CITTA

CAROLINA INTERNATIONAL TABLE TENNIS ACADEMY

Player Development Pathway

BUILDING PLAYERS FOR LONG-TERM SUCCESS

At CITTA, we believe great players are built through a long-term development process. Our goal is not simply to increase ratings. We help players develop technical excellence, competitive confidence, discipline, resilience, and a lifelong passion for table tennis.

Every athlete progresses at a different pace, but the pathway remains the same:

LEARN » **DEVELOP** » **COMPETE** » **PERFORM** » **EXCEL**



	• MAIN FOCUS	› WHAT PLAYERS LEARN	✓ KEY MILESTONES	KEY TO ADVANCEMENT
STAGE 1 USATT 0–700 **Foundation** GOAL Develop basic ball control and sound technical fundamentals.	• Proper grip • Athletic ready position • Basic forehand technique • Basic backhand technique • Coordination and ball feeling • Basic movement patterns	› Make clean contact consistently › Control the ball with confidence › Rally with a training partner › Understand the basic rules of play	✓ Rally 10+ forehands ✓ Rally 10+ backhands ✓ Execute legal serves ✓ Demonstrate basic footwork	**Consistency before power.**
STAGE 2 USATT 700–1000 **Development** GOAL Learn to control placement, spin, and consistency.	• Ball placement • Consistency under pressure • Basic serve development • Basic receive skills • Spin recognition	› Reduce unforced errors › Place the ball intentionally › Recognize topspin, backspin, and no-spin › Control rallies more effectively	✓ Sustain 20+ ball rallies ✓ Direct the ball to multiple locations ✓ Execute basic pushes and receives	**Consistency + Placement + Spin Awareness**
STAGE 3 USATT 1000–1300 **Offensive Development** GOAL Learn to attack and take initiative.	• Forehand topspin • Attack against backspin • Serve-and-attack patterns • Attacking receives • Offensive footwork	› Create scoring opportunities › Use serves to set up attacks › Take initiative during rallies	✓ Loop against backspin ✓ Attack after serve ✓ Execute side-step footwork ✓ Perform aggressive receives	**Initiative + Forehand Attack + Footwork**
STAGE 4 USATT 1300–1700 **Competitive Development** GOAL Transform training skills into competitive performance.	• Quality of spin and speed • First Three Balls • Serve and receive systems • Tactical awareness • Match management	› Construct points strategically › Make better decisions under pressure › Apply training skills during competition	✓ Reliable third-ball attacks ✓ Advanced serve variation ✓ Tactical point construction ✓ Improved match consistency	**Technique + Tactics + Competitive Confidence**
STAGE 5 USATT 1700–2000 **Performance Development** GOAL Gain control of rallies through superior serve and receive play.	• Serve quality • Receive quality • Third-ball attack • Tactical consistency • Forehand dominance	› Create advantages early in the rally › Reduce receive errors › Control match tempo › Develop reliable scoring patterns	✓ Multiple serve variations ✓ Consistent third-ball execution ✓ Strong forehand scoring ability ✓ Effective tactical adjustments	**Serve-Receive Quality + Tactical Execution**
STAGE 6 USATT 2000–2300 **Advanced Performance** GOAL Develop a personal weapon and winning identity.	• Serve-and-attack systems • Aggressive receives • Backhand development • Pressure performance • Opponent analysis	› Maximize existing strengths › Build reliable scoring systems › Exploit opponent weaknesses › Execute under pressure	✓ Clear tactical identity ✓ Reliable scoring patterns ✓ Effective pressure management	**Personal Weapon + Tactical Discipline**
STAGE 7 USATT 2300–2500 **Elite Development** GOAL Build a complete high-performance system.	• Technical integration • Tactical adaptability • Match analysis • Personal playing style • High-level competition	› Adapt during matches › Execute multiple game plans › Read opponents effectively	✓ Develop Plan A and Plan B ✓ High-level tactical adjustments ✓ Consistent tournament performance	**Adaptability + Competitive Toughness**
STAGE 8 USATT 2500+ **High Performance Excellence** GOAL Compete successfully at the national and international level.	• Performance optimization • Tactical innovation • Mental preparation • Physical conditioning • International competition	› Prepare for different playing styles › Optimize performance on key points › Maintain peak competitive form › Perform consistently under pressure	✓ Elite tournament performance ✓ Advanced match preparation ✓ Consistent execution against top players	**Execution + Adaptation + Mental Strength**

A Message for Parents

Every athlete develops at a different pace. Success in table tennis is not measured solely by rating points. True development includes building:

Confidence · **Discipline** · **Resilience** · **Problem-solving skills** · **A strong work ethic**

At CITTA, our mission is to develop not only successful table tennis players, but also successful young people prepared for challenges both on and off the table.

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