



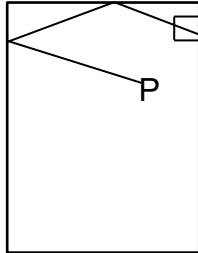
COACHING SESSION PLAN

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 consistnetly the power angle 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>POWER ANGLE SHOT FROM FRONT COURT</p> <p>Coach Explanation of the power angle shot.</p> <p>This shot needs to hit ideally the nick or at least the side wall before hitting the floor. The danger of hitting the floor first will mean the ball will be easy for the opponent to attack. Advanced level shot.</p> <p>Power Angle Shot Practices</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).

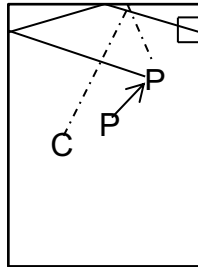


Player stands to one side of front court and throws the ball with force across body as hard as can to hit opposite sidewall, the front wall and then ideally hits the nick on the player's side wall or the side wall making a return difficult. Could use boxes as the target, also put tape on opposite side wall to give target to make the correct angle.

3 goes each player; score 1 pt hit angle, 2 pts above board, 3 pts into side wall, 5 pts hit nick/box.

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 front court area, as for the throw in Practice 1, however, now hits the ball with force to make the shot.

5 goes each player; score 1 pt hit angle, 2 pts above board, 3 pts into side wall, 5 pts hit nick/box.

-Follow hand through to the place on the side wall you feel will make the best angle.

-Throw with full force.

- Attack ball, must hit ball with max force and speed.



COACHING SESSION PLAN

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with the weaker hand.</p> <p>Practice 5. 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 power angle shot.</p> <p>5 serves player A, then 5 serves player B. Winners play winners; losers play losers.</p> <p>(H & S: If opponent in front of you don't play the shot).</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" data-bbox="1296 1225 2130 1286"> <tr> <td data-bbox="1296 1225 1655 1286">Name:</td> <td data-bbox="1655 1225 2130 1286">Role:</td> </tr> </table>			Name:	Role:
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