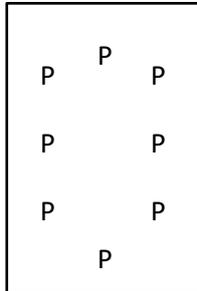




COACHING SESSION WARM UP OPTIONS.

EXAMPLES:

1. JOGGING.

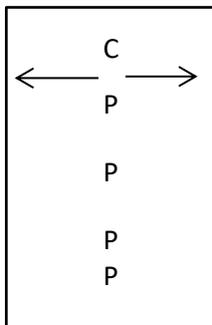


- I. Jogging round the court: calls; stop, change direction, up, down.
- II. Jogging round/On spot; bring knees to hand/ heels to hands.
- III. Jogging round/On spot; flick wrist, bend at elbows, roll arms round, flick feet.

With Ball. (C .P. Watch ball onto hand).

- I. In one court – in a circle jogging on the spot – throw ball call name.
- II. Jog on spot - throw ball up and catch with strong hand.
- III. Jog on spot - throw ball up and catch with weaker hand.
- IV. Jog on spot - throw up and catch with alternative hand.
- V. Jog on spot - tap ball up with alternative hand.

2. MIME HITTING PRACTICE. (Helps with hitting and court movement techniques).

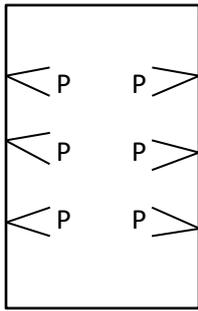


Coach initially demonstrates and leads this mime hitting exercise everyone Jogs on the spot starting facing the front wall:

- I. Slowly STEP to the right and land with the weight on the left leg, ensure good distance between feet and should be facing side wall; keep balance, push back to mid court. Now same movement over to left side, weight now on right leg. 3 times each side. Coach checks the players are on the correct leg.
Players change position, rotate front to back.
- II. Start slowly again but now before the step, bring strike ARM BACK as STEP to the right, coach checks players, push back to mid court, then over to the left. 3 times each side.
- III. As above but when in the static step position check that the wrist has taken the hand back, then have the players follow the hand through to the front wall and flick the wrist, push back to mid court. 3 times each side.
- IV. Game if time: play to 5 points, Coach shouts side, the players score 1 point every time they move in the correct direction together; lose 1 point if any player out of sync.



3.INDIVIDUAL RALLY PRACTICE. (C.P. Move feet to get body into a sideways on position).



Each player has a ball and rallies to self; easier underarm:

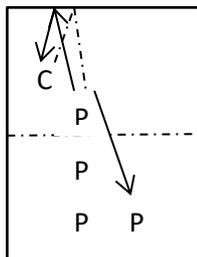
- I. Hit ball after it bounces with strong hand first, 30 seconds; hit ball with weaker hand, 30 seconds; time 1 minute number of times keep rally going left to right hand.
- II. Hit ball before it touches the floor, volley, with stronger hand for 30 seconds; volley ball with weaker hand, 30 seconds; time 1 minute number of times keep rally going between left and right hand.(C.P. Keep hand in front to make easier).
- III. Advanced players, as above but introduce bent arm action during the rally; introduce the overhead dab volley.(C.P. Keep hand in front of body and high).

4.SKIPPING MOVEMENT FOR FOOTWORK.

- I. Skip on a count of 1,2: right foot forward touch toes on floor, then left foot.
- II. Feet move side to side, transfer weight.
- III. Jump both feet, knees to chest.

5.GROUP RALLYING

- I. Continuous Rally (With Coach)



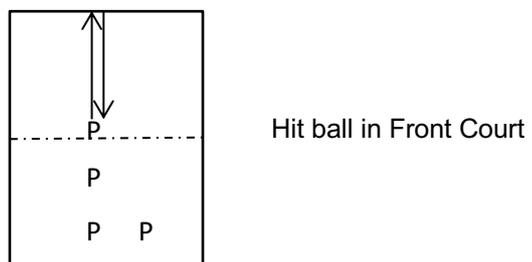
Hit ball in Front Court.

Practice:

- a. Strong Hand
Coach feeds the ball to the players who hit the ball back to the coach: after hitting the player rotates to the back of the que.
Player shouts out the number of times the successfully return the ball to the coach
– Target is 20 hits..
- b. Weaker Hand.
As in a. above.



II. Continuous Rally (Players Only)



Practice as above in: a. Strong hand; b. Weak hand.

Target is 20 hits.

6. ADVANCED PLAYERS VOLLEY RALLY.

Practices as for Continuous Rally Practice above.