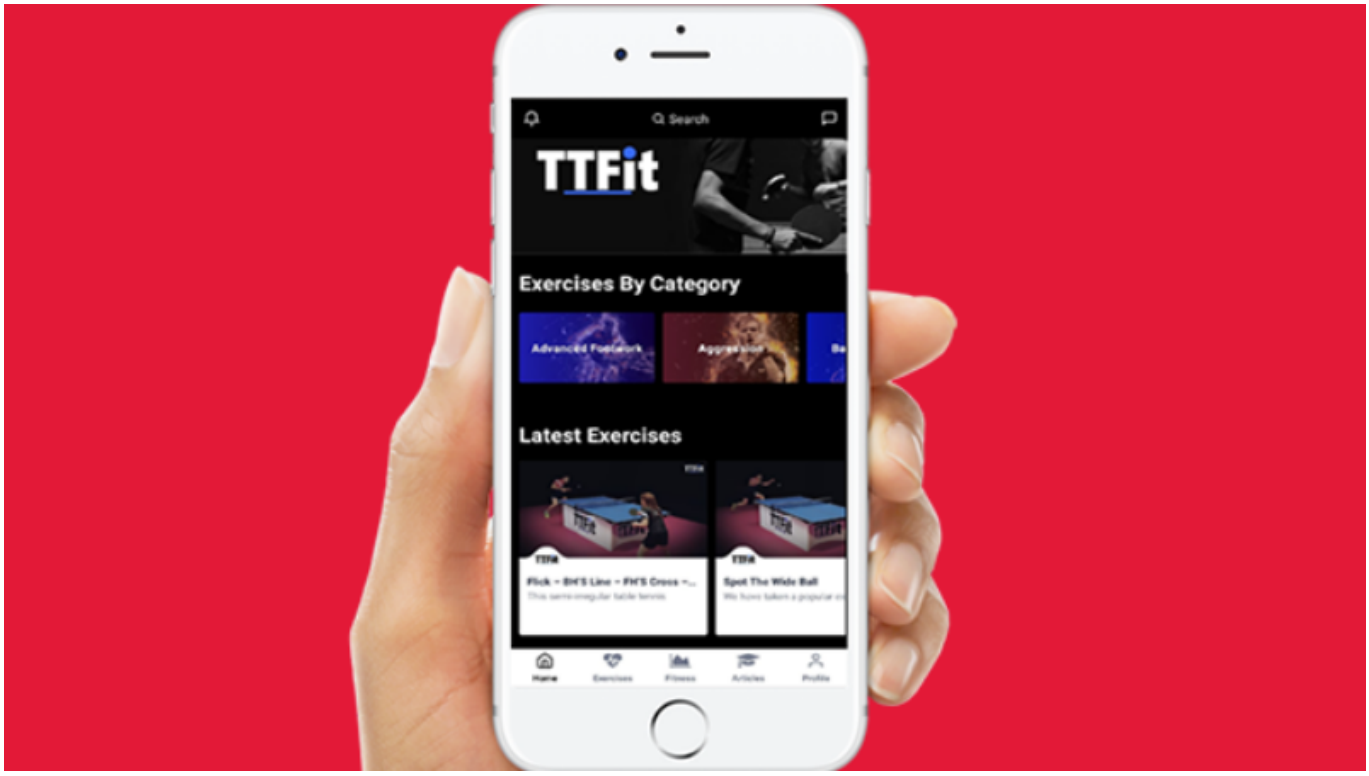


Updated TT Fit app gives coaches even more resources

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The updated TT Fit App now has even more coaching resources to aid table tennis coaches than ever before!

TTFit Pro is an app which provides a number of features to help coaches and players develop including training plans, table tennis-specific exercises – including a section designed for children – and a 'Smart Coach' feature which creates exercises to help individual players work on their weaknesses.

Coaches can create their own sessions and share them with individual players or squad members, and also have access to an array of table tennis knowledge through interviews with and articles about the world's best players and coaches.

Table Tennis England launched its partnership with the innovative app back in late 2020 and since then, thousands of coaches have utilised the app as a tool for drills, fitness drills and session planning, performance analysis and player feedback.

Among many other benefits, coaches registered on the Table Tennis England Coach License Scheme get access to the TT App for free!

Get your Coach License here.

Download the TT Fit app for Android or IOS/Apple or visit the TT App website to find out more!

[embedyt] https://www.youtube.com/watch?v=GH67ps8CD8w[/embedyt]

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