

# GET OUT OF THE BASEMENT!

## Table Tennis Level 2 Technical Coaching Clinic

**TO:** ALL TABLE TENNIS ENTHUSIASTS  
**FROM:** Ron Edwards, Executive Director, M.T.T.A., 925-5690  
**RE:** Level 2 Technical Coaching Clinic – Saturday & Sunday Feb. 19th-20th, 2005  
 Daniel MacIntyre Collegiate, Lower Gymnasium, 720 Alverstone, Winnipeg

Under the auspices of the National Coaching Certification Program, the M.T.T.A. will be conducting a **Level 2 Technical Coaching Clinic** on **Saturday & Sunday February 19<sup>th</sup> & 20<sup>th</sup>**. The clinic will take place in the **lower gymnasium** of **Daniel MacIntyre Collegiate**, 720 Alverstone, Winnipeg. Hours are 9 am-4 pm Saturday and Sunday; Note-optional Friday night session might be added-6:30-9:30 pm.

The Clinic is open to anyone 16 years of age and older. The **registration fee is \$50.00** per person and includes a manual and other resource materials. Persons are requested to **pre-register**. Please indicate on the registration form whether you would like us to mail you your manual in advance. Make cheque or money order payable to the M.T.T.A. and enclose with the attached registration form.

### COURSE CONTENT:

Level 2 Technical focuses on providing coaches of developing players with mores tools and knowledge of table tennis technical concepts. This course will benefits players and coaches from entry level up to provincial team level.

### Topics Covered include:

- INTRODUCTION TO CTTA/ COACHING SYSTEM IN CANADA
- COACHING TABLE TENNIS: ROLES & RESPONSIBILITIES
- TALENT IDENTIFICATION & HOW TO DEVELOP TALENTED PLAYERS
- PRACTICES FOR BEGINNERS: PRACTICAL STEPS AND PLANS
- TRAINING METHODS: PHASES OF PLAY, MOTORBALL ETC.
- TECHNICAL DISCUSSION: TECHNIQUES, POSITION, BALANCE, COORDINATION, SERVE & RETURN
- STYLES OF PLAY: DISCUSSION OF PLUS CONCEPT OF "TACTICAL CONTROL"
- MENTAL PREPARATION: MOTIVATION, SPORTS PSYCHOLOGY FOR YOUNG PLAYERS
- PHYSICAL PREPARATION: DEMANDS ON INTERNATIONAL PLAYERS, PHYSIOLOGICAL PARAMETERS AND PRACTICAL TRAINING SYSTEMS

### TOTAL: 12-15 Hrs. \* Bring Your Bat,Shorts and Shoes! \*

This is the first time ever that a Level Two course has been offered in Manitoba! This course will be conducted at the same time as and **side by side with an elite training camp for Manitoba and Saskatchewan's top-level athletes**; 2-4 National level athletes from Ontario/Quebec are also expected to take part. Level Two **Course Conductor is Attila Csaba of Hungary** who now resides in Ottawa and is responsible for the development of many of Canada's current young table tennis stars. Head Coaches for the training camp are **Mr. George Damianov** (current Provincial Team Coach of Manitoba and former National Team Coach of Bulgaria) and **Mr. Guoxi Su** (current Provincial Team Coach of Saskatchewan and former National Team Coach of Canada). So take advantage of this opportunity! **Come on out and learn from Canada's best!** Certified coaches will have opportunities to get involved in coaching athletes in various M.T.T.A. operated programs and facilities if they so wish. Indeed, table tennis is part of numerous upcoming Games events. These include the **2006 Manitoba Indigenous Games, 2007 Canada Winter Games and the 2008 Manitoba Summer Games...**so we need coaches!

⌘ = = = = = ⌘

(Please return this portion with payment)

### TABLE TENNIS LEVEL TWO TECHNICAL

Yes, I \_\_\_\_\_  
 NAME ADDRESS POSTAL CODE

of \_\_\_\_\_  
 SCHOOL / CLUB

PHONE: Res. \_\_\_\_\_ Bus. \_\_\_\_\_ Email: \_\_\_\_\_

wish to attend this course. I have enclosed a cheque or money order made out to the M.T.T.A. for the sum of \$50.00.

Yes \_\_\_ please mail me my manual in advance of the course!

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**MAIL TO: MANITOBA TABLE TENNIS ASSOCIATION**  
 200 Main Street  
 Winnipeg, MB R3C 4M2