



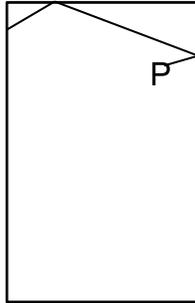
**COACHING SESSION PLAN**

<b>Name of Group/Individual:</b> LEVEL 1 COACHES, BLUNDELL'S SCHOOL		<b>Date:</b>		<b>Time of session:</b>	
<b>Ability level:</b> ADVANCED/INTERMEDIATE		<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 the players to the front court power serve and practice returning the serve; and a mini game of singles or doubles.				<b>Contingency Plan:</b>	
<b>Session potential safety hazards:</b>			<b>Action taken to minimise risks:</b>		
<b>ACTIVITIES</b>			<b>TIMING</b>		<b>COACHING POINTS</b>
<b>Preparation &amp; warm up period</b>					
<b>Practice &amp; progression</b>	<p>FRONT COURT POWER SERVE.</p> <p>Coach Explanation of the Front Court Power Serve.</p> <p>This serve is intended to deceive an opponent and is useful to play after playing several deep serves. It makes a player less predictable and their opponent uncertain of the return they want to play. If played well it can win many rallies and does prevent opponents attacking the server.</p> <p>Front Court Power Serve Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</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>



**COACHING SESSION PLAN**

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



Player takes up his normal serve position and throws up the ball, then catches it and throws with full force into the near side wall, so the ball goes above the board onto the front wall and lands in the opposite front corner nick or at least side wall.

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

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

Practice 2.

As in Practice 1, but now the player throws up as normal for the serve and then hits the ball with full force for the serve.

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.

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

-Not necessary to throw the ball too close to the board.

-Throw will full force and aim as though throwing through the side wall to aim at the other courts far wall.

-Important the ball does not hit the floor before the side wall as it will come up for an opponent to attack.

-Take several attempts to decide on the best angle to get the ball into the opposite side wall/nick.

- Think: 'hit from a high to low position'. The ball can be hit slightly higher than normal, which helps give plenty of clearance from the board and also helps get the ball into the opposite side wall and with practice nick.

-Get player to move after hitting ball back to mid court position, while watching where the serve goes.



**COACHING SESSION PLAN**

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with weaker hand.</p> <p>Practice 5. Game Situation: Conditioned.</p> <p>Players can now play singles or doubles but can only play a Front Court Power Serve on serve.</p>		
<p><b>Recap &amp; cool down</b></p>			
<p><b>Player feedback &amp; evaluation</b></p>			
<p><b>Signature of Coach:</b> <b>Date:</b></p>		<p><b>Signature of Witness</b> <b>Date:</b></p>	
		<p><b>Name:</b></p>	<p><b>Role:</b></p>