



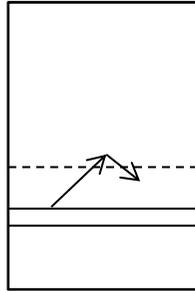
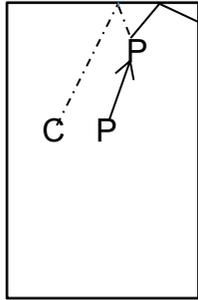
### COACHING SESSION PLAN

<b>Name of Group/Individual:</b>			<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 practices to improve the players ability to play consistently the cross court drop volley shot from front court, where the ball is taken before it bounces.			<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>CROSS COURT DROP VOLLEY SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the front court drop volley shot.</p> <p>This shot is ideally played when a player has hit a good length shot and realises an opponent can not play a power shot back, it helps cut the ball off and even if an opponent reaches it they normally play a weak return.</p> <p>Cross Court Drop Volley Shot Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</p>		15 mins Total	<p><b>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.</b></p>



**COACHING SESSION PLAN**

Practice 1. (Catch and throw with strongest hand).



Coach throws the ball underarm onto the front wall a meter above the board, Player stands in mid court and moves quickly to catch the ball with straight arm before it bounces as close to front wall as possible and gently pushes the ball just above the board to make the angle for the drop shot; pass ball back to coach: quick rotation of players.

5 goes each player: Score 1 pt if hit on volley; 2 pts goes above board; 3 pts in nick/on box.

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

Practice 2.

As in Practice 1, however, player now hits ball to play a drop shot; into nick or at least towards the side wall.

5 goes each player: Score 1 pt if hit on volley; 2 pts goes above board; 3 pts in nick/on box.

- Keep hands in front, and as opponent returns ball follow it with strike hand.
- Keep arm straight and in front as approach ball, so reach ball as early as possible.
- Ball almost drops of hand onto wall.
- Lock hand so no wrist movement unless necessary and feel the weight required to deliver the shot.
- Explain: like a TV set: 'see the ball/hand in the same picture as you hit the ball.



**COACHING SESSION PLAN**

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with the weaker hand.</p> <p>Game Situation: Conditioned</p> <p>Player A hits an easy serve to start rally, thereafter must hit ball into front court only; Player B can return the ball into the back court area, however, only wins the rally by playing a drop volley.</p> <p>If B attempts and misses a volley, no point is won: 5 serves each player.</p> <p>H&amp;S: Players told not to hit any ball back if other player is in front of them.</p>		
<p><b>Recap &amp; cool down</b></p>			
<p><b>Player feedback &amp; evaluation</b></p>			
<p><b>Signature of Coach:</b> <b>Date:</b></p>	<p><b>Signature of Witness</b> <b>Date:</b></p>		
	<p><b>Name:</b></p>	<p><b>Role:</b></p>	