



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 play a straight check drop 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>STRAIGHT CHECK DROP SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the check drop shot.</p> <p>These shots should be used when a player knows his opponent is not on the mid court position. The player can bring more deception to the shot by using the same strike action as for a drive shot. Even if not a winning shot, if played well, it will allow another attack.</p> <p>Straight Check Drop Shot Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</p>		<p>15 mins Total.</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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	<p>Practice 1. (With strongest hand)</p> <p>Coach throws the ball underarm onto the front wall; Player stands in mid court and moves to hit the ball, gently pushing the ball just above the board to make the angle for the drop shot, pass ball back to coach: quick rotation of players.</p> <p>5 goes each player: Score 1 pt goes above board; 3 pts in nick/on box.</p> <p>Practice 2.</p> <p>As in Practice 1; now with the weaker hand.</p> <p>Practice 3. 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 check drop shot.</p> <p>5 serves player A, then 5 serves player B. Winners play winners; losers play losers</p>		<p>-Look at ball coming out of Coaches hand and follow it until you catch/hit the ball.</p> <p>- Best to use a straight arm hitting action</p> <p>- Hand should come under the ball, putting an under spin on it for maximum effect. The hand then follows through as for all other shots.</p> <p>- Have to judge using the correct weight when striking the ball.</p>		
<p>Recap & cool down</p>					
<p>Player feedback & evaluation</p>					
<p>Signature of Coach: Date:</p>	<p>Signature of Witness Date:</p> <table border="1" style="width: 100%;"> <tr> <td data-bbox="1294 1406 1655 1441">Name:</td> <td data-bbox="1655 1406 2134 1441">Role:</td> </tr> </table>			Name:	Role:
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