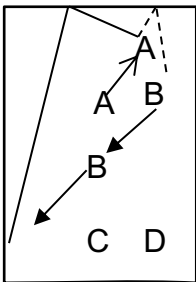




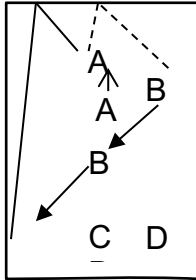
COACHING SESSION PLAN

| Name of Group/Individual: | | Date: | Time of session: |
|--|---|--|---|
| Ability level: 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 attack an opponent with various drive shots from front court and practice returning these shots. | | Contingency Plan: | |
| Session potential safety hazards: | | Action taken to minimise risks: | |
| ACTIVITIES | | TIMING | COACHING POINTS |
| Preparation & warm up period | | | |
| Practice & progression | <p>Practice 1. Cross Court Drive. (Strong hand followed by weak hand).</p>  <p>Players take turns to attack and defend the shot: Player B hits the ball so Player A can easily play a cross court drive. Player B after feeding the ball moves to mid court and attempts to return the ball. Rally ends. Players C and D then do the same practice. Players A and B then swop positions. Continue to rotate until the players have had 5 goes in each position. Score: players can keep a score on successfully defended/won shots.</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 2. Straight Drive. (Strong hand followed by weak hand).



As for Practice 1, the players rotate positions and partners if the coach thinks this will benefit the players.

Game of doubles to finish session.

Recap & cool down

Player feedback & evaluation

Signature of Coach:
Date:

Signature of Witness

Date:

Name:

Role: