



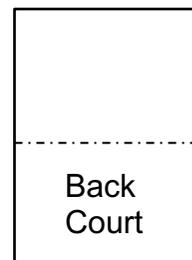
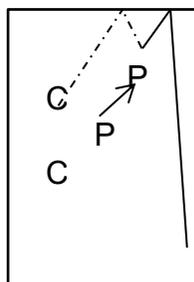
COACHING SESSION PLAN

Name of Group/Individual:			Date:	Time of session:	
Ability level: BEGINNERS	Age:	Venue Risk Assessment completed : YES/NO	Name of Coach:		
Special Needs:			Equipment/Resources:		
Objective for session: To introduce practices to improve the players ability to straight drive the ball consistently from the front court to the back court area.			Contingency Plan:		
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>STRAIGHT DRIVE SHOT FROM FRONT TO BACK COURT.</p> <p>Coach Explanation of the straight drive shot.</p> <p>These shots enable the player to make it more difficult for an opponent to attack them and ultimately to return the ball. It also allows more time to recover back to mid court and determine where an opponent is going to play the ball.</p> <p>Straight Drive Shot Practices.</p> <p>Coach Demonstrates Practice1 (Demonstration to include right/left hand).</p>			<p>15 mins 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).



Coach throws the ball underarm onto the front wall, Player moves from mid court and catches ball, then throws ball hard into back court.

3 goes each player, 1 pt every time ball is thrown into the back court.

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

Practice 2.

As in Practice 1, however, player now hits the ball to the back court area.

5 goes each player, 1 pt every time ball is hit into the back court area.

Practice 3 and 4.

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

- Watch ball from coaches hand.

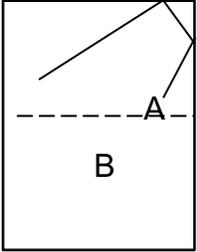
- Move towards the ball and take up sideways on position.

- Strike hand needs to follow through to front wall; helps player to make the best angle for the shot and is a safer hitting action, players are less likely to hook the ball round, hence hitting an opponent.

- Turn hand, like turning a door knob to help the ball keep to the side wall.(Eton spin if preferred).



COACHING SESSION PLAN

	<p>Practice 5. Game Situation: Conditioned.</p>  <p>Player A hits an easy serve into the front court to start rally, thereafter must return the ball into the front court; Player B plays a straight drive shot, as many returns as possible. Only wins the rally by playing a straight drive.</p> <p>If B attempts and misses a volley, no point is won: 5 serves each player.</p>				
<p>Recap & cool down</p>					
<p>Player feedback & evaluation</p>					
<p>Signature of Coach: Date:</p>	<p>Signature of Witness Date:</p> <table border="1" data-bbox="1319 1310 2145 1369"> <tr> <td data-bbox="1319 1310 1659 1369">Name:</td> <td data-bbox="1659 1310 2145 1369">Role:</td> </tr> </table>			Name:	Role:
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