



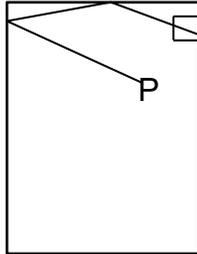
COACHING SESSION PLAN

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 play consistnetly the soft angle shot from the front court.			Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:	
ACTIVITIES			TIMING	COACHING POINTS
Preparation & warm up period				
Practice & progression	<p>SOFT ANGLE SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the soft angle shot.</p> <p>This shot should be played when an opponent is staying back from the mid court defence position. It helps to draw an opponent into the front court, hopefully dieing before they reach it or at least making them play a weak return; brings deception to a players game.</p> <p>Soft Angle Shot Practices.</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>



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



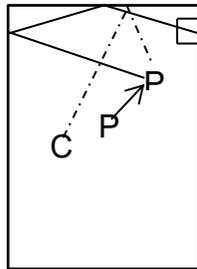
Player stands to one side of front court and throws the ball across body with just enough weight to hit the opposite sidewall, close to the board on the front wall and then ideally drops close to the front wall on the player's side of the court.

Could use boxes as the target, also put tape on opposite side wall to give target to make the correct angle.

3 goes each player; score 1 pt hit angle, 2 pts above board, 3 pts into side wall, 5 pts hit nick/box.

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

Practice 2.



Coach throws the ball onto the front wall, Player moves from mid court into front court area as for the throw in Practice 1, however, now hits the ball with just enough weight to make the shot.

5 goes each player; score 1 pt hit angle, 2 pts above board, 3 pts into side wall, 5 pts hit nick/box.

- Follow hand through to the place on the sidewall you feel will make the best angle

- Relax hand

- Wrist roll, with either: the hand coming under the ball for bent arm action; or side of the ball if hitting with a straight arm action

- Correct weight when striking the ball is essential.



COACHING SESSION PLAN

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with the weaker hand.</p> <p>Practice 5. Game Situation: Conditioned</p> <p>Player A hits an easy serve to start rally in the front court, thereafter the players must hit ball into front court only. Win the rally by playing a soft angle shot.</p> <p>5 serves player A, then 5 serves player B. Winners play winners; losers play losers.</p> <p>(H & S: If opponent in front of you don't play the shot).</p>		
<p>Recap & cool down</p>			
<p>Player feedback & evaluation</p>			
<p>Signature of Coach: Date:</p>	<p>Signature of Witness Date:</p>		
	<p>Name:</p>	<p>Role:</p>	