**Activity planning sheet**

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| Date: | 27/11/2015 | Venue: | DLC | Numbers: | 10-12 |
| Time: | 19:00 | Duration: | 120 Minutes | Ages: | 8-15 |
| Ability, please circle: | Beginner Intermediate Advanced |
| Main Focus for session: | Forehand drive. This session plan will be run on the two sessions. Starting at a different activity for the second session. |
| Safety screening notes: | Check all courts are clear of obstructions and exits are clear |
| Specific needs of the group/individuals: | This is a more broken down session for developing forehand drive techniques. It involves the arm movement for the shot and not footwork. |
| Equipment required: | Shuttles, courts, nets, shuttle tubes, net targets, rackets, hoops. |
| Activity content | Timings |
| Warm-up | 1. Shuttle throwing. Group split between each side of court. 20 shuttles on each side. They must throw their shuttles over the net. Winning team is one with least shuttles on their half at end. One player throws one shuttle at a time only or is removed from the game. If a players is hit by a shuttle from any other player (or coaches throwing shuttles in) they are removed.
2. Circuits around the hall. With numbered instructions. Chasse, High knees. Jump, Change direction, touch player in front.
 | 10 min |
| Activity | I: Forehand drive.D: Demo & Silent demo of the shot with the following key points.1. Relaxed basic grip 3 on scale tighten on impact.
2. Ready lunge position with foot pointing outwards eye line at tape height.
3. Racket arm pointing towards tramline at eye height.
4. Wrist cocked back racket head pointing at rear tramline.

(racket butt pointing in direction of travel of the shuttle)1. Flip over racket head so it’s pointing at the floor (evidence of pronation).
2. Stop racket before going past horizontal on follow through.

E: When you are in the mid court and you don’t want to give away the attack. Or you need to hit quickly into a space in the mid or rear court. Or hitting at your opponent for a weak reply.1. Start by using shuttle tubes instead of racket. Player holds the tube in the correct position to simulate the racket. Feeder holds the end of the tube at impact point. Look for the impact noise of the tube with correct pronation.
2. Progress to loaded tube with shuttle in it, setup targets on the net.
3. Progress to shadow shot with racket. Lunge out ready, focus on racket movement only.
4. Emphasise racket butt pointing towards a target. Replace butt with head! Always think of target. It’s all got to point in that direction.
5. Progress to hand fed shuttle from outside tramline with rackets. Spend time setting feeders up correctly. Using targets on the floor for the feeders. Start in lunge position with racket back and strings pointing at ceiling. Don’t feed until in ready position. Check key points before feed.
6. Add targets to far end of court. Swap after a dozen shuttles.
7. Progress to two targets mid court & rear court feeder calls a target on feed.
8. Progress to FH drive rallies. Position players in an offset way or mix LH & RH players to keep players on FH side.
 | 5 min40 minProgress as needed |
| Cool down | S: Static upper leg stretches and arm stretches. With Q&A summary and reflection. How could we vary this shot? Did we enjoy this shot What did we struggle with, what did we find easy?Decision making. Long drive or mid court drive. Straight drive or diagonal drive. | 5 min |

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| Coaches Name: |  | Date: |  |
| Venue Facility |  |
| Facility safety information: |  |
| Location of nearest phone |  | No: |  |
| Location of first aid kit |  |
| Other facility safety notes: |
|  |
| Please tick to confirm the following are correct: |
| Equipment is safe and appropriate for planned session |  |
| Risk assessments are available for areas where session is due to take place |  |
| Visual check of area and facilities for actual or potential hazards |  |
| All participants are wearing appropriate clothing or planned session. |  |
| Emergency Contact details |
| Role | Name | Location | Tel No. |
| Appointed first aider: |  |  |  |
| Health and safety officer: |  |  |  |
| Other: |  |  |  |
| Describe the Venue’s Emergency Evacuation procedure (Action you would take.) |
| Consider whether the procedures are appropriate to all of your players (i.e. Is there a safe area identified and where is it? Are the fire exits accessible to all of your players?) |