



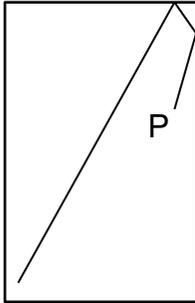
COACHING SESSION PLAN

Name of Group/Individual: LEVEL 1 COACHES, BLUNDELL'S SCHOOL		Date:		Time of session:	
Ability level: INTERMEDIATE/ADVANCED		Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:	
Special Needs:			Equipment/Resources:		
Objective for session: To introduce the players to the length serve.				Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>LENGTH SERVE.</p> <p>Coach Explanation of the Length Serve.</p> <p>This serve is intended to make it as difficult as possible for an opponent to attack a serve. If the length is good, which is when the ball does not come out of the opposite back corner, it should enable the server to attack the return and at least take control of the rally.</p> <p>Length 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 with force into the near side wall, so the ball goes just above the board and into the opposite back court area.. The ball should have enough pace to get past an opponent but not come out of the opposite back corner.

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 hits the ball with force onto the sidewall.

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

Practice 3 and 4.

As in Practice 1 and 2; now with weaker hand.

Practice 5. Game Situation: Conditioned.

Players can now play singles or doubles but can only play a Length Serve when serving

-Throw with force but need to judge the weight to get the best possible weight.

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

- Hit through the ball.

- Follow hand through.

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



COACHING SESSION PLAN

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