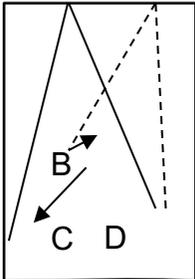


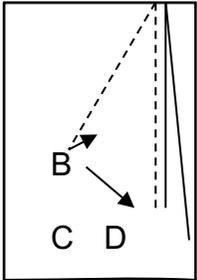


### COACHING SESSION PLAN

| <b>Name of Group/Individual:</b>   |   |             | <b>Date:</b>                                    |   | <b>Time of session:</b> |  |
|--|---|-------------|---|---|-------------------------|--|
| <b>Ability level:</b> ADVANCED   |   | <b>Age:</b> | <b>Venue Risk Assessment completed :</b> YES/NO |   | <b>Name of Coach:</b>   |  |
| <b>Special Needs:</b>  |   |             | <b>Equipment/Resources:</b>                     |   |                         |  |
| <b>Objective for session:</b> To introduce practices to improve the players ability to attack an opponent with various drive shots from back court and practice returning these shots. |   |             |   | <b>Contingency Plan:</b>  |                         |  |
| <b>Session potential safety hazards:</b>   |   |             | <b>Action taken to minimise risks:</b>          |   |                         |  |
| ACTIVITIES   |   |             | TIMING  | COACHING POINTS   |                         |  |
| <b>Preparation &amp; warm up period</b>  |   |             |   |   |                         |  |
| <b>Practice &amp; progression</b>  | <p>Practice 1. Cross Court Drive. (Strong hand followed by weak hand).</p>  <p>Players take turns to attack and defend the shot:<br/>         Player B hits the ball so Player A can easily play a cross court drive.<br/>         Player B after feeding the ball moves to mid court and attempts to return the ball. Rally ends.<br/>         Players C and D then do the same practice.<br/>         Players A and B then swop positions.<br/>         Continue to rotate until the players have had 5 goes in each position.<br/>         Score: players can keep a score on successfully defended/won shots.</p> |             |   | <b>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.</b> |                         |  |



**COACHING SESSION PLAN**

|  |  |  |  |              |              |
|--|--|--|--|--------------|--------------|
|  | <p>Practice 2. Straight Drive. (Strong hand followed by weak hand).</p>  <p>As for Practice 1, the players rotate positions and partners if the coach thinks this will benefit the players.</p> <p>Game of doubles to finish session.</p> |  |  |              |              |
| <p><b>Recap &amp; cool down</b></p>                |  |  |  |              |              |
| <p><b>Player feedback &amp; evaluation</b></p>     |  |  |  |              |              |
| <p><b>Signature of Coach:</b><br/><b>Date:</b></p> | <p><b>Signature of Witness</b><br/><b>Date:</b></p> <table border="1" data-bbox="1319 1321 2145 1385"> <tr> <td data-bbox="1319 1321 1659 1385"><b>Name:</b></td> <td data-bbox="1659 1321 2145 1385"><b>Role:</b></td> </tr> </table>   |  |  | <b>Name:</b> | <b>Role:</b> |
| <b>Name:</b>                                       | <b>Role:</b>   |  |  |              |              |