

Table Tennis secrets
Number 2

I recently received a question from a TT player and I think the answer is worth sharing with you (my reply is below).

Dear Javad,

I've had a little bit of training now, and am feeling that my TT skills are improving. But now I feel that I can't get any better than this. Do you think this is my limit?

Please have some advice.

My reply:

Congratulations on getting to the stage where your skills are improving!

What you are experiencing at the moment is a 'consolidation period' that the brain goes through whenever we learn anything new.

Everything that you have learned so far has lead to your game improving bit by bit. Now your brain is sitting on what it has learned and making sure that it understands what has happened, and how it all fits in with everything else it knows.

It is even possible that your game will go down a little (or even a lot!) - This happens to every player at some stage, and is nothing to worry about.

It is all the natural process of learning.

There are two important things that you must do now.

1) Don't give up! If you give up there is a 100% chance that you won't get any better :) Perseverance is one of the key attributes of successful players, for the exact reason that every successful player has to go through these 'consolidation periods'.

2) DON'T think that this is the best you will ever play. As long as you keep going, keep learning and persevering, you will get better as your brain gets ready to take in more and more information.

This is covered in more detail later on when we look at the steps the brain goes through when we learn any new task.

The main thing to remember is that it is perfectly natural to NOT improve every time you play, but that overall, you WILL keep going in the right direction.

I hope this can help in YOUR game; it is the ability to recognise that bad patches are all part of getting better that can make real differences to your TT.

I'll speak to you next time!
Javad Ameri

