



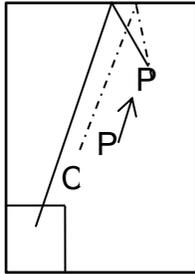
COACHING SESSION PLAN

Name of Group/Individual:		Date:	Time of session:
Ability level: BEGINNERS/INTERMEDIATE	Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:
Special Needs:		Equipment/Resources:	
Objective for session: To introduce the bent arm 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 and hand back. - Push hand through to the front wall and flick hand as last action. - Other arm up to help balance.
Practice & progression	<p>BENT ARM HITTING ACTION.</p> <p>Coach Explanation of the bent arm hitting action.</p> <p>This hitting action/style is most effective as it allows the player to return the ball more quickly than a straight arm action. A player has to learn all styles if they wish to bring more deception into the game. If players have a problem adapting then at the early stages it is probably best to leave them to the style they prefer; as achievement is necessary to keep players motivated and enjoying playing.</p> <p>Bent Arm Action Practices.</p> <p>Coach Demonstrates Practice1 (Demonstration to include right/left hand).</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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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 ball hard into back court.

3 goes each player, 1 pt every time ball is thrown into the back court, give 3 pts if hit box/into area.

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.

- Explain the action is like 'Skimming' a stone over water.

- Watch ball from 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 back and arm bent, hand back

- Elbow leads.

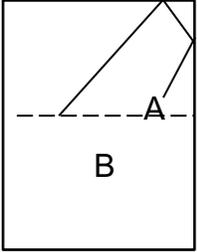
-Flick hand when ball contacts the hand. Arm should be at full extension.

- 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 be up for balance, and helping recovery to the mid



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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.</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>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: