



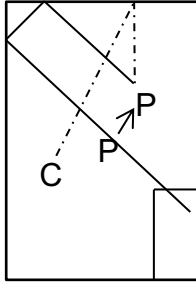
### COACHING SESSION PLAN

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 the reverse angle shot from the front court.			Contingency Plan:	
Session potential safety hazards:			Action taken to minimise risks:	
<b>ACTIVITIES</b>			<b>TIMING</b>	<b>COACHING POINTS</b>
<b>Preparation &amp; warm up period</b>				
<b>Practice &amp; progression</b>	<p>REVERSE ANGLE SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the soft angle shot.</p> <p>This is an advanced shot and if not played correctly can set a player up for losing the rally. It should be emphasised to players that it should only be used when an opponent is well out of position. The advantage of the ball reaching the near side wall, behind the player striking the ball, is that the ball will drop on the wall making a return virtually impossible.</p> <p>Reverse Angle Shot Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</p>			<p><b>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.</b></p>



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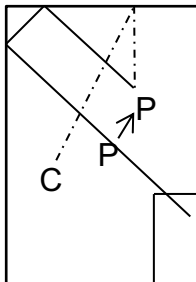
Practice 1. (Catch and throw with strongest hand).



Coach throws the ball underarm onto the front wall, Player moves from mid point into front court area and catches the ball after the bounce, then throws the ball with full force into the far front wall, so the ball goes above the board on front wall near the sidewall and cuts back sharply across the mid court to the same side as the player is standing, ideally finishing on that side wall so the ball drops immediately down the wall.  
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.



As in Practice 1, however, now Player B moves from mid court

- Follow hand through to make the angle.

- Hit through the ball with full power.

- Keep the ball low to the board.



**COACHING SESSION PLAN**

	<p>and hits the ball with full force.                      5 goes each player; score 1 pt hit angle, 2 pts above board, 3 pts into side wall, 5 pts hit nick/box.</p> <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> <ol style="list-style-type: none"> <li>1. Player A can only easy serve into the front court, Player B attempts reverse angle return, Player A can attempt the return if possible. 5 serves player A, then 5 player B. Reverse angle shot wins rally.</li> <li>2. Easy serve to start the rally. Players take it in turn to return the ball into the front court only, while the other player attempts the reverse angle shot. Only score a point if a reverse angle is played.</li> </ol> <p>(H &amp; S: If opponent in front of you don't play the shot).</p>				
<p><b>Recap &amp; cool down</b></p>					
<p><b>Player feedback &amp; evaluation</b></p>					
<p><b>Signature of Coach:</b>  <b>Date:</b></p>	<p><b>Signature of Witness</b>  <b>Date:</b></p> <table border="1" style="width: 100%;"> <tr> <td data-bbox="1294 1305 1655 1366"><b>Name:</b></td> <td data-bbox="1655 1305 2145 1366"><b>Role:</b></td> </tr> </table>			<b>Name:</b>	<b>Role:</b>
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