



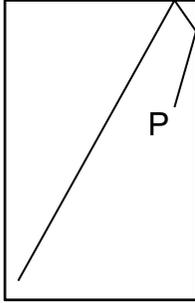
**COACHING SESSION PLAN**

<b>Name of Group/Individual:</b> LEVEL 1 COACHES, BLUNDELL'S SCHOOL		<b>Date:</b>		<b>Time of session:</b>	
<b>Ability level:</b> INTERMEDIATE/ADVANCED		<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 lob serve.				<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>LOB SERVE.</p> <p>Coach Explanation of the Lob Serve.</p> <p>This serve is intended to make it as difficult as possible for an opponent to attack a serve. If the lob 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>Lob 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 the ball with an under hand action up into the near side wall, so the ball goes up the front wall and stays very high until arriving on the floor in the opposite back corner. The ball should be difficult to attack.

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 an under hand action. Need to judge the weight to get the best possible result.

-Take several attempts to decide on the best angle and weight to get the ball into the opposite back corner.

- Hit through the ball.

- Follow hand through and in an upward direction.

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



**COACHING SESSION PLAN**

<b>Recap &amp; cool down</b>			
<b>Player feedback &amp; evaluation</b>			
<b>Signature of Coach:</b> <b>Date:</b>		<b>Signature of Witness</b> <b>Date:</b>	
		<b>Name:</b>	<b>Role:</b>