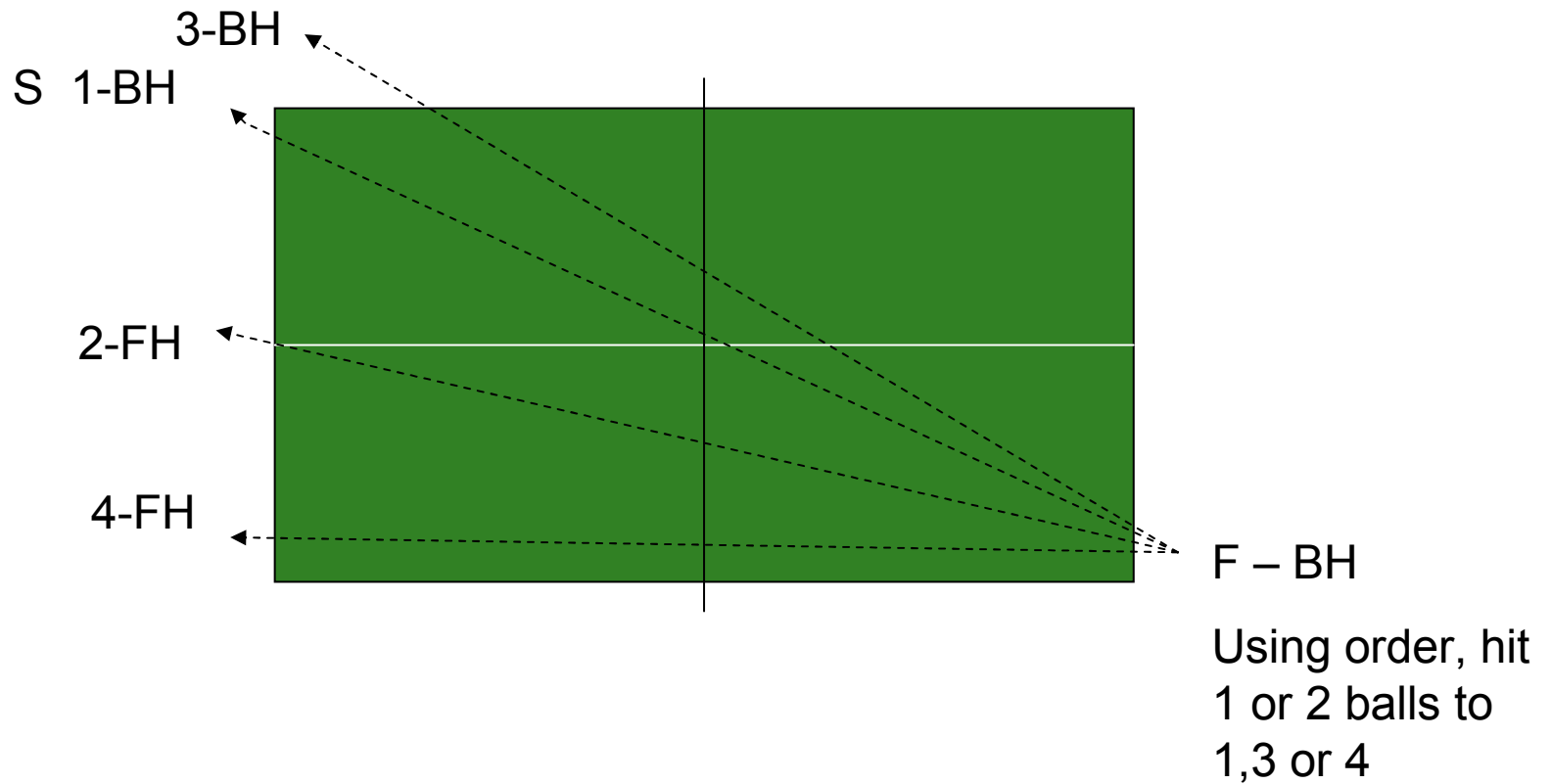
F – FH

Alternate 1-3 to  
BH then 1 to FH  
or 1 mid table  
before return to  
BH

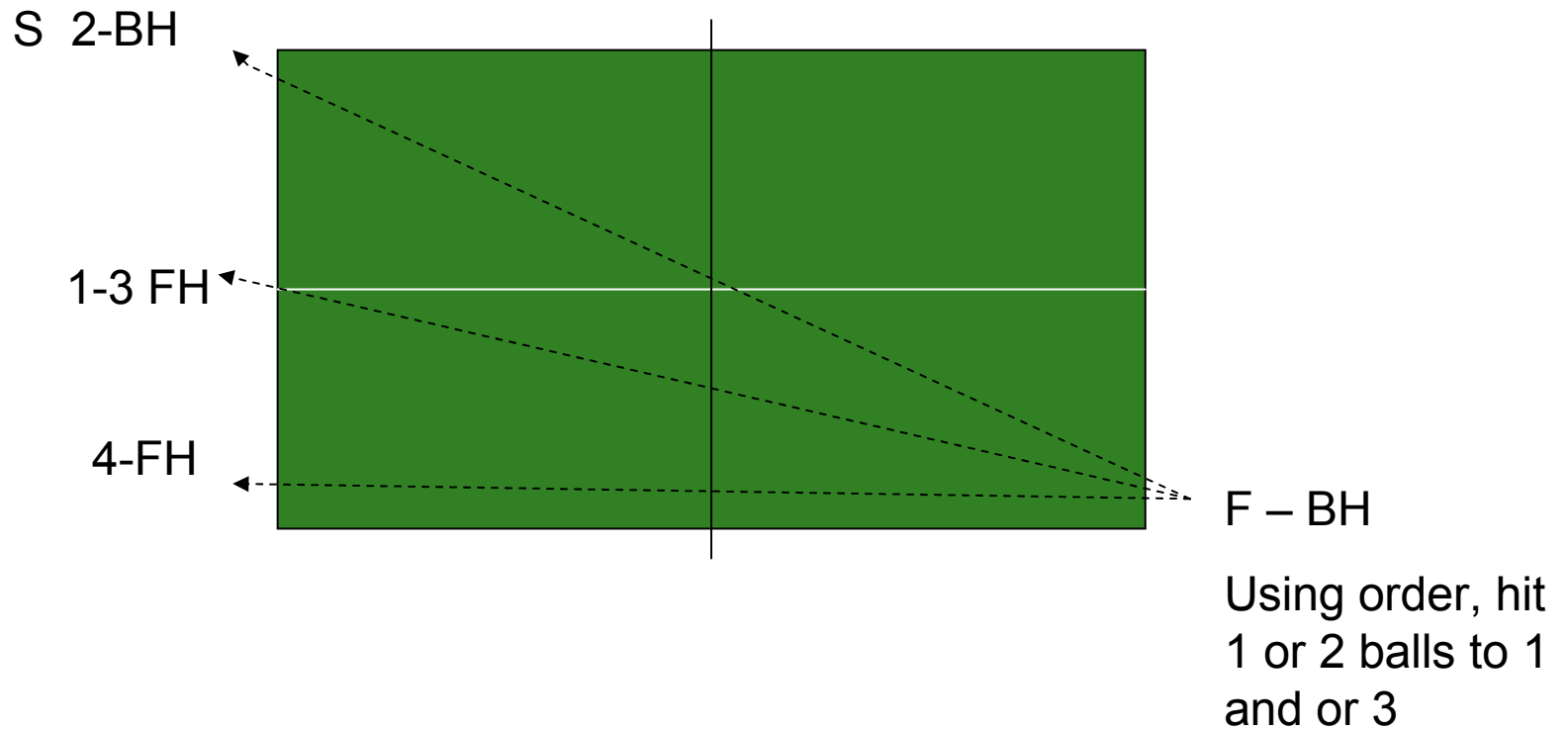
# Irregular Drills



# Irregular Drills

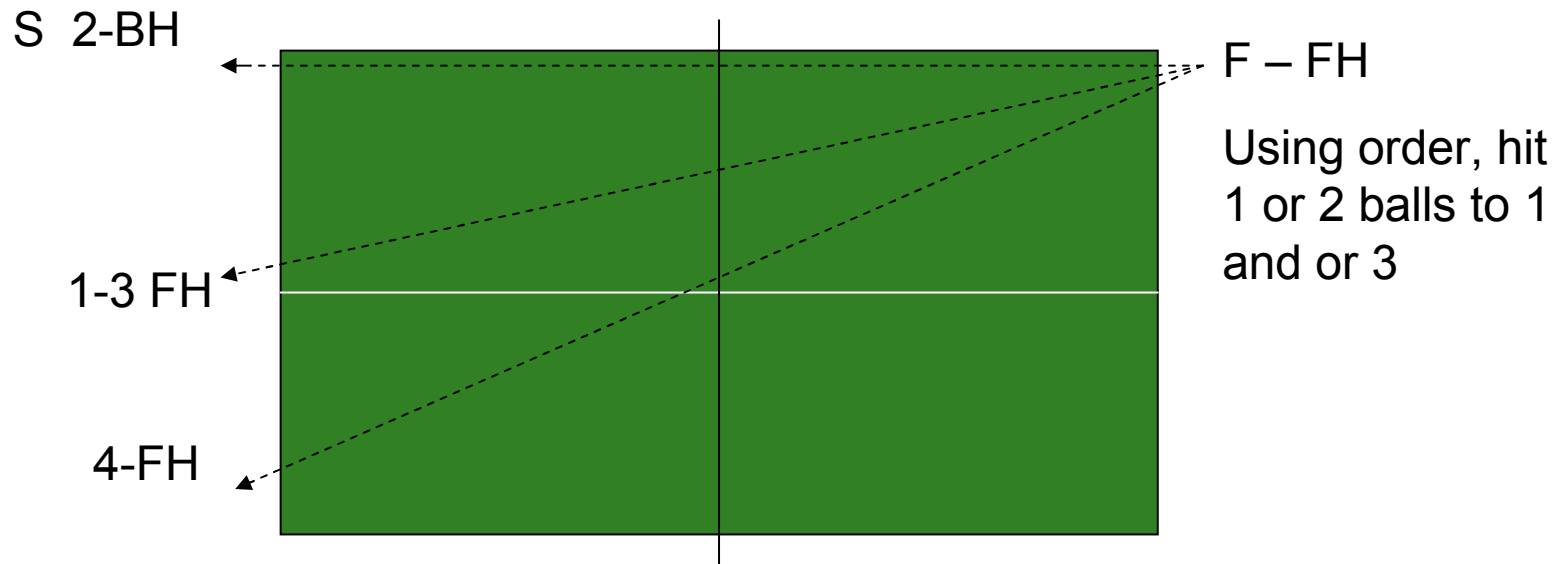


# Irregular Drills

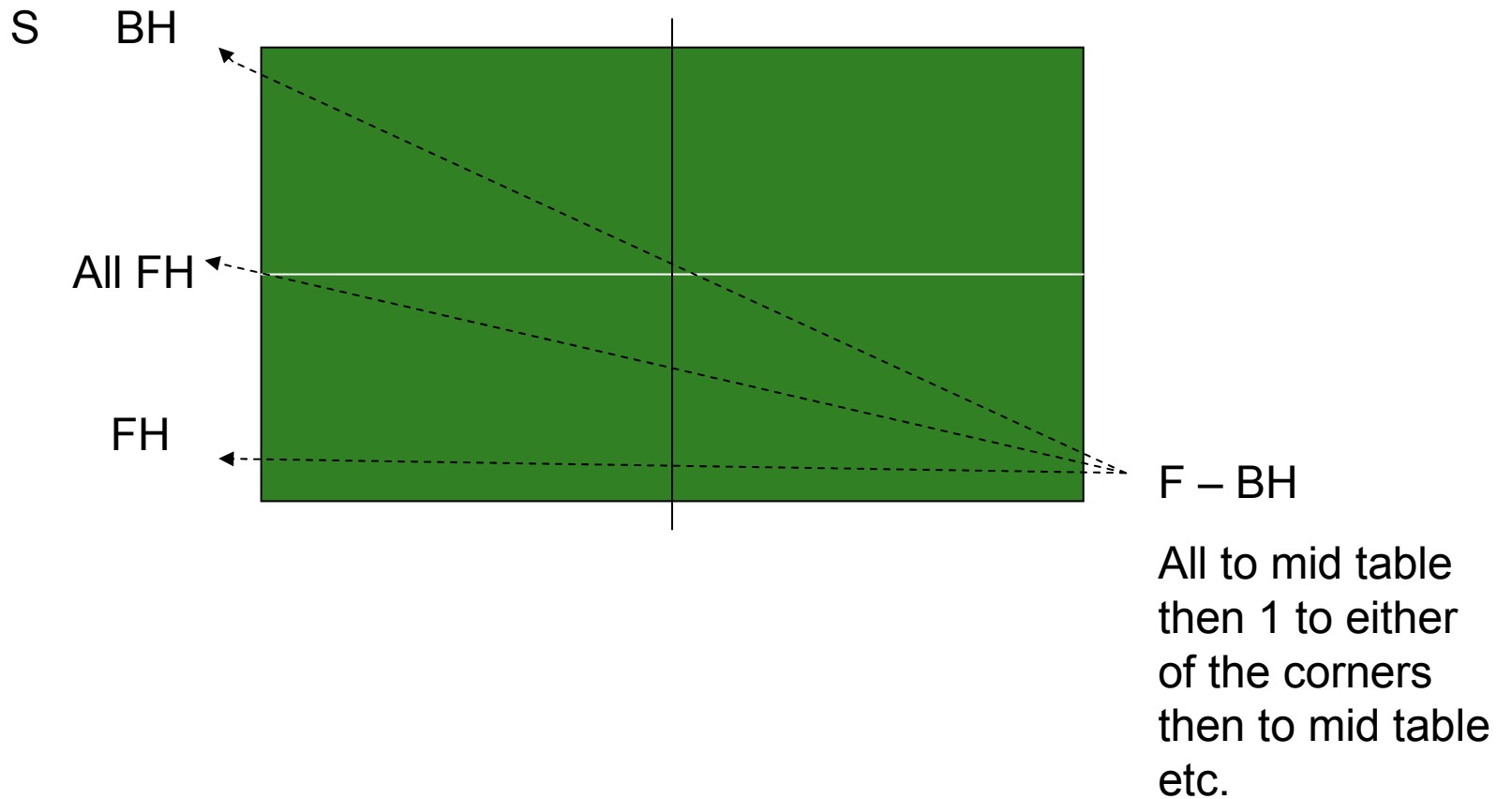




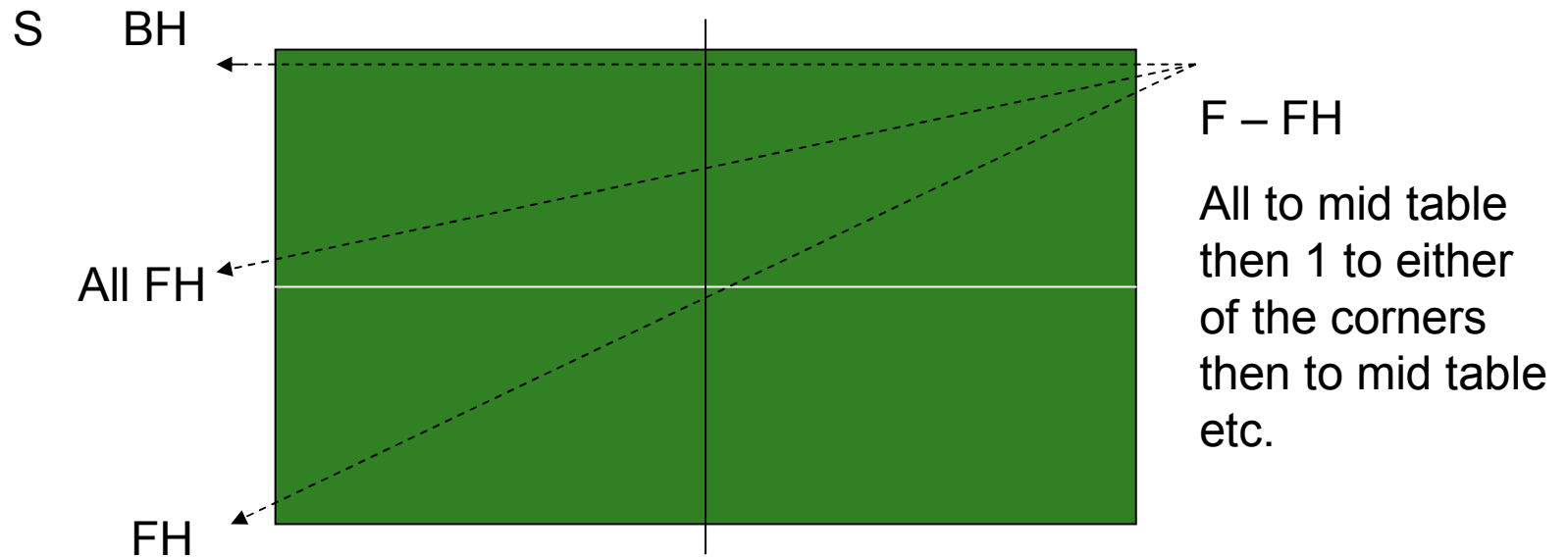
# Irregular Drills



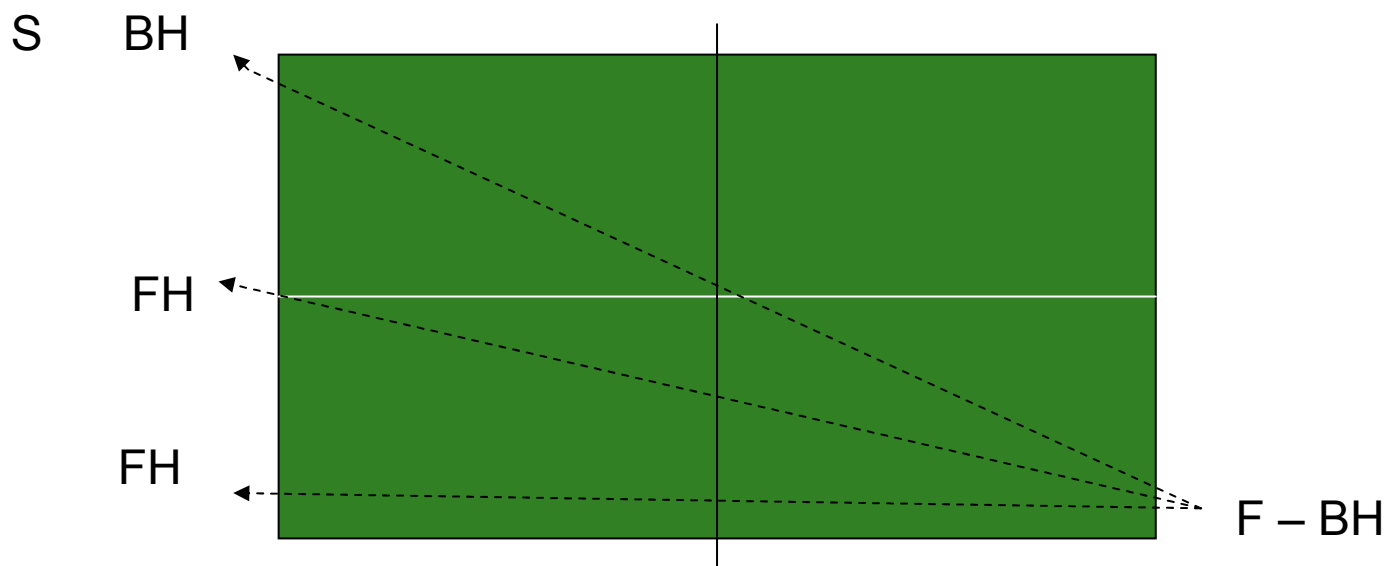
# Irregular Drills



# Irregular Drills

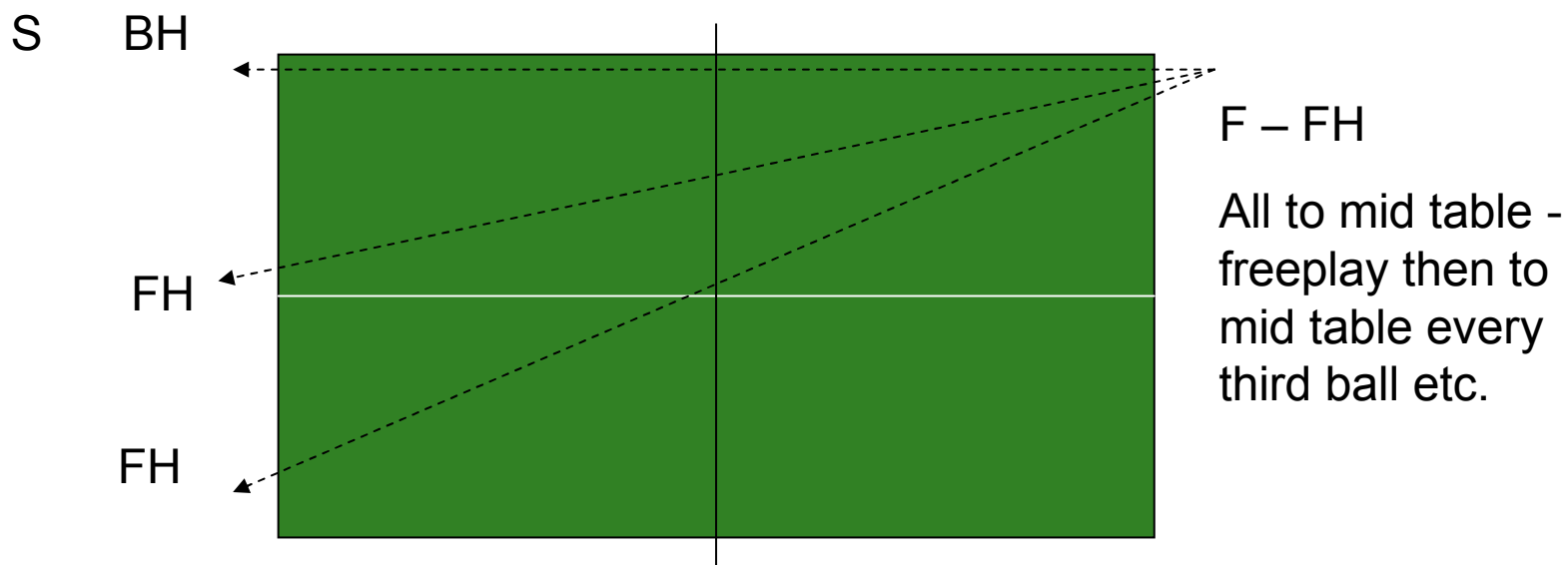


# Irregular Drills



F - BH  
All to mid table -  
freeplay then to  
mid table every  
third ball etc.

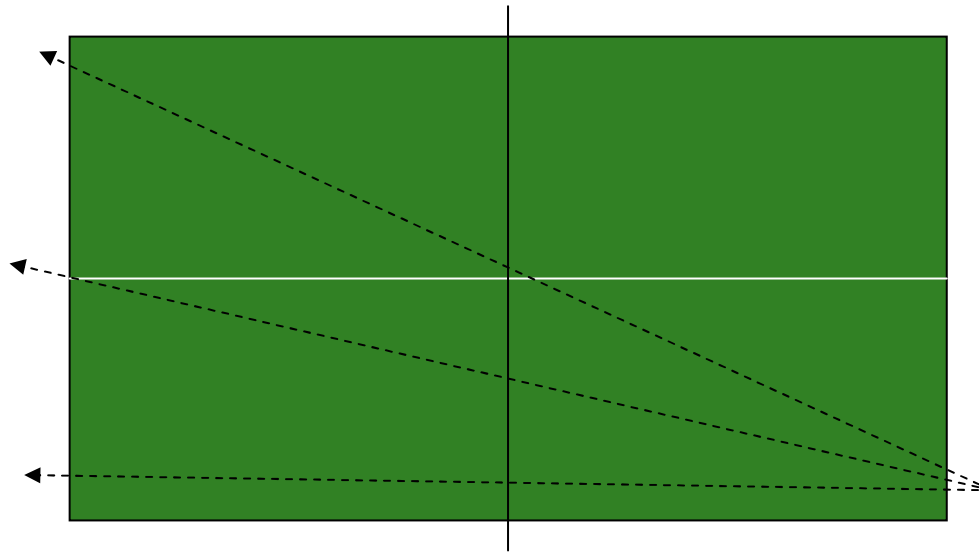
# Irregular Drills



# Irregular Drills

S 1,BH 3,BH

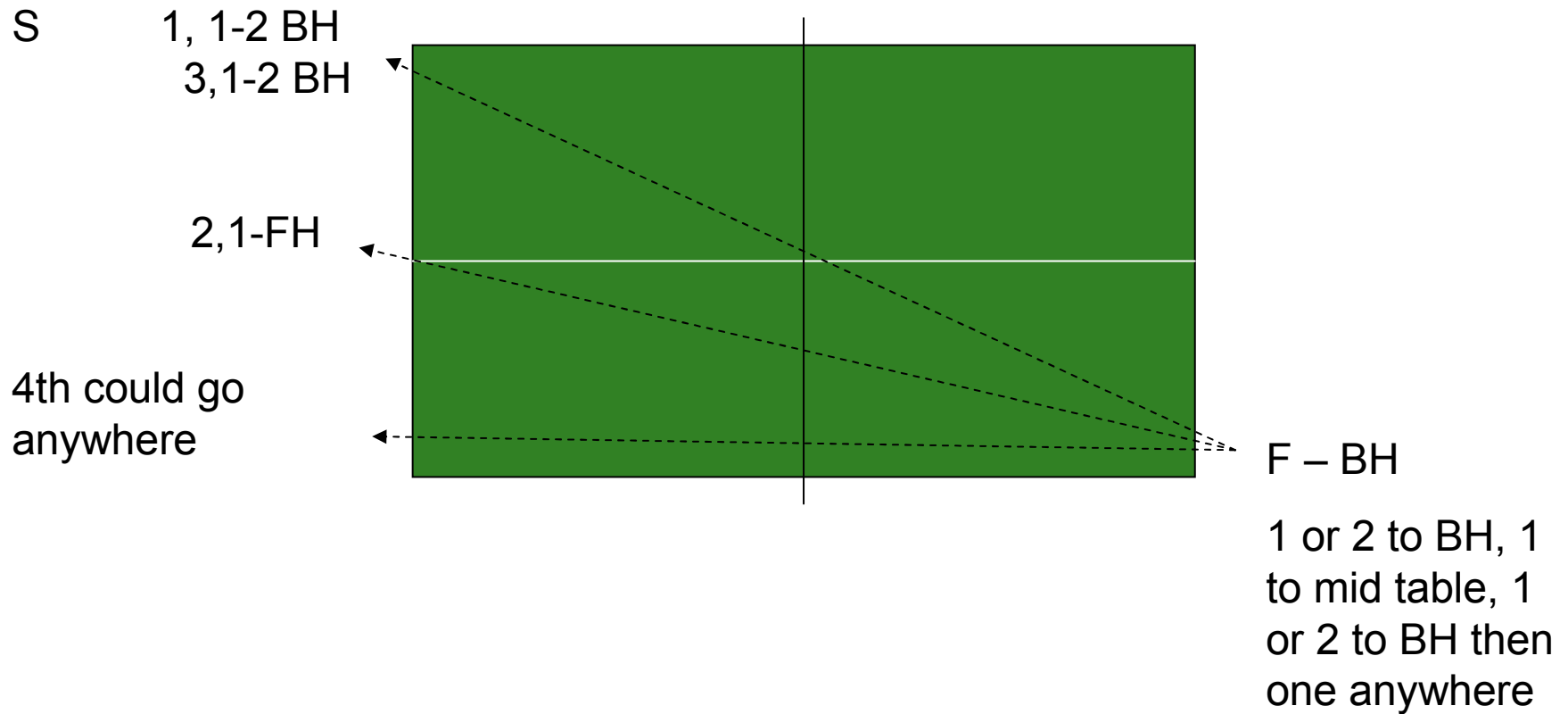
2,FH then 4  
could be  
anywhere



F – BH

1 to BH, 2 to  
mid table, 3 to  
BH and 4<sup>th</sup> can  
go anywhere –  
back to 1,BH

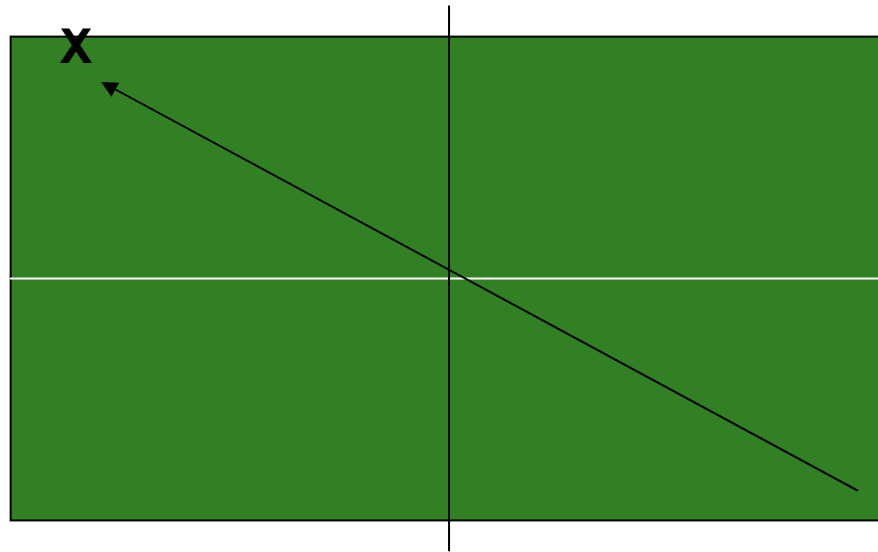
# Irregular Drills



## Other Exercises

### Serving

**Play ball  
back and  
complete  
rally**

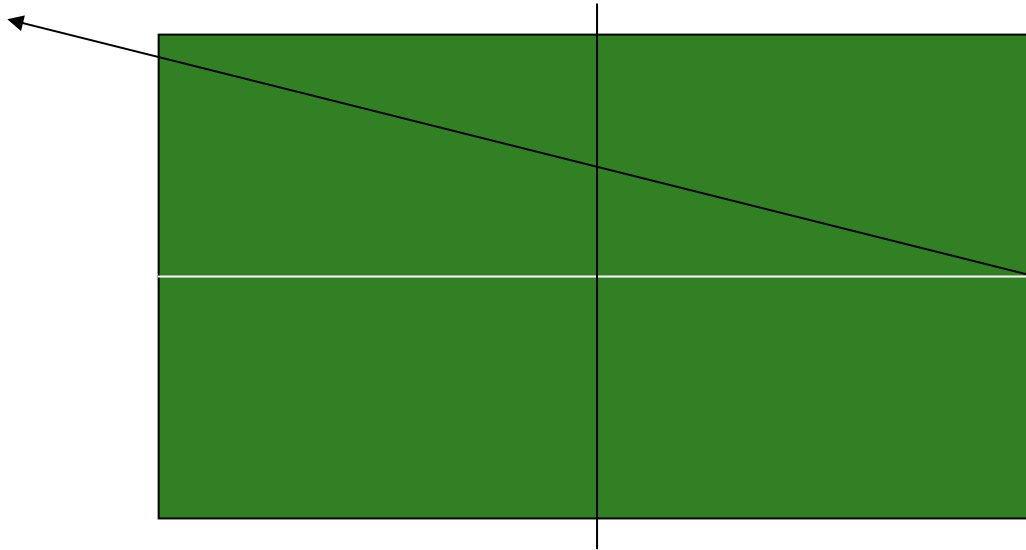


**Serve to  
BH side  
trying to  
get the  
second  
bounce on  
the  
opponents  
side at X**



# Robot Drills

1. FH OR all
2. BH FH or all BH.
3. FH
4. BH
5. etc



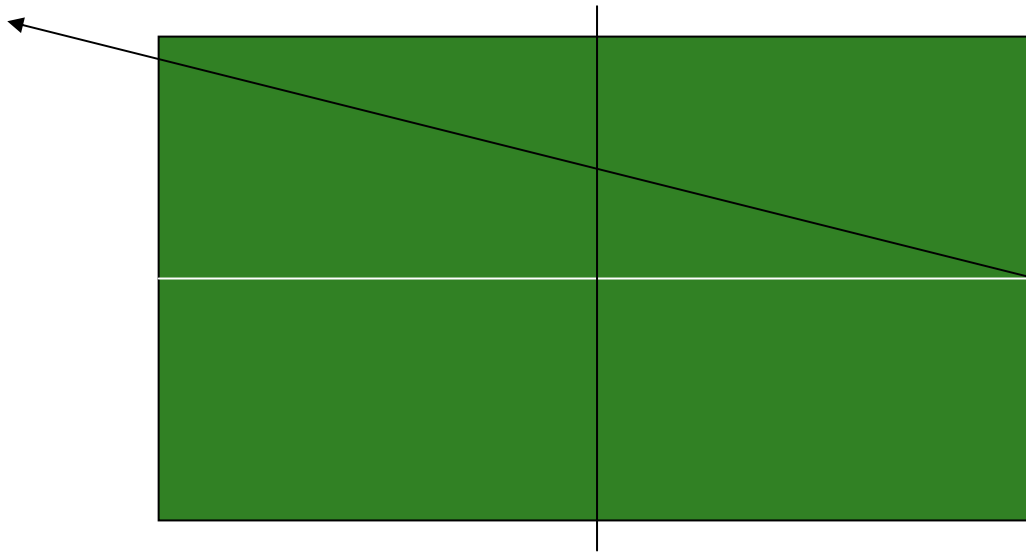
## Robot Topspin drills

Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. No oscillation.

Select a point on the table for bh and fh to aim at and see how many times you can hit it. You can position the robot to fire the ball at any place on the table.

## Robot Backspin drills

1. FH  
Loop
2. BH  
push
3. FH  
loop
4. BH  
push
5. etc

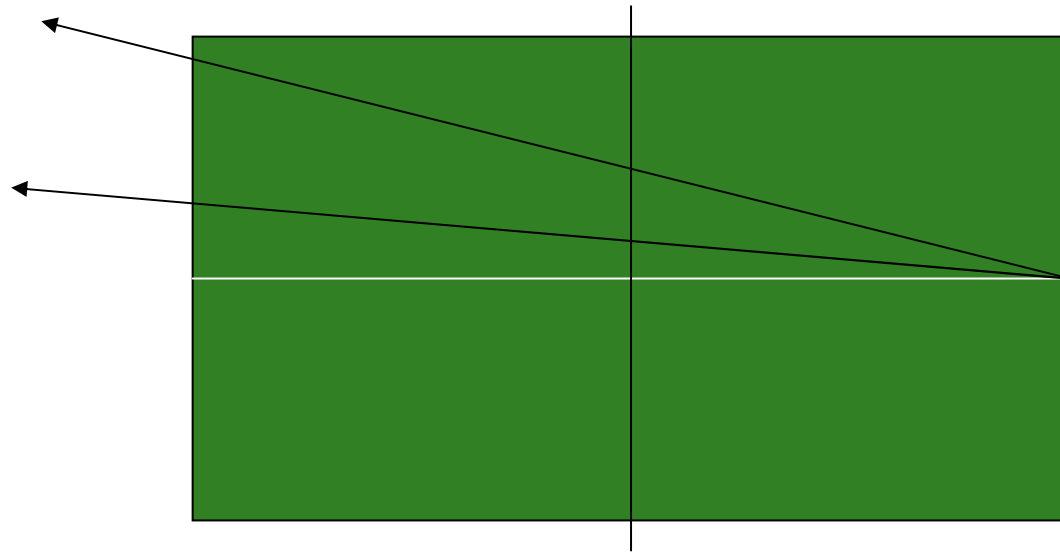


Robot set on backspin in a serve action, i.e. bouncing on both sides of the table, at a speed you can control both speed of ball and for the footwork exercise. No oscillation.

Select a point on the table for bh and fh to aim at and see how many times you can hit it. You can alternate all pushes or loop on BH and push on FH or if feeling fit and brave, go for a loop on each shot.

## Robot Topspin drills

1. FH
2. BH
3. FH
4. BH
5. etc

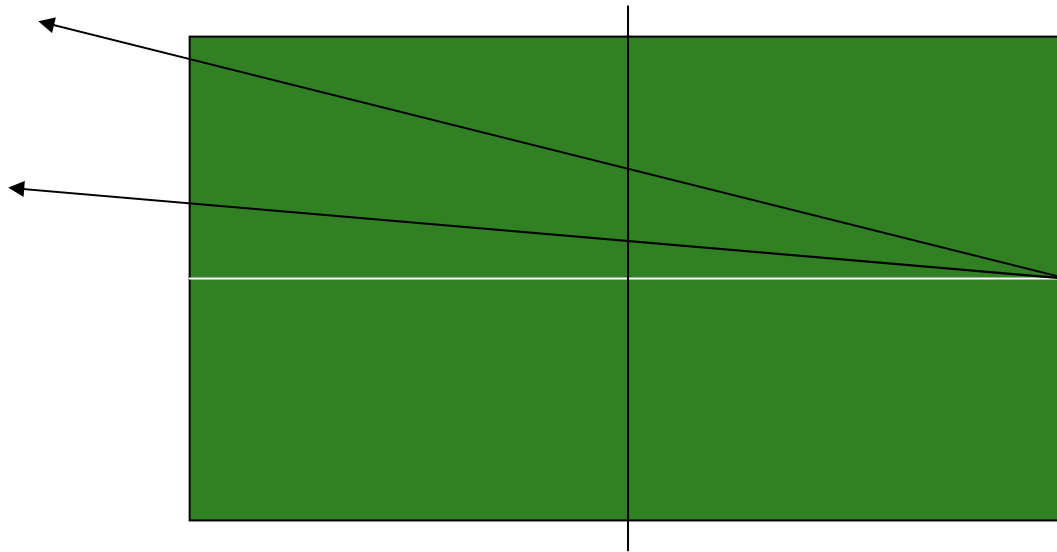


Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. Oscillation on the setting that limits the ball to one half of the table.

Select a point on the table for bh and fh to aim at and see how many times you can hit it.

## Robot Topspin drills

ALL FH.



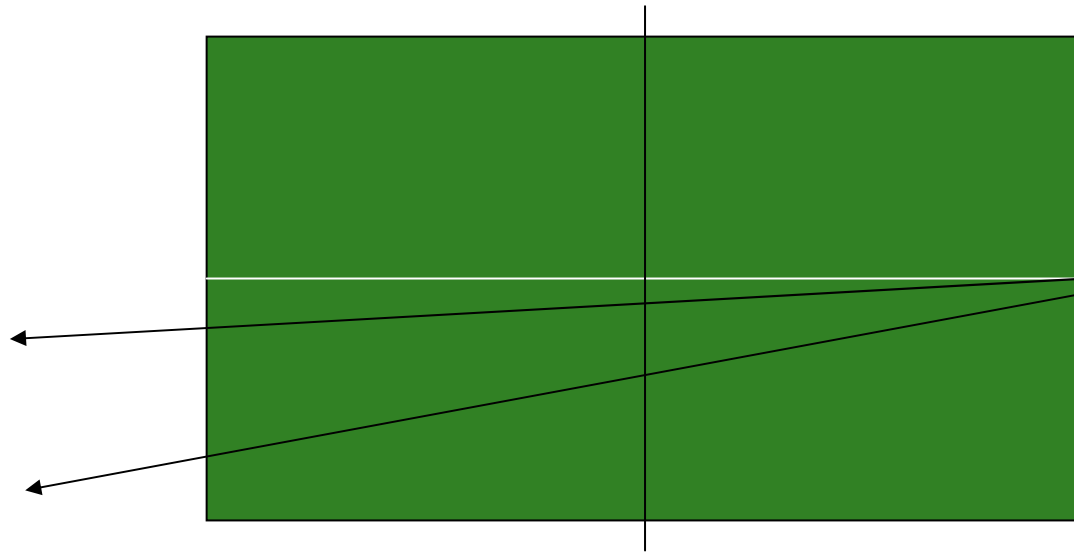
Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. Oscillation on the setting that limits the ball to one half of the table.

Hit the ball crisply and try to hit a winner even if out of position.

To make it more difficult, stand back from the table and speed up the ball. REMEMBER TO STAND SQUARE TO THE LINE OF PLAY.

## Robot Topspin drills

ALL FH.

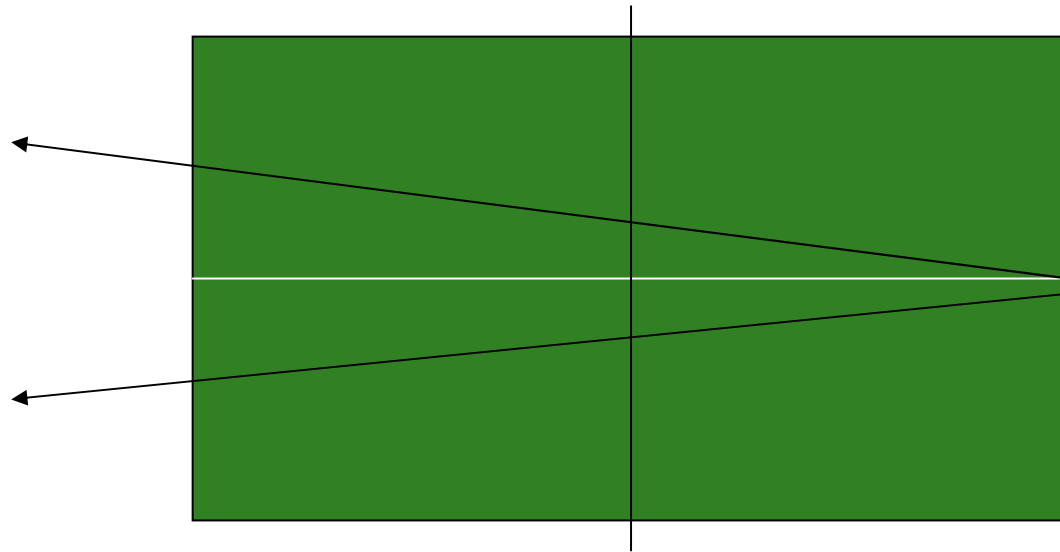


Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. Oscillation on the setting that limits the ball to one half of the table.

Hit the ball crisply and try to hit a winner even if out of position.

## Robot Topspin drills

ALL FH.

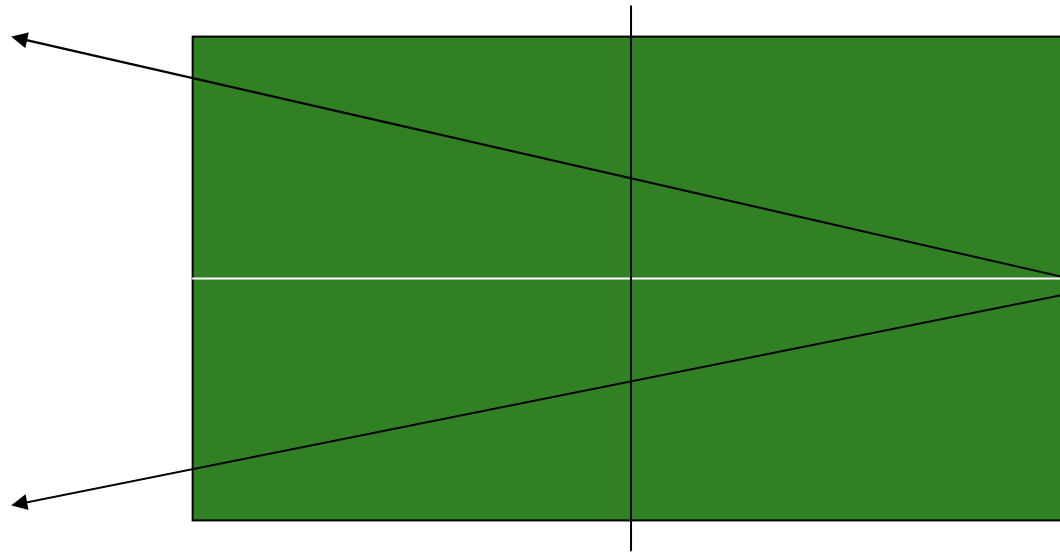


Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. Oscillation on the setting that limits the ball to the centre area of the table.

Hit the ball crisply and try to hit a winner even if out of position.

## Robot Topspin drills

BH from BH  
side and FH  
from FH side..

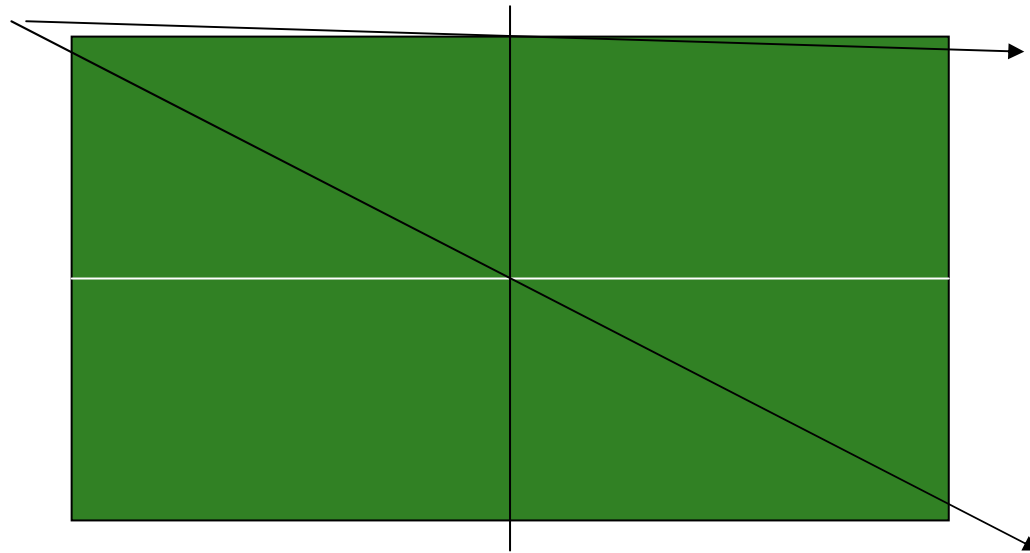


Hit the ball crisply and try to hit a winner even if out of position.

Robot set on topspin, at a speed you can control both speed of ball and for the footwork exercise. Oscillation on the setting that limits the ball to the whole width of the table. Try to judge it to have two balls played as per the diagram.

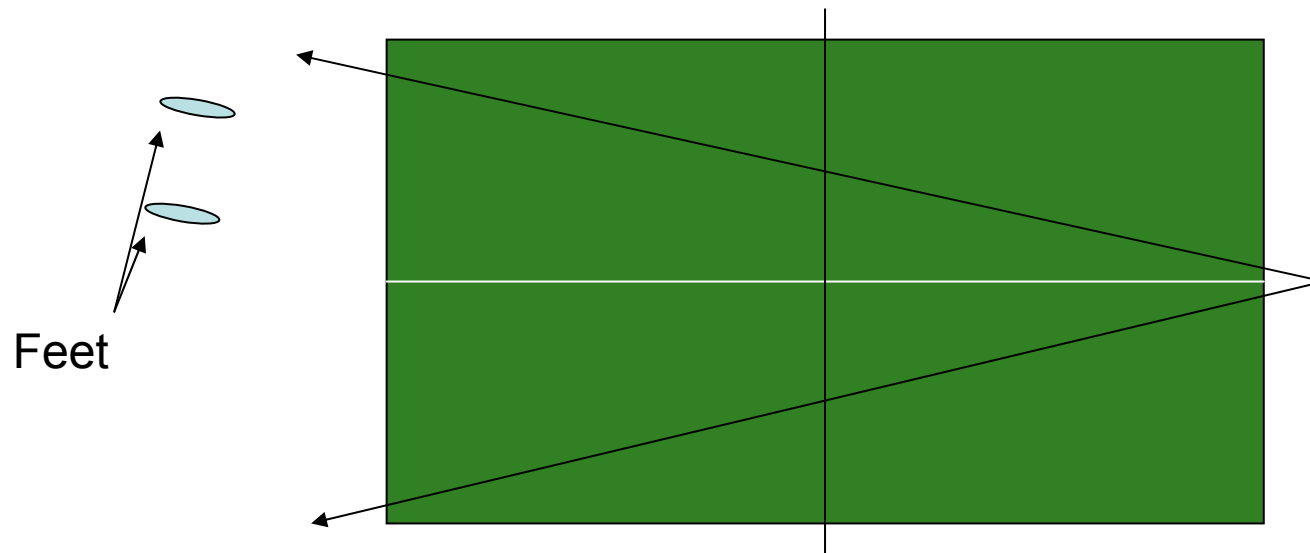
Have as many balls as possible and practice serving. Think about generating lots of spin or making the second bounce on the other side of the table, hit the thick line on the edge.

Serve drills





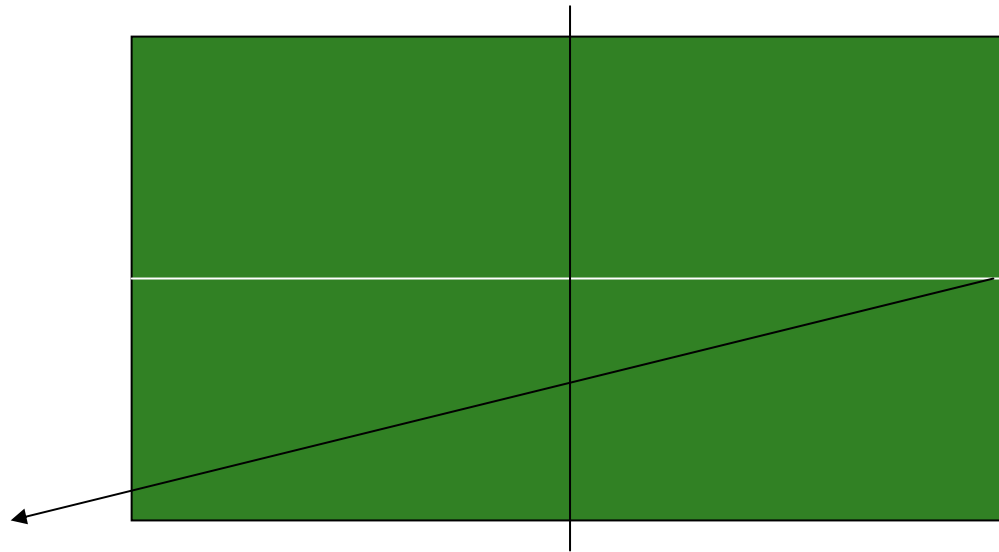
## Serve return drills



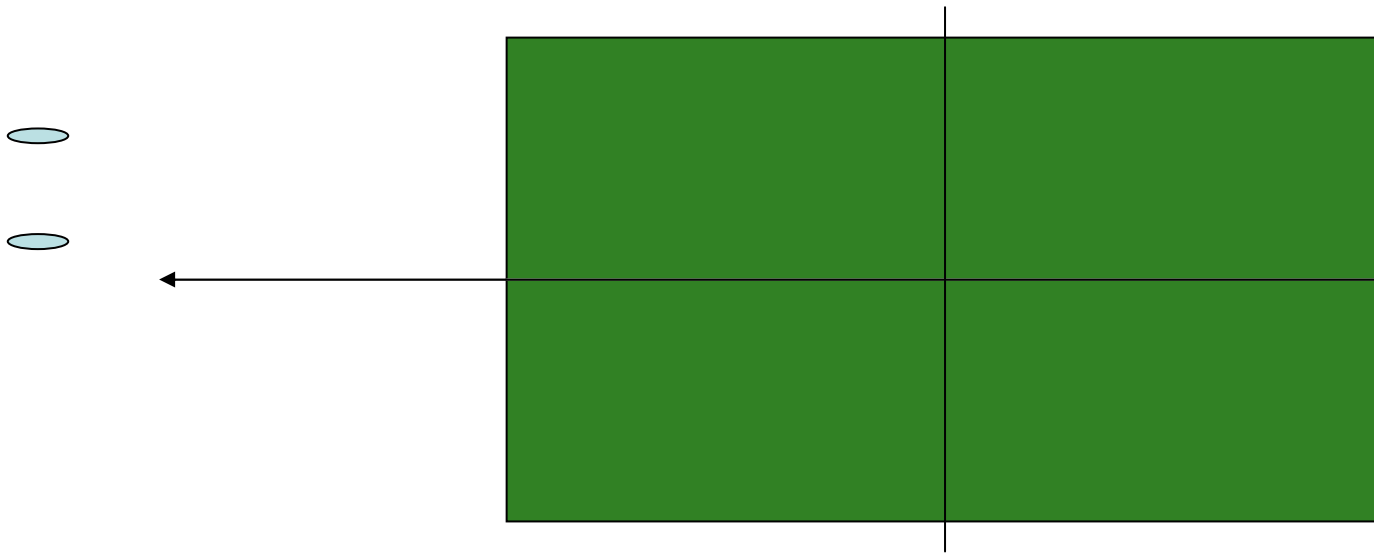
Set the feeder on sidespin, topspin or backspin or any variation, making it bounce on both sides of the table and then practice returning service. Imagine what hand movement of your opponent would cause that type of spin. Stand in the ready position as above for each serve.

Select either  
topspin or  
Backspin for this  
drill

All FH

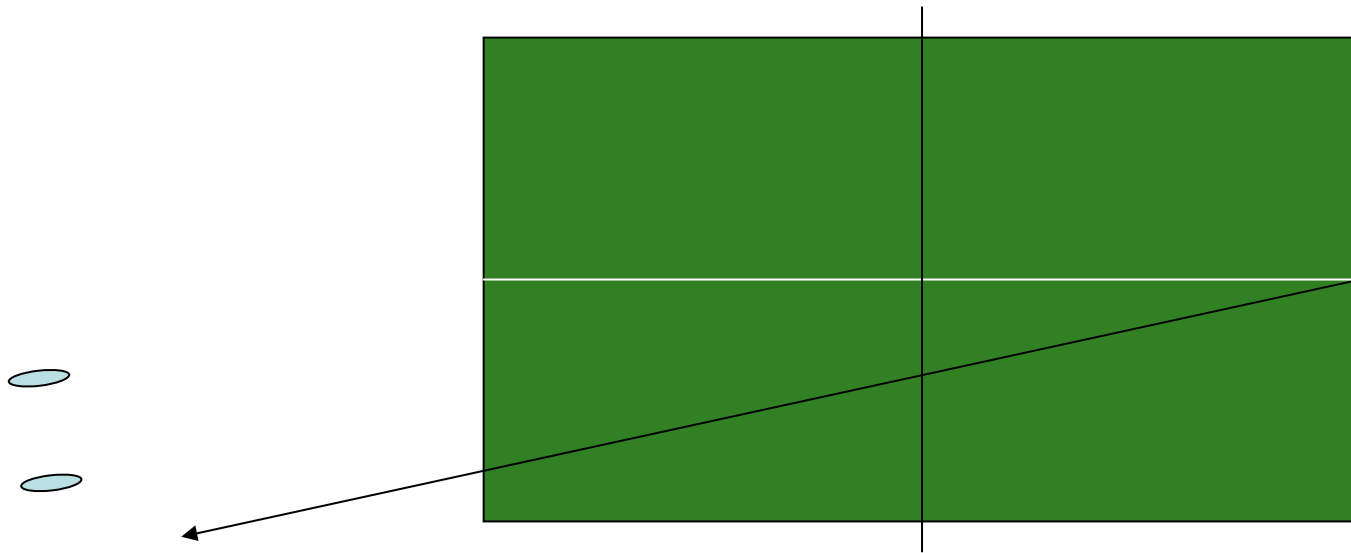


## Loop drills



Stand back from the table and loop back onto the table.

## Loop drills

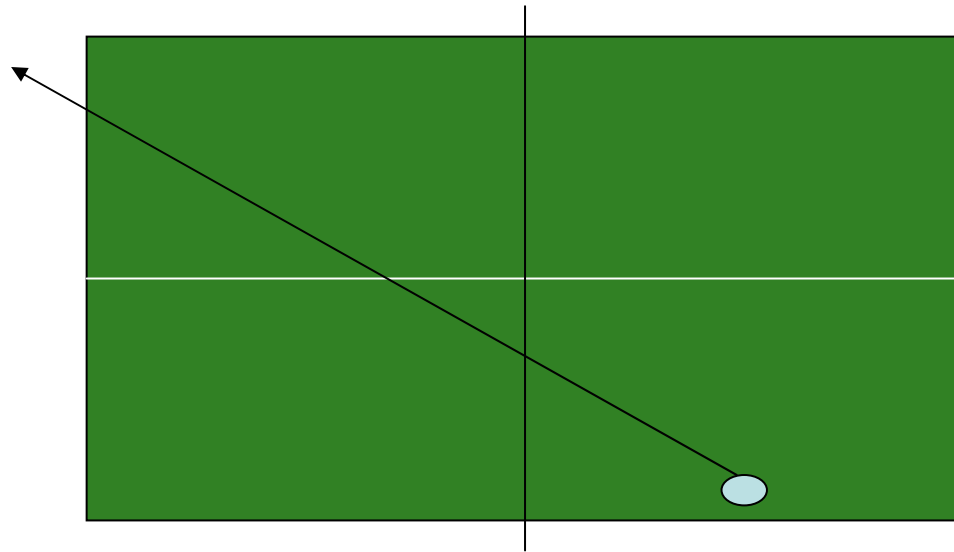


Stand back from the table and loop back onto the table.

# Multi Ball Drills

## 1 Ball Drill

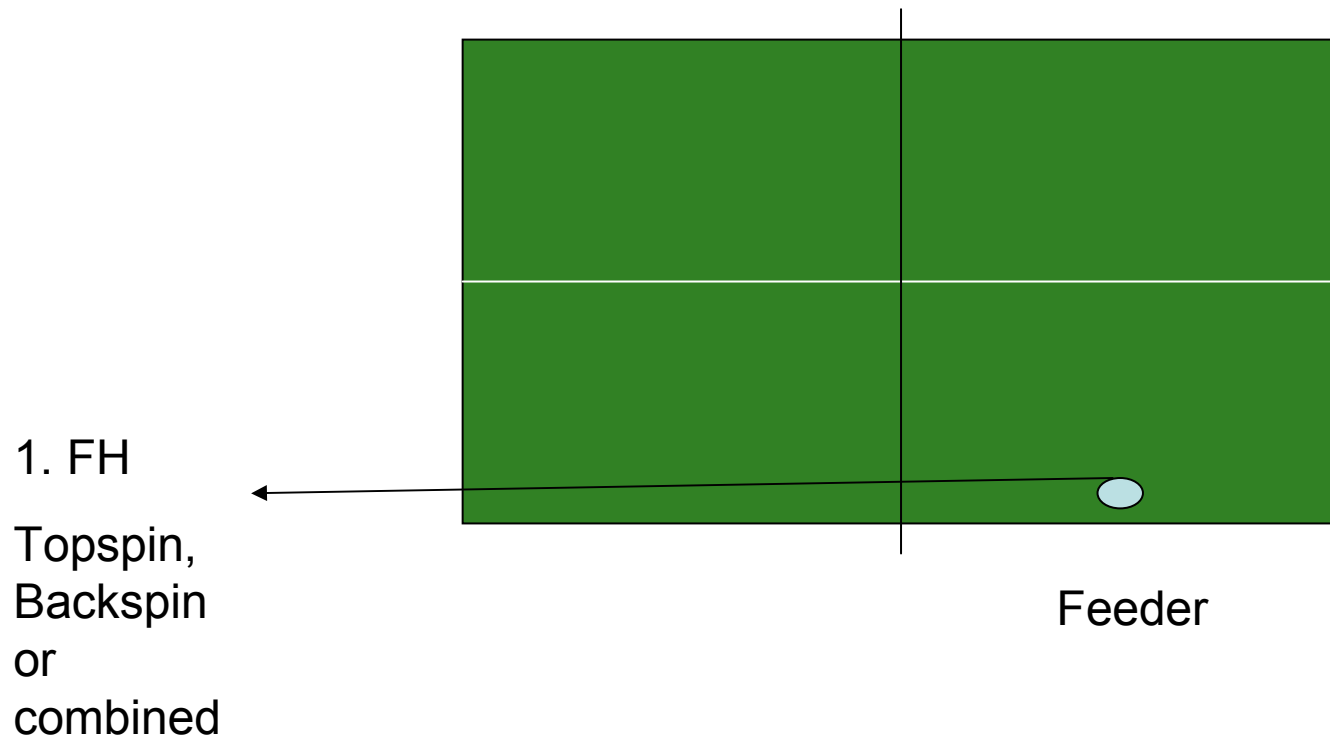
1. BH  
Topspin,  
Backspin  
or  
combined



Feeder

# Multi Ball Drills

## 1 Ball Drill

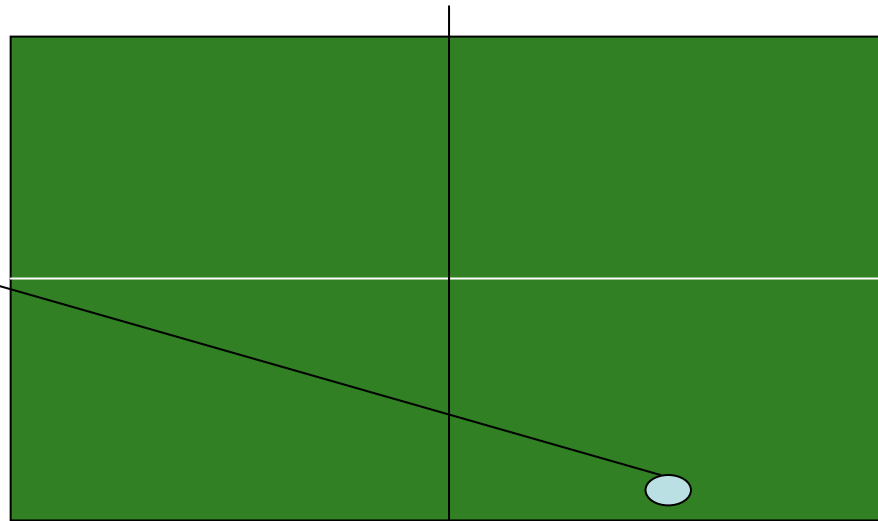


# Multi Ball Drills

## 1 Ball Drill

At X over,  
choose  
which  
side to hit  
with.

Topspin,  
Backspin  
or  
combined

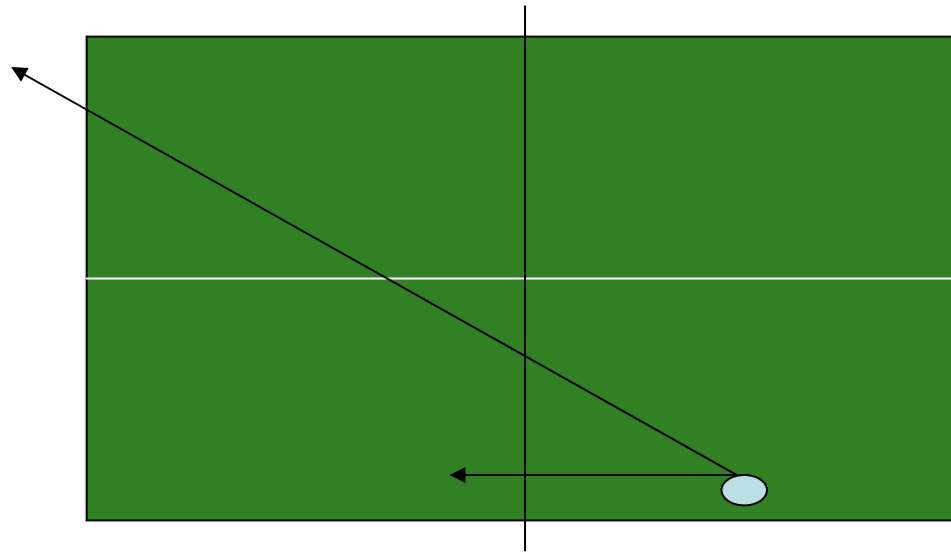


Feeder

# Multi Ball Drills

## 2 Ball Drill

2. BH  
Topspin,  
Backspin  
or  
combined



1. Short to FH  
(Backspin)

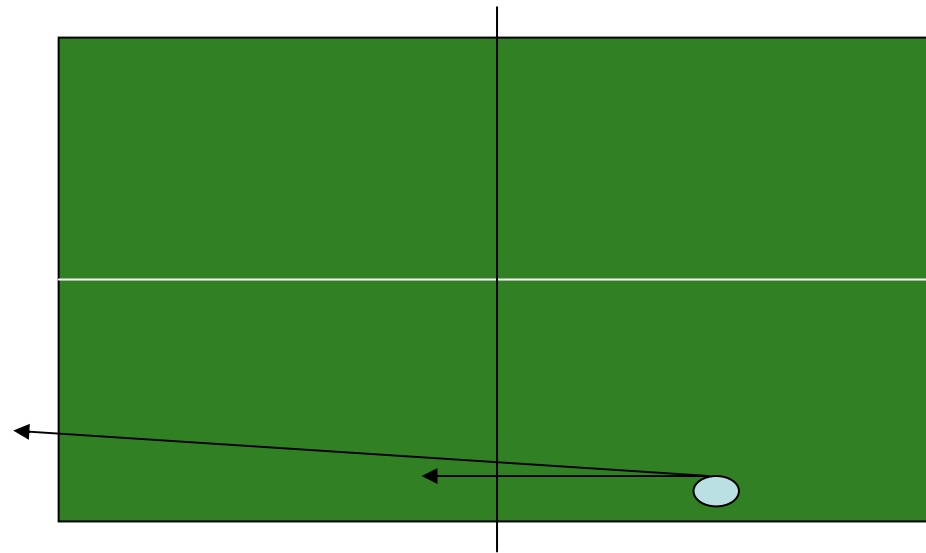
Feeder



# Multi Ball Drills

## 2 Ball Drill

2. FH  
Topspin,  
Backspin  
or  
combined



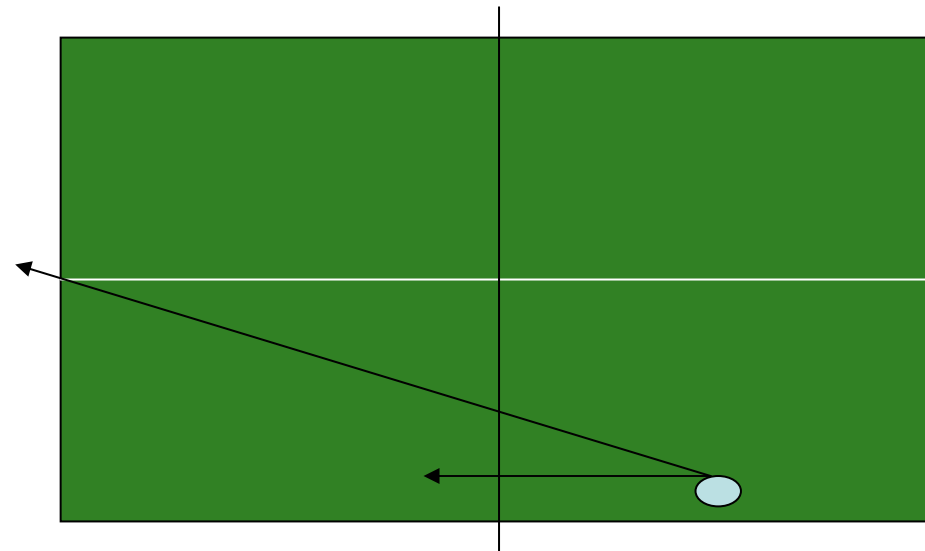
1. Short to FH  
(Backspin)

Feeder

## Multi Ball Drills

### 2 Ball Drill

2. At X  
over,  
select  
which  
side to hit  
with  
Topspin,  
Backspin  
or  
combined



1. Short to FH  
(Backspin)

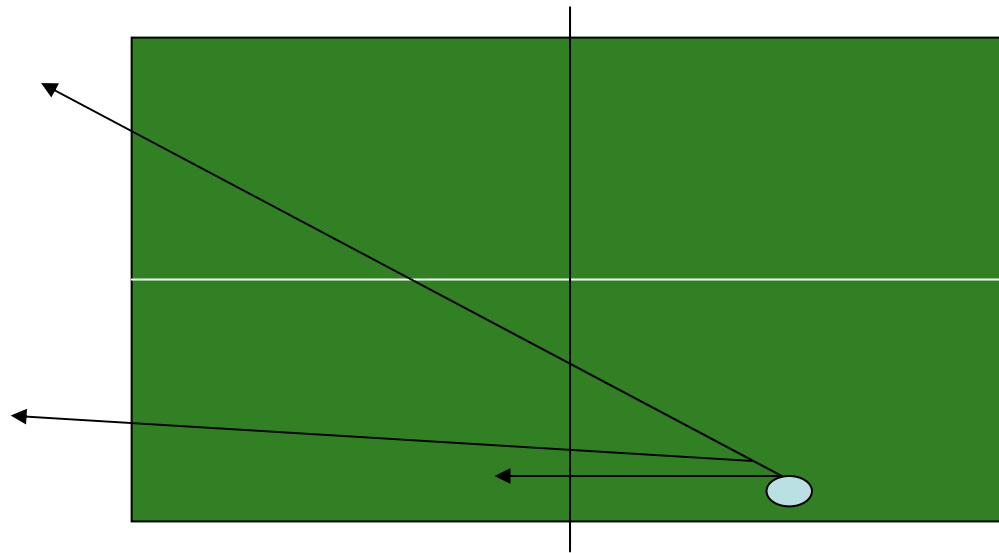
Feeder

# Multi Ball Drills

## 3 Ball Drill

2. BH  
Topspin  
or  
Backspin

3. FH  
Topspin  
or  
Backspin



1. Short to FH  
(Backspin)

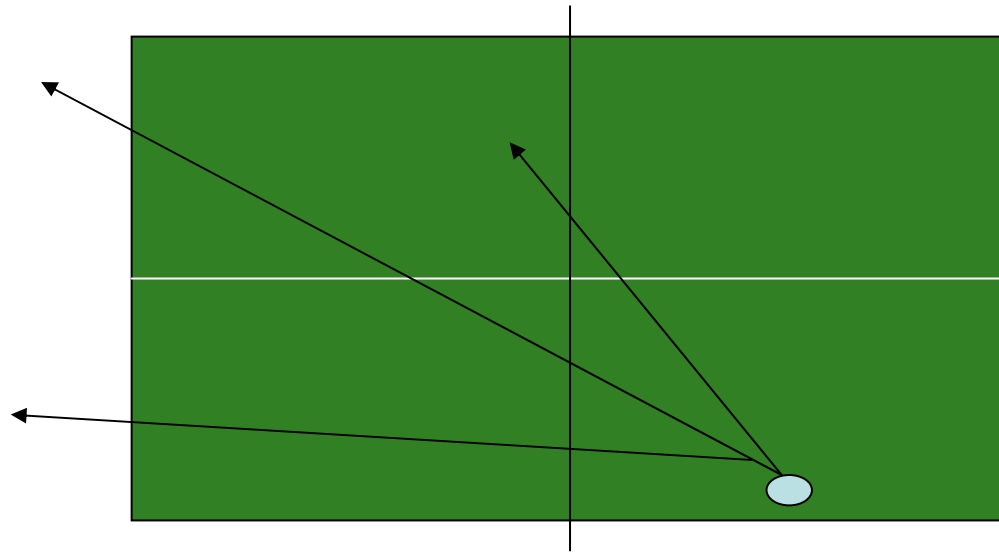
Feeder

# Multi Ball Drills

## 3 Ball Drill

3. BH  
Topspin  
or  
Backspin

2. FH  
Topspin  
or  
Backspin



1. Short to BH  
(Backspin)

Feeder

# Multi Ball Drills

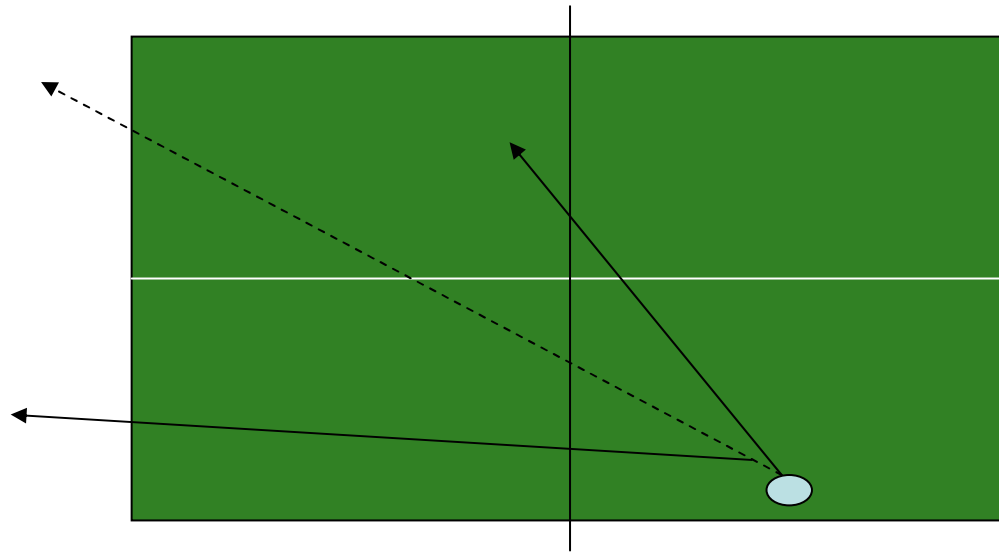
## 3 Ball Drill

3. BH or  
FH  
Topspin  
or  
Backspin

2. FH  
Topspin  
or  
Backspin

1. Short to BH  
(Backspin)

Feeder

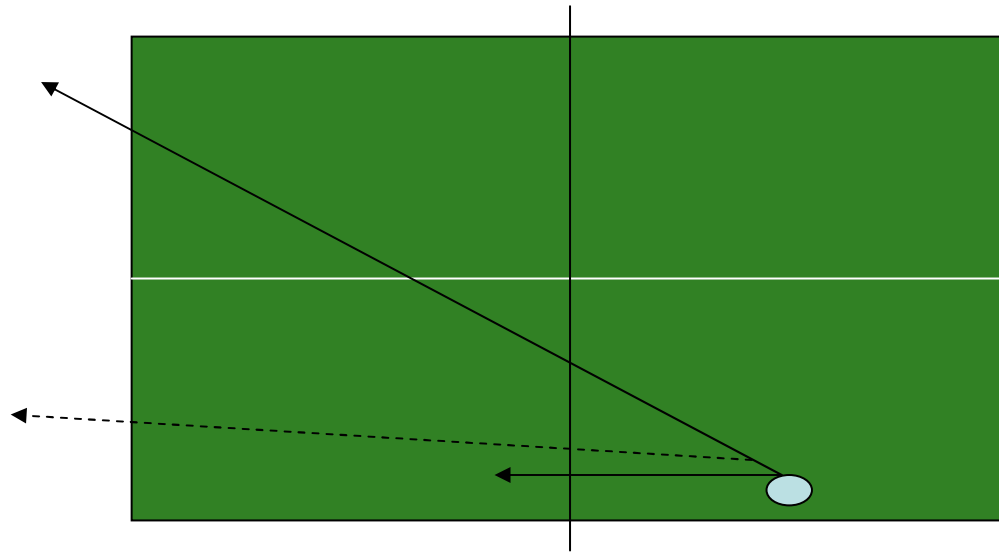


# Multi Ball Drills

## 3 Ball Drill

2. BH  
Topspin  
or  
Backspin

3. FH or  
BH  
Topspin  
or  
Backspin



1. Short to FH  
(Backspin)

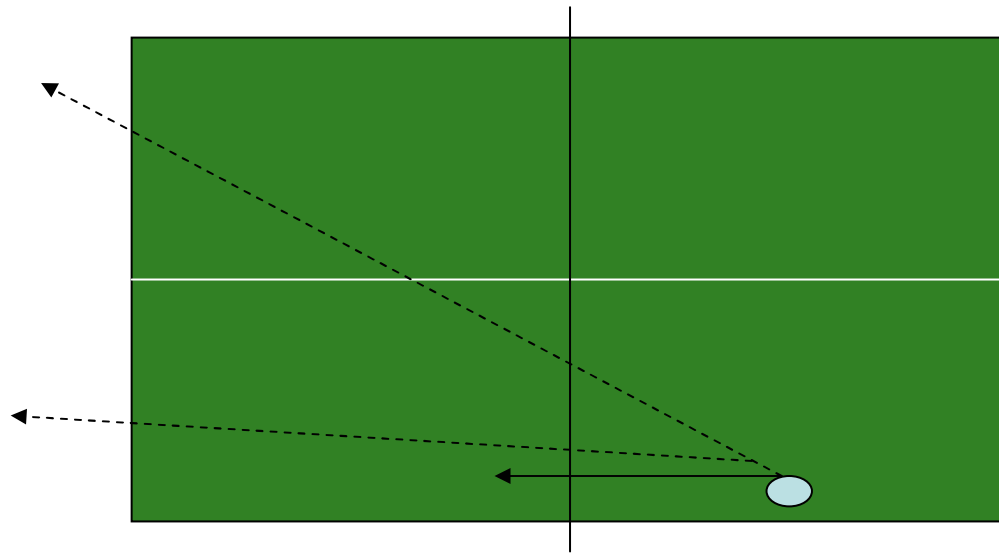
Feeder

# Multi Ball Drills

## 3 Ball Drill

2. FH or  
BH  
Topspin  
or  
Backspin

3. FH or  
BH  
Topspin  
or  
Backspin



1. Short to FH  
(Backspin)

Feeder

# Multi Ball Drills

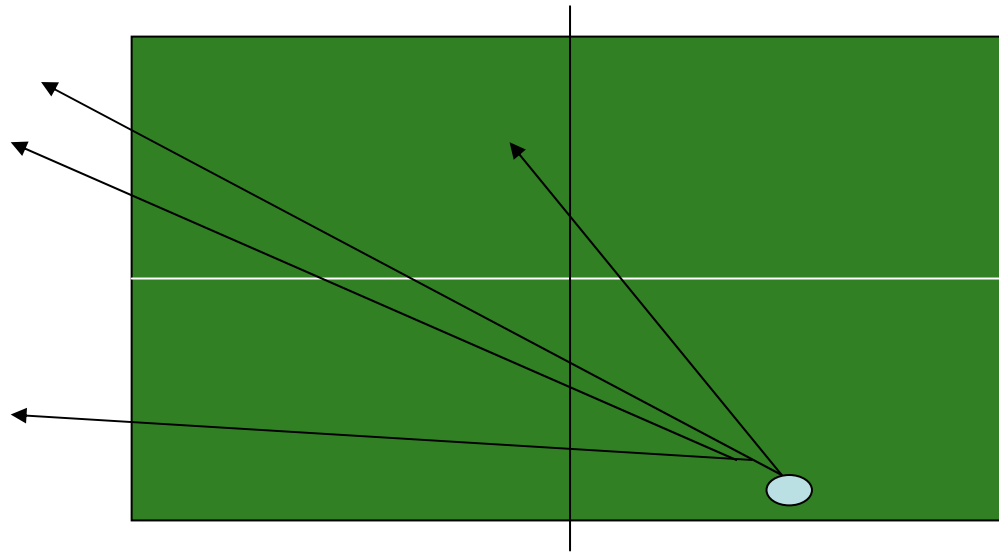
## 4 Ball Drill

3. BH  
Topspin  
or  
Backspin

4. FH

2. FH

Topspin  
or  
Backspin



1. Short to BH  
(Backspin)

Feeder



# Multi Ball Drills

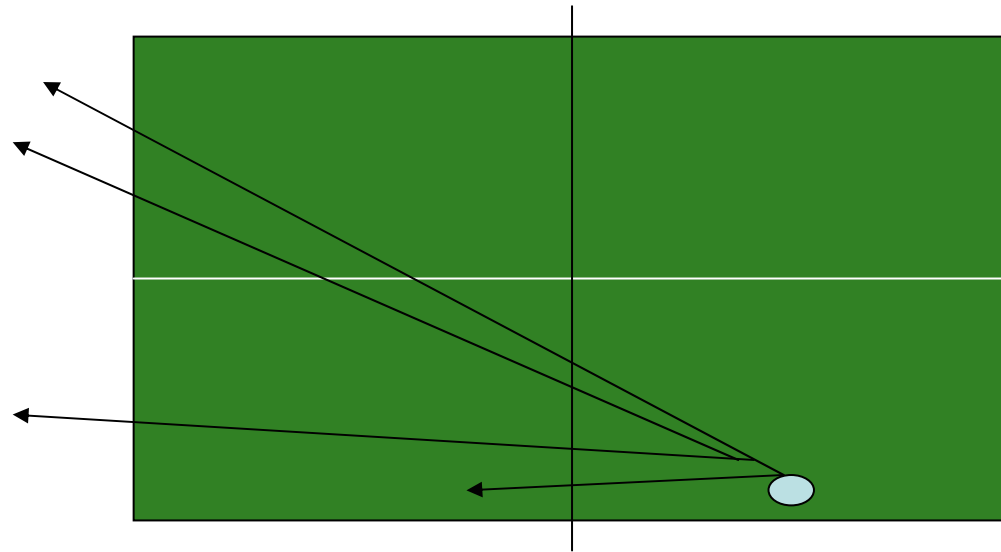
## 4 Ball Drill

2. BH  
Topspin  
or  
Backspin

3. FH

4. FH

Topspin  
or  
Backspin



1. Short to FH  
(Backspin)

Feeder

# Multi Ball Drills

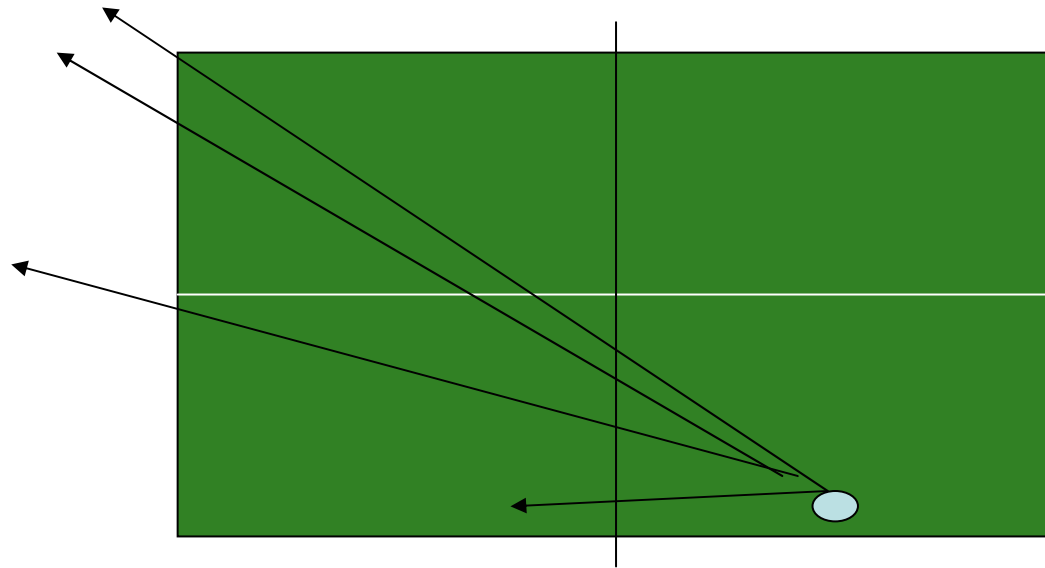
## 4 Ball Drill

2. BH  
Topspin  
or  
Backspin

3. FH

4. FH at  
X over

Topspin  
or  
Backspin



1. Short to FH  
(Backspin)

Feeder

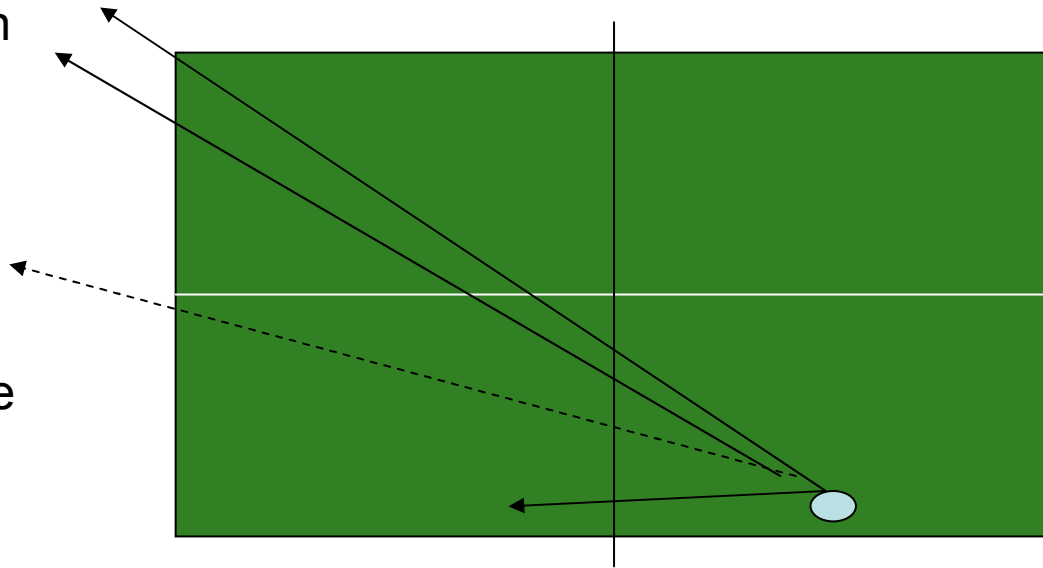
# Multi Ball Drills

## 4 Ball Drill

2. BH  
Topspin  
or  
Backspin

3. FH

4.  
Anywhere



1. Short to FH  
(Backspin)

Feeder

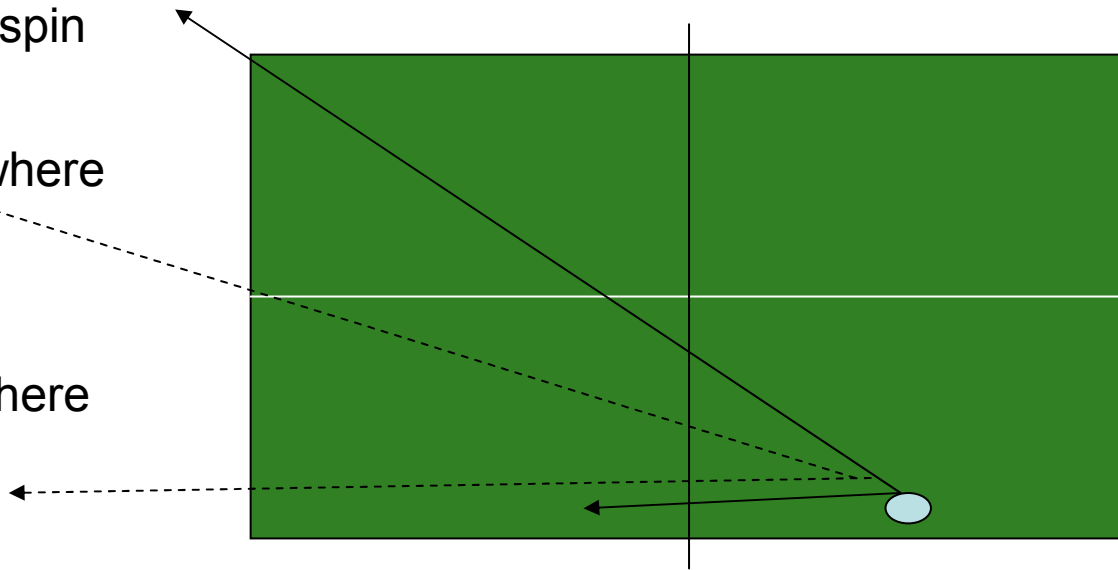
# Multi Ball Drills

## 4 Ball Drill

2. BH  
Topspin  
or  
Backspin

3.  
Anywhere

4.  
Anywhere

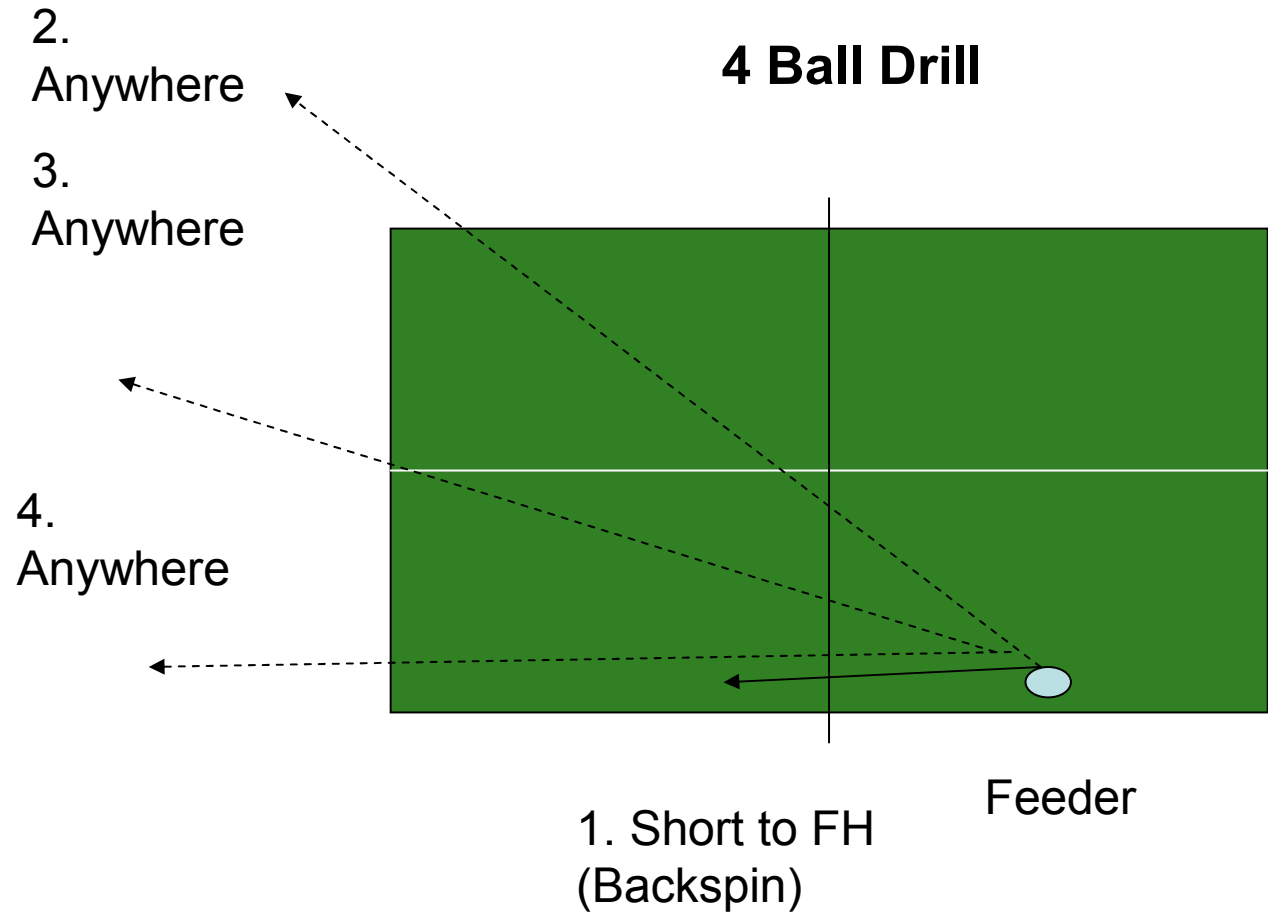


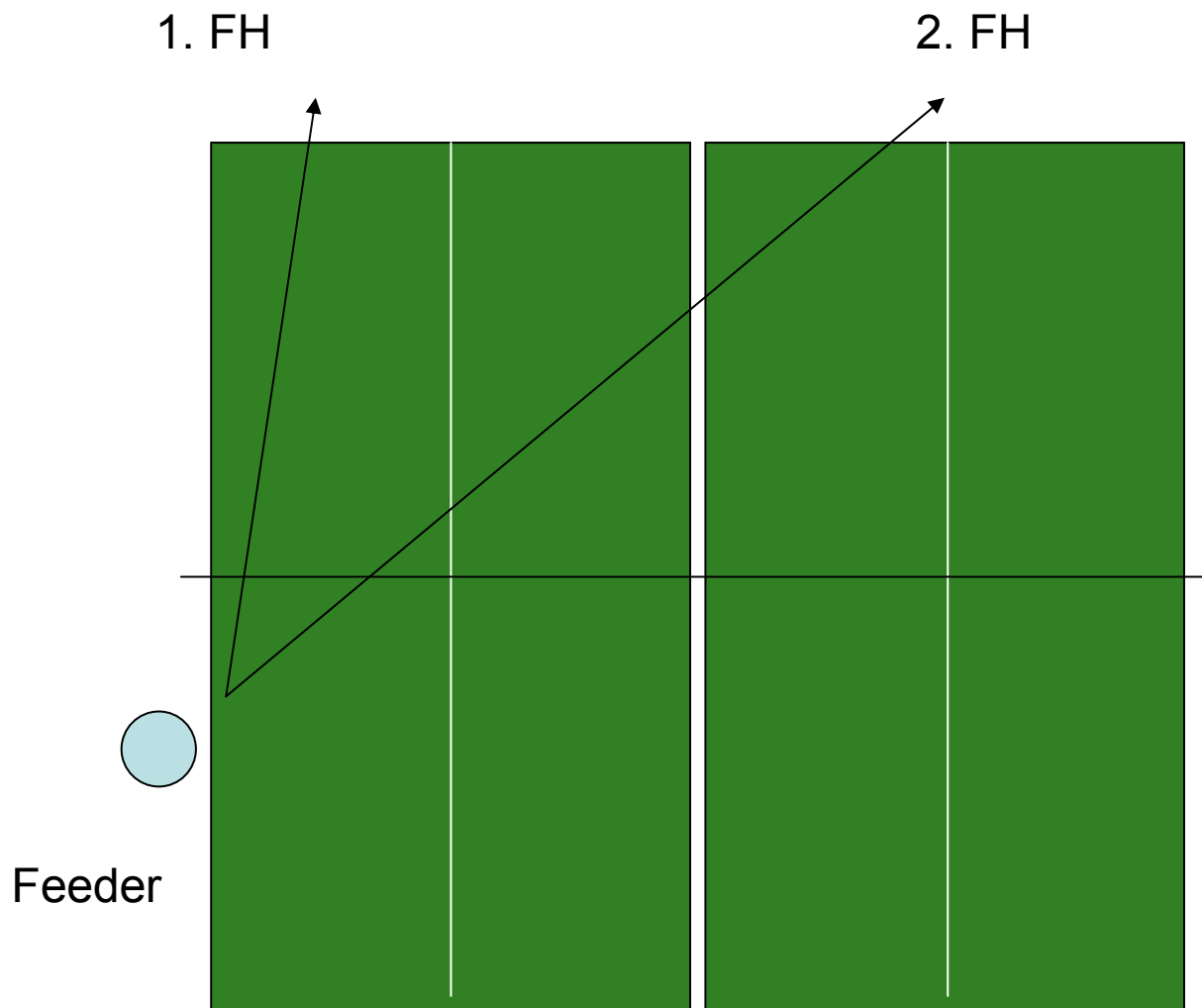
1. Short to FH  
(Backspin)

Feeder

# Multi Ball Drills

## 4 Ball Drill



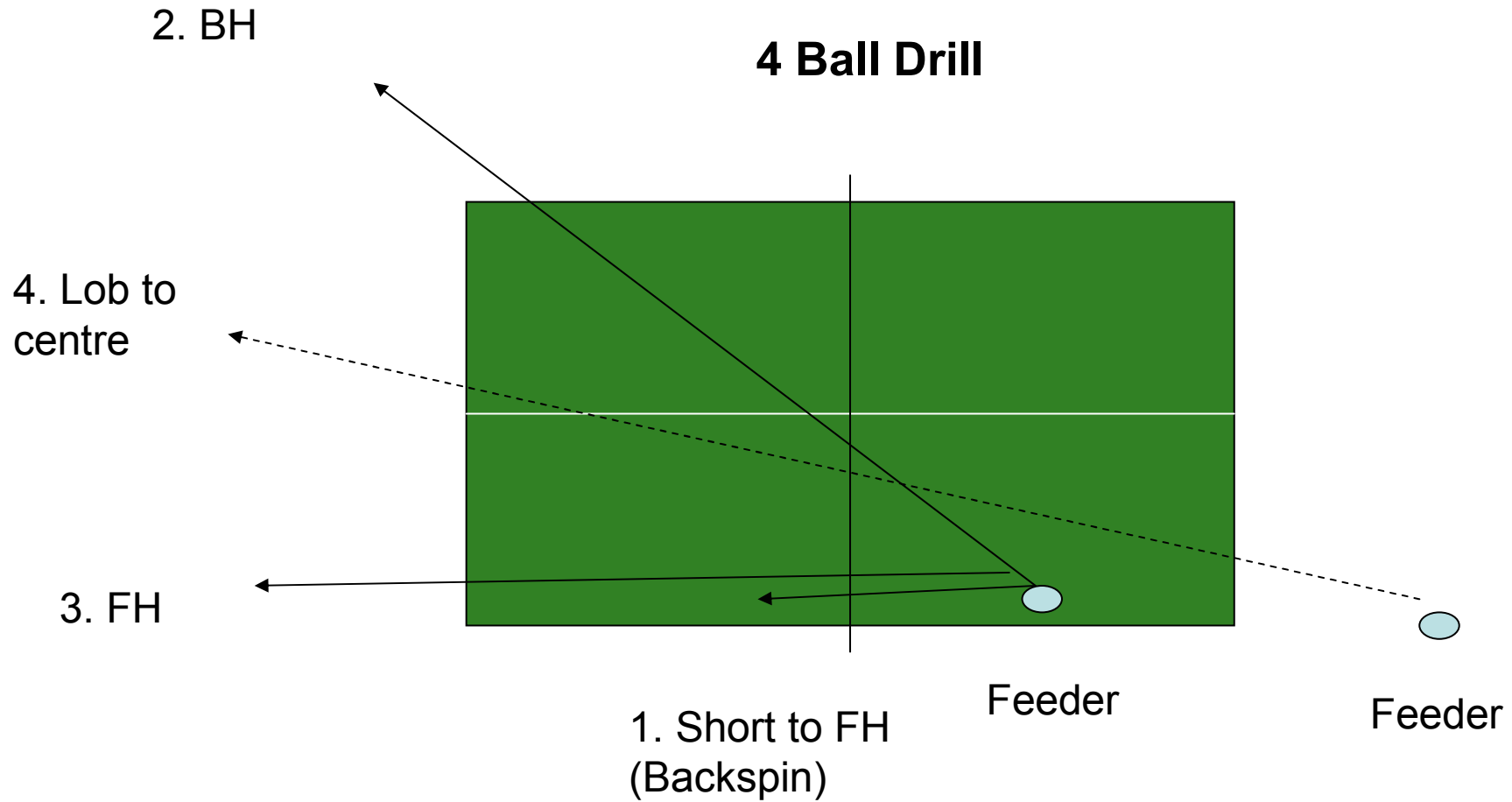


## Extreme Footwork Drill

Fast side to  
side FW  
required

# Multi Ball Drills

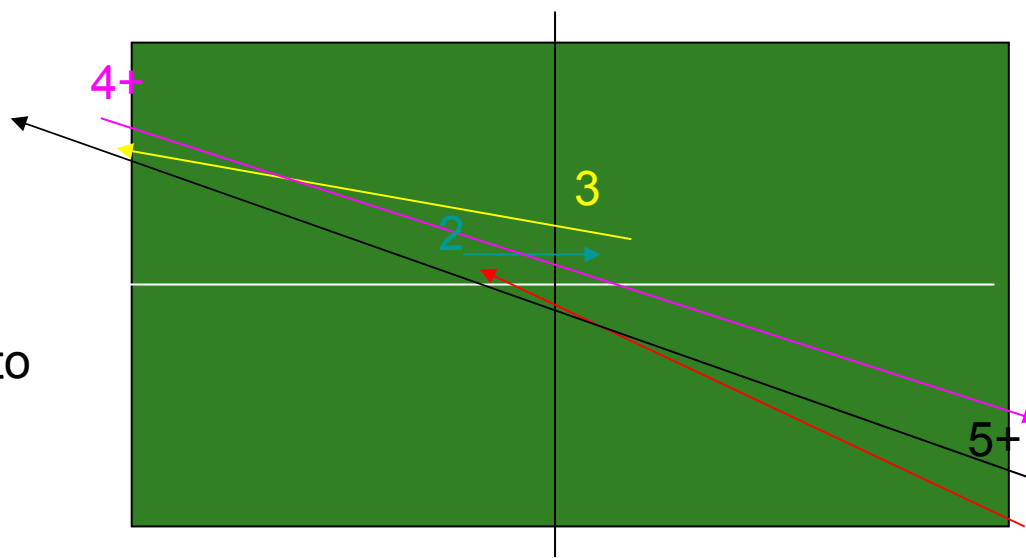
## 4 Ball Drill



## Feeder is competitive 1-3 ball then cooperative

Receives  
service –  
short touch  
over net

Shot 4+  
Plays  
consistent  
forehands  
cross court to  
BH side



Feeder –  
serves short  
b/spin,

3<sup>rd</sup> ball – long  
push into  
body

5<sup>th</sup> + block to  
body

Alternate: FH loops aimed  
at X-over

Alternate 2 loop to BH then  
FH then free.



