



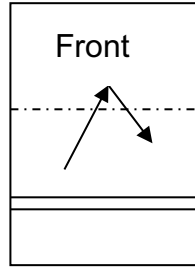
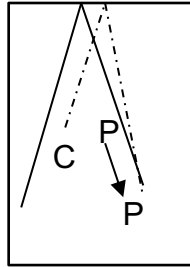
COACHING SESSION PLAN

Name of Group/Individual:			Date:	Time of session:	
Ability level: INTRMEDIATE/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 consistently the cross court power bent arm volley shot from back court, where the ball is taken before it bounces.			Contingency Plan:		
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>CROSS COURT POWER BENT ARM VOLLEY SHOT FROM BACK COURT.</p> <p>Coach Explanation of the power volley shot.</p> <p>This shot is ideally played when a player has hit a good length shot and realises an opponent can not play a power shot back, it helps cut the ball off and even if an opponent reaches it they normally play a weak return.</p> <p>Cross Court Power Volley 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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Practice 1. (Catch and throw with strongest hand).



Coach throws the ball underarm over half way up the front wall, Player stands in mid court and steps forward to catch and throws the ball hard with a bent arm action to the back court area. Players rotate quickly.

3 goes each player: Score 1 pt if hit on volley; 2 pts goes above board; 3 pts in nick/on box.

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

Practice 2.

As in Practice 1, however, player now hits ball towards the side wall.

5 goes each player: Score 1 pt if hit on volley; 2 pts goes above board; 3 pts into back court.

Practice 3 and 4.

As in Practice 1 and 2; now with the weaker hand.

- Sideways on position as for power drive shot.

- Keep the hitting arm bent as the ball approaches the front wall.

-Non hitting hand and arm should be raised and following the ball onto and off the front wall.

-Give space and hit the ball out in front; arm should be straight on contact with ball.

- Explain: like a TV set: 'see the ball/hand in the same picture as you hit the ball'.



COACHING SESSION PLAN

	<p>Game Situation: Conditioned</p> <p>Player A hits an easy lob serve to start rally, thereafter must hit a high return, well above the board; Player B power volleys as many returns as possible, can only win the rally by playing a power volley.</p> <p>If B attempts and misses a volley, no point is won.</p> <p>5 serves each player.</p> <p>H&S: Players told not to hit any ball back if other player is in front of them.</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>	