

# **TABLE TENNIS COACHING**



## **INTRODUCTION:**

My name is Depak Patel and I am the Coaching Convenor at the Empire Table Tennis Club in Petone, Wellington. I am currently an ITTF Level 2 coach and have been coaching informally since 2005 and more formally since 2010. In 2014 I was an Assistant Coach to the Gold Group and Coach to the Silver Group working for Table Tennis Wellington Inc.

I have played the game since 1974 and have been fortunate enough to have travelled and played in four different countries: England, Germany, Australia and New Zealand. I have travelled New Zealand from Invercargill to Whangarei playing table tennis. I have captained the NZ Over 50s team in Melbourne, Australia in 2010 and been a reserve for NZ Over 40s in 2007. Also, I have won the Mens Over 40s North Island Championships twice and have won the NZ Over 45 Mens Team Gold for Wellington twice. I have won many Mens Doubles and Mixed Doubles titles as well.

My coaching style is very relaxed and friendly. My aim is to make table tennis a competitive, fun, friendly and enjoyable sport played in the right spirit. I am available for private coaching one on one or in a group and cater for all ages and ability levels.

## **INDIVIDUAL COACHING:**

**Establish coaching needs and plan sessions ahead (Up to ½ Free)**

**Session Plan:**

- a) 10 Minute Warm-up**
- b) 45 Minute Training Session**
- c) 5 Minute Warm-down**

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