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| Date: | 24/06/2016 | | Venue: | DLC | Numbers: | 10-20 |
| Time: | 19:00 | | Duration: | 2 hours | Ages: | 8-16 |
| Ability, please circle: | | | development Potential Advanced | | | |
| Main Focus/outcome for session: | | | Improved movement to rear & forecourt | | | |
| Specific needs of the group: | | | Mixed ability. Consider breaking out less able players. | | | |
| Equipment required: | | | Nets, shuttles, markers, tubes. | | | |
| Activity content | | | | | | Timings |
| Warm-up | | 1. Mirror game. 2. Keepy uppy relay. With underam swing and hit at the end into target. | | | | 5 min |
| Activity | | 1. Start with 180deg jumps when the coach calls (all in sync) Can you balance a shuttle on head while doing it?   Can you close your eyes and balance shuttle on head?   1. Progress to overhead throwing a shuttle while jumping.   Start to improve technique to a scissor jump.  Can you consistently throw shuttle over net and into target   1. Introduce Split step and Chasse from base position to back of court, look at quickest movement technique. Is a crossover step quicker? Start to combine the chasse with the scissor jump and experiment with leading of base with a different leg. What works best 2. Start with shadow movement to the rear court from a base position. Split step followed by early racket preparation into the bolt position. Focus on scissor jump or leg crossover. Player must return to base each time. Repeat 12x. Keep racket in salute position don’t play overhead, hopefully to encourage early racket preparation. 3. In pairs players start to hand feed shuttle from side of the court onto the racket. Player can play a clear, smash or drop. Or the feeder can call the shot. Player must return to base position after each shot. Look at feed position ensure player loads rear leg and is behind the shuttle when playing shot. Push back to base on non-racket leg. 4. Focus on a scissor jump or leg crossover; look at loaded rear leg and being behind shuttle. 5. Progress to moving to forecourt. After returning to base. So movement cycle is Base 🡪 Rearcourt 🡪 Base 🡪 Forecourt🡪 Base 🡪 Rearcourt: and so on. Look for good lunge execution.   Put a marker down where only one leg can progress past the line when in the forecourt. Look for Foot – Knee – Alignment. Also ensure early racket preparation and neutral racket presentation. Watch for correct recovery from net.   1. Progress to working in three’s, one player and two feeders. Feeder feeds at the net and other feeder as above. Rearcourt shot must be a clear (For safety). Forecourt shot is a BH or FH net return only **no kills!!!** 2. Progress to a game of killer where each player plays two shots, Net shot and Rearcourt overhead drop. | | | | 50 min |
|  | | 1. Lower leg stretches 2. Uperarm stretches   All with Q&A Summary and reflection.  What leg do we lunge on, why?  Why would we have early racket preparation? Why would we do a scissor jump on rear court shots? | | | | 5 mins |