



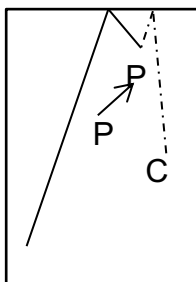
COACHING SESSION PLAN

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 cross court lob the ball consistently from the front court to the back court area.			Contingency Plan:		
Session potential safety hazards:			Action taken to minimise risks:		
ACTIVITIES			TIMING	COACHING POINTS	
Preparation & warm up period					
Practice & progression	<p>CROSS COURT LOB SHOT FROM FRONT TO BACK COURT.</p> <p>Coach Explanation of the cross court lob shot.</p> <p>The lob shot is mianly used to defend and gives the player time to recover. If played well it can be a winning shot.</p> <p>Cross Court Lob Shot Practices.</p> <p>Coach Demonstrates Practice1 (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 onto the front wall, Player moves from mid court and catches ball, then throws the ball underarm up the front wall and into the opposite back court area.

3 goes each player, 1 pt every time ball is thrown into the back court.

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

Practice 2.

As in Practice 1, however, player comes from mid court and now hits the ball with an underarm action to the back court.

5 goes each player, 1 pt every time ball is hit into the back court area.

Practice 3 and 4.

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

- Watch ball from coaches hand.

- Move towards ball and take up sideways on position.

- Strike hand needs to follow through up the front wall.

- Hand comes under the ball using a straight arm action to help get a high return.

- Follow hand through up the front wall to get height on the ball.

-Have to judge the correct weight of the hit.



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	<p>Practice 5. Game Situation: Conditioned.</p> <p>Player A lob serves, player B has to return the ball back into the front court area only, player A has to play a cross court lob shot whenever possible and can only win the rally with the cross court lob shot.</p> <p>6 pts to win, alternate Server & Receiver.</p> <p>Winner plays winner/Loser plays loser/Switch again if time.</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="1319 1251 2132 1308"> <tr> <td data-bbox="1319 1251 1655 1308">Name:</td> <td data-bbox="1655 1251 2132 1308">Role:</td> </tr> </table>			Name:	Role:
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