



# High Level Coaching Course

BOSÖN, STOCKHOLM  
31 July – 5 August 2022  
PROSPECTUS





# Education – the foundation

“Education is the most powerful weapon which you can use to change the world”. The quote belongs to Nelson Mandela and while this may not be the ultimate goal for the Swedish Table Tennis Association with this High Performance Coaching Course, we are firm believers that education is one of the most important bricks in forming a solid foundation in any sport.

Knowledge is tightly connected to success. Medals and titles many times has, besides talent, performance and a tremendous amount of will power, a common demeanor; a passionate coach with lots of knowledge and experience in the background. A coach that many times also serves as a guide and mentor, in good, as well as tough and challenging times. The Swedish history of having the fortune of winning medals in several championships is founded in a strong educational system.

Therefore, develop a passion for learning, and if you do, you will never cease to grow. Furthermore, always stay curious and ready to consume, analyze and adapt new trends. That way, you will stay relevant within the coaching craftmanship.

Knowledge is also something that we believe should be shared and we, the Swedish Table Tennis Association in cooperation with the International Table Tennis Federation and the Swedish Sports Confederation, are very proud to wish you all welcome to Sweden and the beautiful Bosön for a week of learning and development in the best possible way – together.

*Dennis Lindahl*

Dennis Lindahl

President Swedish Table Tennis Association

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# Swedish excellency

Swedish Table Tennis has a long tradition of producing great table tennis players, most of them male, over the years. Most noticeable, Sweden has won the Men's Team World Championships five (5) times and produced Individual World Champions four (4) times (Stellan Bengtsson, Jan-Ove Waldner x 2 and Jörgen Persson). The Swedish table tennis success continued to be shown in Houston, USA, at the recent World Table Tennis Championships where Swedish table tennis players got Gold (Men's Doubles) and silver at the Men's Singles competition (Truls Möregård).

Behind the success has been an over-all high level of understanding of the game itself, but also a Federation that early identified education for Coaches as high priority for the Federation to be successful on the world stage.

The Swedish Table Tennis Association (SBTF) together with RF-Bosön (Sports Sweden and its head quarters for sports) has put together a one-of-a-kind education Course over five

(5) days. This Course will provide you, with the highest level of course lecturers, all with the aim that YOU, as a coach, will get an increased understanding of today's modern table tennis and when completing the Course, being a better Coach.

Interaction and exchange of ideas are in today's society more and more important, sharing is powerful and therefore, the Course will have twelve (12) Swedish Coaches and twelve (12) foreign Coaches participating, ideally sharing ideas to become stronger, wiser and better as a Coach in the future. We will have both theoretical and practical sessions at the Course, all being combined to provide a large scope of topics that will have a "red thread" for you as a participant.

In order for you as a participant to gain as much as possible from the course, we would see that your current table tennis education is high and that you have an understanding of the English language, all classes will be conducted in English.

We welcome you, the ambitious Coach, that will participate, have opinion, is willing to discuss and in the end, learn from lectures and fellow coaches to increase your understanding on how to give your players high quality practise-sessions that will have your players excel in their future career.

*Anders Thunström*

Anders Thunström  
Responsible Education /Course

*Mikael Andersson*

Mikael Andersson  
High Performance Director STTA

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# PROGRAMME:

## 31st of July

- 14:00 – onwards** Check-in at Bosön hotel and conference.
- 18:00** Dinner

## 1st of August

- 09:00 – 12:00** **BLOCK 1**  
Introduction of the Course, "Table Tennis the Swedish way" – being successful for the last 50th Years".  
Objectives and conclusion towards maintaining success in the future.  
Mr. Anders Thunström
- 12:30 – 13:30** Lunch
- 14:00 – 17:00** **Block 2**  
Dietary needs – Table tennis  
Ms. Emma Lindblom  
Leg. Dietist – Sports nutrition  
Elite Sports – Swedish Sports Confederation – RF
- 18:00** Dinner

## 2nd of August

09:00 – 12:00

### BLOCK 3

Individual Coaching – Role for Coach  
World Class players – Individual vs. Team  
World Table Tennis – new requirements for planning?  
Mr. Linus Mernsten, National Coach Danish Table Tennis Federation

12:30 – 13:30

Lunch

14:00 – 17:00

### BLOCK 4

Sports physiology (applied to table tennis)  
Johanna Rosén, PhD, Biomechanics  
Swedish Sports Confederation – RF

18:00

Dinner

## 3rd of August

09:00 – 12:00

### BLOCK 5

A typical Swedish practise session  
At the table  
Anders Thunström, Swedish National Team Coach

12:30 – 13:30

Lunch

14:00 – 17:00

### BLOCK 6

More practical sessions  
Multi-ball practice  
Q & A session  
Anders + Swedish National Team Coach

18:00

Dinner





#### 4th of August

09:00 – 12:00

#### **BLOCK 7**

Women's game – characteristics and peculiarities  
Mr. Massimo Costantini  
ITTF High Performance Elite Coach

12:30 – 13:30

Lunch

14:00 – 17:00

#### **BLOCK 8**

Sports psychology  
Ms. Malin Tillmann  
Sport Psychology Consultant – Swedish Sports Confederation – RF

18:00

Dinner

#### 5th of August

09:00 – 12:00

#### **BLOCK 9**

Table Tennis analytics and statistics  
Useful tool for Coaches  
Ms. Megha Gambhir  
CEO Stupa Sports Analytics

<b>12:00 – 12:30</b>	Certification – Final words – Conclusion Anders & Swedish Table Tennis Association (STTA)
<b>12:30 – 13:30</b>	Lunch
<b>Afternoon:</b>	Departure

## General information

### International Coaches:

The international coaches wishing to attend the course have to submit an application. The International Table Tennis Federation (ITTF) will select 12 coaches based on the criteria established that will be communicated separately along with the application form link. Since the course will be geared towards high level coaches, it is expected that selected coaches have an appropriate and long-time experience of coaching table tennis and have a good command of the English language as all the sessions will be conducted in English.

For more information please contact:

Ms. Dora Jeler  
Head of HPD Operations  
E-mail: [djeler@ittf.com](mailto:djeler@ittf.com)

### Swedish Coaches:

The Swedish coaches will be selected by the Swedish Table Tennis Association (SBTF), based on SBTF's list of need and criteria, selected by the High Performance Director of SBTF.

### Course Location:

The Course will be held at the Swedish Sports (RF) center – Bosön, which is located in one of Stockholm's islands, Lidingö.

### Address:

Bosön, Lidingö  
Postadress: Bosön, 181 47 Lidingö  
[www.boson.se](http://www.boson.se) | [www.rf.se](http://www.rf.se)

### How to get to Bosön:

For all international coaches; flying into Stockholm, Arlanda airport.  
Transports from Arlanda airport to Central station Stockholm by train/bus  
Swedish TTA will meet & greet at Stockholm Central Station.

### Travel & transport:

Please, provide travel details to:  
Anders Thunström, Course Conductor:  
Phone/whatsapp: +46 72 212 96 68  
e-mail: [anders.thunstrom@svenskbordtennis.com](mailto:anders.thunstrom@svenskbordtennis.com)

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# Lecturers



*Mr. Anders Thunström*

Course Director,  
Higher Education,  
Swedish Table  
Tennis Education

*Ms. Malin Tillmann*

Sport Psychology  
Consultant,  
Swedish Sports  
Confederation – RF



*Mr. Massimo Costantini*

ITTF High Performance  
Elite Coach  
International Table  
Tennis Federation

*Mr. Linus Mernsten*

National Coach  
Danish Table  
Tennis Federation



*Ms. Johanna Rosén*

Johanna Rosén, PhD,  
Biomechanics  
Swedish Sports  
Confederation – RF

*Ms. Megha Gambhir*

Founder and CEO,  
Stupa Sports  
Analytics



*Mr. Jörgen Persson*

Men's National  
Team Captain,  
Swedish Table  
Tennis Education

*Ms. Emma Lindholm*

Leg. Dietist –  
Sports nutrition  
Elite Sports – Swedish  
Sports  
Confederation – RF





## SWEDISH TABLE TENNIS ASSOCIATION

KÖPING ARENA, 731 85 KÖPING  
info@svenskbordtennis | www.svenskbordtennis.com  
@svbordtennis | #pingisförallaöverallt

