



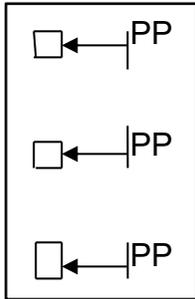
COACHING SESSION PLAN

Name of Group/Individual:			Date:	Time of session:	
Ability level: BEGINNERS	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 push drop shot from the front court.			Contingency Plan:		
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>PUSH DROP SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the push drop shot.</p> <p>These shots should be used when a player knows his opponent is not on the mid court position. The player can bring more deception to the shot by using the same strike action as for a drive shot. Even if not a winning shot, if played well, it will allow another attack.</p> <p>Push Drop Shot Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</p>			<p>15 mins Total.</p>	<p>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.</p>



COACHING SESSION PLAN

Practice 1. (Throw with strongest hand)



(H&S. Instruct if ball goes loose shout stop/ no one moves.)

In 2's.

Try to throw the ball above the chalk line on wall/board into the box.

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

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

Practice 2.

As in Practice 1, however, the player now self feeds, by letting the ball bounce in front then hitting ball to play a push drop shot into the box.

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

Practice 3 and 4.

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

-Push hand through into box.

-Bend knees

-Get over the ball to guide it over the board.

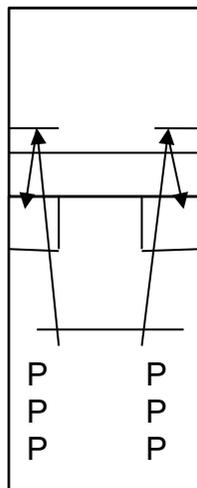
- Take weight off the ball.

- Front foot points to where want to hit ball.



COACHING SESSION PLAN

Practice 1.(Throw with strongest hand).



In 3's.

Try to 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, in teams count how many times can get ball in box.

Practice 2.

As in Practice 1, however, the player now self feeds, by letting the ball bounce in front then hitting ball to play a push drop shot into the box.

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

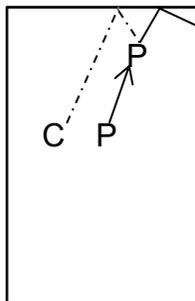
Practice 3 and 4.

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



COACHING SESSION PLAN

Practice 1.(Catch and throw with strongest hand).



Coach throws the ball underarm onto the front wall; Player stands in mid court and moves to catch the ball, gently pushing the ball just above the board to make the angle for the drop shot, pass ball back to coach: quick rotation of players.

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

Coach Demonstrates Practice 2. (To include right/left hand).

Practice 2.

As in Practice 1, however, the player now hits the ball to play a straight drop shot; into the nick or at least towards the side wall.

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

Practice 3 and 4.

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

Practice 5. Game Situation: Conditioned

Player A hits an easy serve to start rally in the front court, thereafter the players must hit ball into front court only. Win the rally by playing a drop shot.

5 serves player A, then 5 serves player B. Winners play winners; losers play losers.

-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.

- Keep hand steady.

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



COACHING SESSION PLAN

Recap & cool down			
Player feedback & evaluation			
Signature of Coach: Date:	Signature of Witness Date:		
	Name:	Role:	