



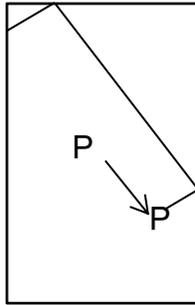
### COACHING SESSION PLAN

Name of Group/Individual:			Date:	Time of session:
Ability level: INTERMEDIATE/ADVANCED	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 play the power boast shot from the back court.			Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:	
<b>ACTIVITIES</b>			<b>TIMING</b>	<b>COACHING POINTS</b>
<b>Preparation &amp; warm up period</b>				
<b>Practice &amp; progression</b>	<p>POWER BOAST SHOT FROM BACK COURT.</p> <p>Coach Explanation of the boast shot:</p> <p>This shot can be used as an effective defensive shot, being the only way a player can return a difficult ball or as an attacking shot, where an opponent is taken by surprise if rallying from the back court area for several shots. The ball must be hit with force and make the nick or at least stay close to the far side wall on bouncing.</p> <p>Power Boast Shot From Back Court.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</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).

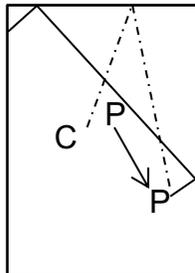


Player moves from mid point into back court area and throws the ball with full force into the near sidewall, so the ball goes above the board on front wall and hopefully lands in the opposite front corner nick or at least side wall.

3 goes each player.

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

Practice 2. (Attack the ball)



Coach throws the ball underarm onto front wall, Player moves from mid court into the back court and hits the ball into the near sidewall, boasting the ball into the opposite front corner nick/sidewall.

5 goes each player. Score 1 pt if ball goes above board;3 pts in the nick/box.

-Throw with full force.

- Wrist flick essential.

- Short follow through if near wall, stab/punch ball into wall.

- Aim to play ball into nick or fast off opposite sidewall so difficult for opponent to attack.

- Prepare arm/hand back early.

- Hit the ball with pace and power.

- Attack the ball.



**COACHING SESSION PLAN**

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with weaker hand.</p> <p>Game Situation: Conditioned.</p> <p>Player A plays an easy deep serve into back court, Player B attempts boast return, Player A attempts to return the ball into the back only. Player B can only win the rally with a boast. 5 serves each player. Boast wins rally.</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> <table border="1" data-bbox="1296 1331 2145 1391"> <tr> <td data-bbox="1296 1331 1655 1391"><b>Name:</b></td> <td data-bbox="1655 1331 2145 1391"><b>Role:</b></td> </tr> </table>		<b>Name:</b>	<b>Role:</b>
<b>Name:</b>	<b>Role:</b>				