

Table tennis coaches education course.

On June, 28-30 2017 the Table tennis Club of Haapsalu organise in Sport Centre of Haapsalu (Lihula Rd 10) the education course for table tennis coaches. The course will be conducted by Mr. Ferenc Karsai who is one of the best coaches in Europe. The last coach sitting at the corner of World Champion coming from Europe. Born 1949 in Hungary. Trainer of the Austrian Men's National Team 1995 – 2013. Elected to be the best trainer of all sports in Austria 2003. Coach of World Team against China in 2004. Coached Werner Schlager, Chen Weixing, Robert Gardos, Karl Jindrak... Since retired 3 years ago when he left Austrian National Team, he remains active and could be seen coaching Canadian and Belgium at World Championships, in Saarbrücken or at International Training Camps in Hungary.

The education course will be held in English (translation into Estonian). The participation costs are as follows: 45 euros per day (it includes accommodation, three meals and using of table tennis playing area) i.e. 90 euros for 2 days and without accommodation 30 euros per day i.e. 60 euros for 2 days. Do not forget to take with you all necessary things to play table tennis as during the course you have to practice table tennis as well. You will be registered as a participant of the course on **June, 22 2017 at latest**. On June, 28 2017 before noon will take place NETU junior championships singles semifinals and finals.

Seminar schedule:

Wednesday 28.06.

- 15:00 - Lunch
- 16:00 - 1. lecture -Short history of the table tennis
- 17:30 - coffee break
- 17:45 - 2. lecture - Developments of the table tennis. Technical, material, improve. Style of the table tennis conformation up to now.
- 19:15 - Dinner
- 20:00 - Familiarisation

Thursday 29.06.

- 8:00 - Breakfast
- 9:00 - 3. lecture -Type of the forehand topspin. Use in the practice, exercises.
- 10:30 - coffee break
- 10:45 - 4. lecture -Type of the backhand topspin. Exercises in the training.
- 13:00 - Lunch
- 15:00 - 5. lecture -Service, return, flick.
- 16:30 - coffee break
- 16:45 - 6. lecture -Type of the table tennis exercises, different exercises.
- 18:30 - Dinner
- 19:15 - 7. lecture -In the practice...

Friday 30.06.

- 8:00 - Breakfast
- 9:00 - 8. lecture -Trainings plan, short-term, long-term, aspects in the training physical practice.
- 10:30 - coffee break
- 10:45 - 9. lecture -Summary of the presentation free questions..
- 13:00 - Lunch

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