



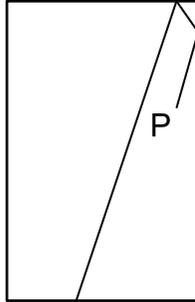
**COACHING SESSION PLAN**

<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		<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 power back wall nick 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>POWER BACK WALL NICK SERVE.</p> <p>Coach Explanation of the Power Back Wall Nick Serve.</p> <p>This serve is intended to win the rally outright or at least make it as difficult as possible for an opponent to attack the serve. It is a serve that is high risk as the player has to ensure it hits the nick. The ball is struck with full power for greatest effect.</p> <p>Power Back Wall Nick 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 full force into the near side wall, the ball then travels with pace to the opposite back wall nick. The ball should 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 Power Back Wall Nick Serve when serving

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

-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 the serve goes.



### COACHING SESSION PLAN

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