

PingT Player Pathway:

Futures Camp → Group Training → Advanced Training → Competitive Pathway

Our program is designed as a long-term development pathway.

Players begin with Futures Camp, build consistency in Group Training, refine skills in Advanced Training, and may progress into the Competitive Pathway based on interest and readiness.

1 PingT Futures Camp

The Starting Point

PingT Futures Camp is the starting point of our player development pathway.

This program is designed for beginners and young players who are just starting their table tennis journey.

The focus is on building **strong fundamentals, proper technique, coordination, and training habits** through consistent and structured practice.

Key focus:

- Basic forehand & backhand technique
- Footwork and balance
- Hand-eye coordination
- Consistent training routines

✦ *Futures Camp builds the foundation for everything that follows.*

2 Group Training

Building Consistency & Confidence

After completing Futures Camp, players move into **Group Training**, where they continue to develop skills in a structured group environment.

This stage focuses on improving **consistency, control, and overall match readiness**, while reinforcing proper technique and movement.

Key focus:

- Stroke consistency and control
- Footwork under movement
- Rally stability and placement
- Introduction to match play

✦ *Group Training helps players turn fundamentals into reliable skills.*

3 Advanced Training

Skill Refinement & Game Understanding

Advanced Training is for players who have demonstrated solid fundamentals and consistency.

Training becomes more intensive, with greater emphasis on **spin, speed, tactics, and decision-making**.

Key focus:

- Advanced technique and spin variation
- Faster footwork and recovery
- Serve & receive development
- Tactical awareness and match strategy

✦ *This stage prepares players for higher-level competition.*

4 Competitive Pathway

Performance & Competition

The **Competitive Pathway** is designed for committed players who are ready to train and compete at a higher level.

This stage emphasizes **match performance, mental strength, and tournament preparation**.

Key focus:

- Match tactics and strategy
- Competitive mindset and mental toughness

- Tournament experience
- Long-term performance development

✦ *Not every player must choose this path, but the option is always open.*