

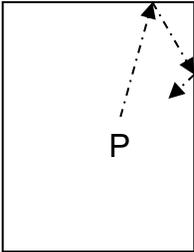
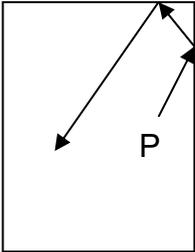


COACHING SESSION PLAN

Name of Group/Individual: LEVEL 1 COACHES, BLUNDELL'S SCHOOL		Date:		Time of session:	
Ability level: BEGINNER		Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:	
Special Needs:			Equipment/Resources:		
Objective for session: To introduce the players to the basic serve and practice returning the serve; and a mini game of singles.				Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					



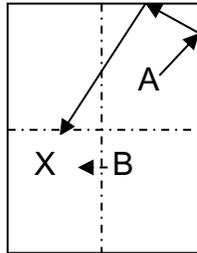
COACHING SESSION PLAN

<p>Practice & progression</p>	<p>BASIC SERVE AND RETURN.</p> <p>THE SERVE.</p> <p>Coach Explanation and Demonstration of catch and throw Serve.(To include right/left hand serve)</p> <p>Practice 1.(Player chooses right/light hand in all practices)</p> <p>Coach will position players:</p> <p>Player throws the ball underarm up high onto the front wall so it hits the side wall, after it bounces player catches ball with the throwing hand; player throws ball back against the side wall so it hits the front wall, well above the board.</p> <p>3 goes each player.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Coach Demonstrates Practice 2.(To include right/left hand serve)</p> <p>Practice 2.</p> <p>As in Practice 1, but now the player hits the ball after it bounces.</p> <p>H&S, Safety Points:</p> <ol style="list-style-type: none"> 1. If other player is in way after serving do not hit ball. Serve again. 2. If the serve goes directly behind the player, advise player not to turn round. <p>5 goes each player.</p>	<p>15 min 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> <p>-Throw the ball high to give the player time to approach the ball.</p> <p>-Player moves back so they can adjust position to the bounce of the ball , then forward.</p> <p>- keep feet moving until throwing the ball.</p> <p>-Hit ball at waist height (depends on size and strike action of player).</p> <p>-If player has problem hitting ball, suggest: when the ball bounces the player says, 'bounce'; when they hit the ball they say, 'hit'. This can help the player focus on watching the ball and hand contact.</p> <p>-Get player to move, after hitting ball, back to mid court position, and watch where serve goes.(N.B. H&S Point)</p>
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COACHING SESSION PLAN

THE RETURN.



Coach Demonstrates Practice 3. (Includes right/left hand return)

Practice 3.

Player A serves, player B stands but keeps feet moving ready to return the serve. Rally finishes after B 's return.

H&S, Safety Points:

1. If other player is in way after serving do not hit ball. Serve again.
2. If the serve goes directly behind the player, advise player not to turn round.

3 goes each player.

INTRODUCTION TO PLAYING A MINI GAME OF SINGLES.
(American Scoring: win a point on every rally).

Coach explains the scoring for a game while the players serve, return and rally played.

Player A serves 3 times. Player B then serves 3 times.

Winners to play each other and losers play each other.

Players at the back of the court can be given the task of keeping score.

-Point a hand in the direction of the server to remind player to watch the ball hitting the side wall, then on to front wall and move to its bounce area X.

-Feet should be moving before the server strikes the ball.

-Can introduce throwing the serve if a player does not serve correctly after two attempts, to help get a rally going.



COACHING SESSION PLAN

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