



Table Tennis Wales Performance Plan 2026-2030

Developing elite athletes through structured pathways and world-class support



Our Performance Vision

Where We Are

Welsh table tennis is built on a strong national foundation, with a clear pathway that develops players from grassroots participation through to elite performance. Athletes are already competing at Commonwealth, European, and World Championship level, supported by a structured progression from Development Squad (Ages 6-18) to National Squad and Performance Squad. Each stage is defined by clear selection criteria, targeted development, and tailored support to help players move confidently to the next level.

Where We are Going

By 2030 and beyond, we will deliver success across International Primary Schools, International Secondary Schools, Home Nations, Commonwealth Championships, European Minis, Youths, European Singles & Team, World Championships Singles & Team and the Commonwealth Games. Our ambition is to produce world-class athletes who are prepared to compete and win at the highest international levels, driven by a player-centred performance plan that is purposeful, disciplined, and sustainable. We will develop champions who excel in sport while thriving personally and academically, representing Welsh values with pride on the world stage.

Performance Excellence Framework - we will develop

Technical Excellence

Improved stroke mechanics, consistent performance under pressure, and comprehensive shot repertoire

Tactical Awareness

Strategic match planning, opponent analysis, and adaptive in-game decision-making

Mental Resilience

Sustained focus, growth mindset, effective pressure management, and confidence-building strategies

Lifestyle & Wellbeing

Strength and conditioning, psychology, nutrition guidance, recovery protocols, education balance, and holistic personal development

The Pathway Structure: Development Squad, National & Performance Squads

Our structured pathway ensures every player has clear progression opportunities from grassroots to elite performance.

Development Squad (Ages 6-18)

Entry Criteria: Demonstrated commitment to training, basic technical competence, recommendation from club coach, regular competition participation

Training Commitment: 2-3 sessions per week, attendance at potential training camps

Competition Requirements: Participation in Welsh circuit events, local league matches

Progression Criteria: Technical skill development, competitive results at potential level, coach assessment, positive attitude and coachability

National Squad

Entry Criteria: Top 10 national ranking in age group, consistent performance at Welsh national events, recommendation from performance pathway coach

Training Commitment: 4-5 sessions per week including strength & conditioning, attendance at all national training camps

Competition Requirements: Regular participation in British Junior League, selected international junior events, Welsh national championships

Progression Criteria: International ranking points, medal success at national level, demonstrated tactical awareness, mental resilience under pressure

Performance Squad

Entry Criteria: Senior international ranking, medal success or future representation at the Commonwealth Championships, Commonwealth Games or European junior level.

Training Commitment: 6+ sessions per week, dedicated strength & conditioning program, sports science support engagement

Competition Requirements: Senior international circuit participation, Commonwealth Games/European Championships selection pathway, world ranking events

Progression Criteria: World ranking improvement, senior international medals, professional athlete standards in training and lifestyle, leadership within pathway

Developing world-class athletes through elite pathways and comprehensive support systems

Performance Squad System - Development - National - Performance

PILLARS

Athlete Development

Key Actions

- Establish structured elite athlete pathways with performance milestones.
- Implement advanced analytics, sports science, and international competition support.

Planned Outcomes

- Enhanced athlete performance tracking and data-driven development.

By 2030

- 80 young athletes in the performance pathway.
- Athletes consistently competing and medaling at senior international level.
- 15% growth in U18s performance pathway participation.

Performance Support Systems

Key Actions

- Deploy performance analytics platforms for athlete monitoring and recruitment.
- Integrate technology for performance tracking, analysis, and benchmarking.

Planned Outcomes

- Real-time performance data for athletes and coaches, improving retention.

By 2030

- Comprehensive digital performance tracking system implemented.
- Performance data informs all training and competition decisions.

Coaching Excellence

Key Actions

- Deliver specialised CPD programs and elite coaching mentorship.
- Create forums for best practice sharing and access to international expertise.

Planned Outcomes

- Elevated coaching standards and a strong, collaborative coaching community.

By 2030

- 20% increase in performance-qualified coaches (vs. 2026).
- Full alignment with elite coaching pathway standards.
- National performance coaching mentoring program established.

Competition Integration: From Local to International

Regular competition at appropriate levels is essential for athlete development. Our performance plan ensures players have structured opportunities to test themselves against quality opposition.

1

Welsh Circuit Events

Support players in regular domestic competition.

2

British Junior Leagues

Support a Welsh team in the Cadet British Club League & Junior British Clubs League.

3

Domestic Competitions

1 - 4 Star English Competitions

4

International Exposure

Support players in international camps and European/world events.

5

Collaboration

Partner with the home nations and GB Table Tennis and European bodies for enhanced competition opportunities and shared learning.

Performance Roadmap: Key Milestones

Short-Term Goals (2026-2027) **1**

- Establish structured Development Squad, National and Performance Squad pathways with clear entry and progression criteria
- Enter Welsh teams in the Cadet British Club League & Junior British Clubs League
- Begin integrating 1-4 Star English Competitions for domestic exposure
- Deploy performance analytics platforms for athlete monitoring
- Initiate specialised CPD coaching programs

Long-Term Ambitions (2030 and Beyond) **3**

- 80 young athletes in the performance pathway
- Athletes consistently competing and medalling at senior international level including Commonwealth Championships, European Singles & Team, World Championships and Commonwealth Games
- Full alignment with elite coaching pathway standards
- Sustainable, world-class Welsh table tennis performance culture embedded

2

Medium-Term Targets (2027-2029)

- Athletes competing regularly at British Junior League, European Minis, European Youth and Home Nations events
- 15% growth in U18 performance pathway participation
- 20% increase in performance-qualified coaches vs. 2026
- National performance coaching mentoring program established
- Comprehensive digital performance tracking system (AMS) fully implemented
- Athletes achieving international ranking points and medal success at national level

Conclusion: A Winning Future for Welsh Table Tennis

Whether you are an aspiring athlete, dedicated coach, or supportive parent, you have a role in Welsh table tennis excellence. Our performance pathway offers clear progression opportunities and world-class support.

Holistic & Progressive

A comprehensive, player-centred performance plan designed for sustainable, long-term success.

Excellence On & Off the Table

Commitment to developing champions who excel athletically whilst thriving personally and academically.

Inspiring Wales & Beyond

Building athletes who represent Welsh values, inspire communities, and compete with pride on the world stage.