



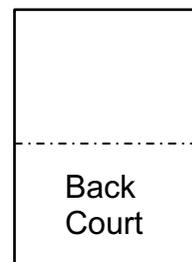
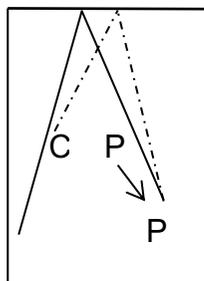
COACHING SESSION PLAN

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|--|--|--|---------------------------------|--------------------------|--|
| Name of Group/Individual: | | | Date: | Time of session: | |
| Ability level: INTERMEDIATE | 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 cross court drive the ball consistently from the back 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>CROSS COURT DRIVE SHOT FROM BACK COURT 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>Cross Court 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.

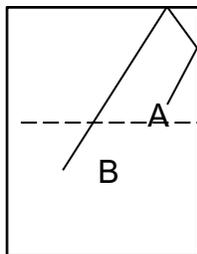
- Move towards ball and take up sideways on position.

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



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Practice 5. Game Situation: Conditioned.



Player A hits an easy serve to back court to start rally, thereafter must hit easy returns to the back court; Player B cross court drives as many returns as possible. Only wins the rally by playing a cross court drive shot.

If B attempts and misses a cross court drive, no point is won: 5 serves each player.



COACHING SESSION PLAN

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