



COACHING SESSION PLAN

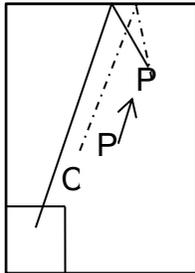
Name of Group/Individual:		Date:	Time of session:
Ability level: INTERMEDIATE.	Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:
Special Needs:		Equipment/Resources:	
Objective for session: To introduce the straight arm defence hitting action to players.		Contingency Plan:	
Session potential safety hazards:		Action taken to minimise risks:	
ACTIVITIES		TIMING	COACHING POINTS
Preparation & warm up period	Mime practice to warm up and put over necessary coaching points.		<ul style="list-style-type: none"> - Step onto correct leg. - Strike Arm relaxed and hands in front as move to the ball. - Push hand through to the front wall and flick wrist as last action.
Practice & progression	<p>STRAIGHT ARM DEFENCE HITTING ACTION.</p> <p>Coach Explanation of the bent arm hitting action.</p> <p>This hitting action/style is most effective when having to defend, especially serves that come quickly at the player and where they have to reach for low drives and drop shots. The straight arm action also makes for a good lob shot action.</p> <p>Straight Arm Action Practices.</p> <p>Coach Demonstrates Practice1 (Demonstration to include right/left</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>



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hand).

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



Coach throws the ball underarm onto the front wall, Player moves from mid court and catches ball, then throws the ball with a straight arm action into back court.

3 goes each player, 1 pt every time ball is thrown into the back court.

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

Practice 2.

As in Practice 1, however, player now hits the ball to the back court area.

N.B.

Younger and less able players may require the coach to drop the ball rather than fed onto the front wall.

5 goes each player, 1 pt for a bent arm action even if doesn't go up; 3 pts every time ball is hit into the back court area.

Practice 3 and 4.

- Follow the ball with the strike hand from the coaches hand.

- Move towards the ball and take up sideways on position.

-Feet should be kept moving until the last moment, and on striking ball a good distance apart.

-Weight goes on front foot and leg is bent, trail leg is almost straight on striking the ball.(Rt hand strike/Lt leg forward; Lt hand strike/Rt leg forward. Or Opposite leg forward to the hand striking the ball.)

- As approach ball, strike hand is forward and arm straight, hand back.

-Hand comes under the ball.

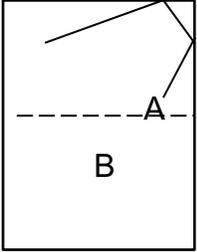
-Flick wrist when ball contacts the hand. Arm should be at full extension.

- Follow hand through to front wall; helps player to make the best angle for the shot and is safer hitting action, players are less likely to hook the ball round, hence hitting an opponent.

- Before and during the strike the other arm should



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	<p>As in Practice 1 and 2; now with the weaker hand.</p> <p>Practice 5. Game Situation: Conditioned.</p>  <p>Player A hits an easy serve to start the rally, thereafter the players attempt to return the ball into the back court with a straight arm hitting action.</p> <p>Only win the rally by playing the ball into the back court.</p> <p>If B attempts and misses a volley, no point is won.</p> <p>5 serves, each player.</p>		<p>be up for balance, and helps recovery to the mid point.</p>
<p>Recap & cool down</p>			
<p>Player feedback & evaluation</p>			



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Signature of Coach: Date:	Signature of Witness Date:	
	Name:	Role: