



Mark Smyche
MARK SMYCHE
Table Tennis

Super Session Series

Effective Practice

Number 6

Will the traditional training drills get you the results you want – or are there other methods you can include in your training sessions that will help you achieve competitive success?

Come along and expand your understanding of how to train & how to:

- Get the most out of your practice sessions
- Reflect on match play to inform training choices?
- Make good training choices to improve match play?

Jenny Langridge
National Junior Girls
Coach



When: Sunday 16 July 2017

Time: 1 – 3 pm

**Where: Kilsyth International
Table Tennis Stadium
115 Liverpool Rd, Kilsyth**

Cost: \$15

**No Bookings
Required**

**Croydon
Registered
Juniors Free**