



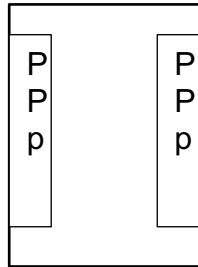
COACHING SESSION PLAN

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 consistently the straight overhead power 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>STRAIGHT OVERHEAD POWER VOLLEY SHOT FROM BACK COURT.</p> <p>Coach Explanation of the overhead power volley shot.</p> <p>This shot is ideally played when an opponent has hit a poor lob shot and it helps cut the ball off preventing playing awkward back wall returns. It also puts pressure on an opponent by them rushing their return, forcing another weak return.</p> <p>Straight Overhead 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>

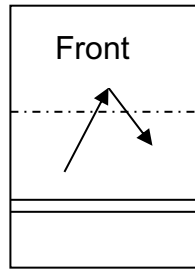
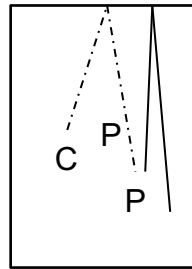


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Practice 1. (Catch and throw with strongest hand).



Have players line up next to side wall to emphasise the need to approach the ball in a sideways on position, none strike arm up to site the ball and elbow of strike arm back in line with shoulders.



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

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

- Ensure sideways on position

- None strike arm up for balance and following the ball onto and off the front wall.

- Strike hand: elbow is high and pointing back a long line of shoulders.

- Catch ball at a high point in front of player.

- Follow the hand through to a place on the front wall the ball is aimed at, to make the best angle for the ball to hopefully hit the nick.

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

- Hit ball at its high point in front of player.



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	<p>Coach Demonstrates Practice 2. (To include right/left hand.)</p> <p>Practice 2.</p> <p>As in Practice 1, however, player now hits ball towards the side wall.</p> <p>5 goes each player: Score 1 pt if hit on volley; 2 pts goes above board; 3 pts into back court.</p> <p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with the weaker hand.</p> <p>Game Situation: Conditioned</p> <p>Player A hits an easy high serve to start rally, thereafter must hit the ball high, well above the board; Player B overhead power volleys as many returns as possible. Only wins the rally by playing an overhead power volley.</p> <p>If B attempts and misses a volley, no point is won: 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>		<ul style="list-style-type: none"> - On contact, break wrist at last moment and follow hand and a straight arm through to where player wants the ball to go. - Aim to play the ball towards the sidewall nick. - Attack the ball. - Point none strike hand at ball as it goes up to front wall and off it. 		
<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" data-bbox="1296 1385 2136 1444"> <tr> <td data-bbox="1296 1385 1659 1444">Name:</td> <td data-bbox="1659 1385 2136 1444">Role:</td> </tr> </table>		Name:	Role:
Name:	Role:				



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