



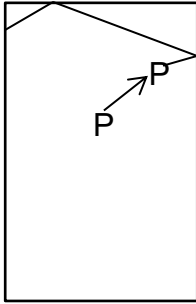
COACHING SESSION PLAN

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 the power boast 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 BOAST SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the boast shot:</p> <p>This shot can be used as an effective defensive shot, being the only way a player can return a difficult ball or as an attacking shot, where an opponent is taken by surprise if rallying from the back court area for several shots. The ball must be hit with force and make the nick or at least stay close to the far side wall on bouncing.</p> <p>Power Boast Shot From Front Court.</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>



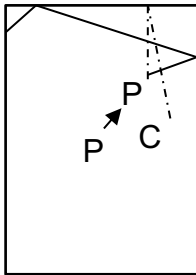
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Practice 1. (Catch and throw with strongest hand).



Player moves from mid point into front court area and throws the ball with full force into the near side wall, so the ball goes above the board on front wall and hopefully lands in the opposite front corner nick or at least side wall.
5 goes each player.

Practice 2. (Attack the ball)



Coach throws ball underarm onto front wall, Player moves from mid court into the front court and hits the ball into the near sidewall, boasting the ball into the opposite front corner nick/sidewall.

5 goes each player. Score 1 pt if ball goes above board;3 pts in the nick/box.

-Throw with full force.

- Wrist flick essential

- Short follow through if near wall, stab/punch ball into wall

- Aim to play ball into nick or fast off opposite sidewall so difficult for opponent to attack.

- Prepare arm/hand back early.

-Hit the ball with full force; pace and power is required.



COACHING SESSION PLAN

	<p>Practice 3 and 4.</p> <p>As in Practice 1 and 2; now with weaker hand.</p> <p>Game Situation: Conditioned.</p> <p>Player A plays a boast serve into front court, Player B attempts to return it. Players A and B can only win the rally with a boast shot. Rally drawn if neither can play one. 5 serves each player.</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>