



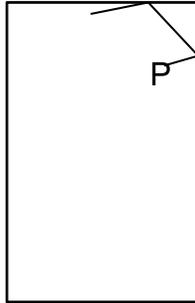
COACHING SESSION PLAN

Name of Group/Individual: LEVEL 1 COACHES, BLUNDELL'S SCHOOL		Date:		Time of session:	
Ability level: ADVANCED/INTERMEDIATE		Age:	Venue Risk Assessment completed : YES/NO		Name of Coach:
Special Needs:			Equipment/Resources:		
Objective for session: To introduce the players to the front court spin serve.				Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>FRONT COURT SPIN SERVE.</p> <p>Coach Explanation of the Front Court Spin 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 Spin 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>	



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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 the ball gently and with a slight spin into the near side wall, so the ball goes above the board and stays very close to the front wall.

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

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

Practice 2.

As in Practice 1, but now the player hits the ball with gently with under spin onto the sidewall.

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 with little force as possible and put a slight under spin on the ball.

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

- Hand comes under the ball on contact to put spin on it.

- Follow hand through to add to the deception of the shot.

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



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	<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 Spin Serve on serve.</p>		
<p>Recap & cool down</p>			
<p>Player feedback & evaluation</p>			
<p>Signature of Coach: Date:</p>		<p>Signature of Witness Date:</p>	
		<p>Name:</p>	<p>Role:</p>