



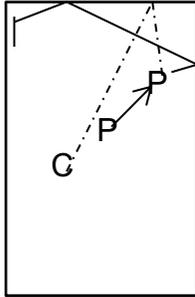
COACHING SESSION PLAN

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 spin boast 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>SPIN BOAST SHOT FROM FRONT 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 spin and stay close to the far side wall on bouncing, this spin can often fool an opponent.</p> <p>Spin Boast Shot From Front 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).

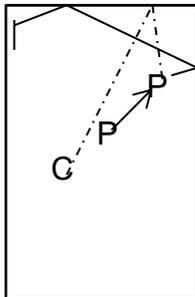


Coach throws the ball underarm onto front wall, Player moves from the mid court into the front court area and throws the ball with spin into the near sidewall, so the ball goes above the board on the front wall and hopefully lands with spin in the opposite front corner floor area near the side wall.

3 goes each player. 1 pt if spins ball; 3 pts if land near opposite side wall.

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

Practice 2 .



Coach throws the ball underarm onto front wall, Player moves from mid court into the front court and hits the ball into the near sidewall.

As for Practice 1 above, but the ball lands short of the side wall but very close to it, with reverse spin, making it very difficult to attack or to return.

=Bring hand under the ball.

- Follow through up the sidewall to put spin on.

-Hit the ball with an under spin by coming under the ball and push the hand up the wall.



COACHING SESSION PLAN

	<p>5 goes each player. 1 pt if spins ball; 3 pts if land near opposite side wall.</p> <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 serve into the front court, Player B attempts a spin boast return in the front court, Player A attempts an easy return in the front court if possible. Win rally with a spin boast only. 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>	
		<p>Name:</p>	<p>Role:</p>