



COACHING SESSION PLAN

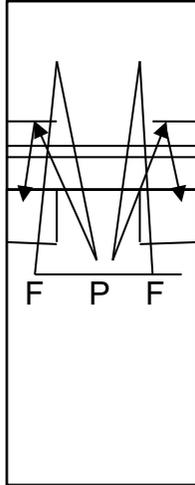
Name of Group/Individual:			Date:	Time of session:
Ability Level: INTERMEDIATE/ADVANCED	Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:	
Special Needs:			Equipment/Resources:	
Objective for session: To introduce practices to improve the players ability to play a soft /drop volley shot from the front court.(Can also be used for Soft/Drop Overhead and Bent arm volleys).			Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:	
ACTIVITIES			TIMING	COACHING POINTS
Preparation & warm up period				
<p>Practice & progression</p> <p>SOFT/DROP VOLLEY SHOT FROM FRONT COURT.</p> <p>Warm Up.</p> <p>Could use in a circuit format.</p> <p>Practice 1. (Throw with strongest hand)</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">Right Hand. F feeds.</div> </div> <hr/> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">Partner Volley/Individual</div> </div> <hr/> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">Left Hand. F feeds.</div> </div> <p>(H&S. Instruct if ball goes loose shout stop/ no one moves.)</p>			15 mins Total.	The Coach can use the points below to observe the players and introduce the points to help players progress over a period of several sessions. Do not overload players with C.P's.



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INTERMEDIATE/ADVANCED ONLY.

(Throw with strongest hand).



In 3's.

Try to catch and throw the ball, above the board and below the chalk line on the wall, into the marked box.

5 goes each player: Score 1 pt if goes above board; 3 pts in nick/in box.

Game: Time for 1 min, count how many times can get ball in box.

Practice 2.

As in Practice 1, however, the player now hits ball to play a soft/ drop volley shot into the box.

5 goes each player: Score 1 pt if goes above board; 3 pts in nick/in box.

Practice 3 and 4.

As in Practice 1 and 2; now with the weaker hand.

-Push hand through into box.

- Take weight off the ball.

- Front foot points to where want to hit ball.

-Step into the ball

-Look at ball coming out of Coaches hand and follow it until you catch/hit the ball.

- Follow hand through to the place on front wall you feel will make the best angle to play the shot towards the sidewall for the drop shot.

- Have to judge using the correct weight when striking the ball.



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