**Activity planning sheet**

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| Date: | 12/02/2016 | | Venue: | DLC | Numbers: | 10-20 |
| Time: | 19:00 | | Duration: | 120 Minutes | Ages: | 8-15 |
| Ability, please circle: | | | Beginner Intermediate Advanced | | | |
| Main Focus for session: | | | Forehand overheads. 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 overhead shots techniques. This plan concentrates on hitting action only no footwork. | | | |
| Equipment required: | | | Shuttles, courts, nets, foam balls, rackets, hoop targets. | | | |
| Activity content | | | | | | Timings |
| Warm-up | | 1. Divide the class into two teams with each team lined up along opposite side-lines of the basketball court. Have one or two very large Swiss balls or exercise balls directly between the two teams. Give each team approximately 10-20 smaller balls each. The object of the game is to throw the smaller balls at the larger balls to get them to move across into the other team’s territory. No player can enter the basketball court at any time. Emphasize control and accuracy. | | | | 10 min |
| Activity | | (Use in conjunction with last week’s session plan.)   1. In pairs players feed a shuttle to the hitting position. Swap over after 12 shots. Emphasise relaxed basic grip to tight grip. Start with arm above head during whole feed process with racket facing backwards. Do not progress on until arm rotation and grip are correct! 2. Progress to sideways stance and upper body rotation and open & closing of the shoulders. Add more arm movement with the introduction of the elbow leading. Racket must start in the salute position with the racket head facing downwards. Non rack arm should be up towards the shuttle and used as a lever during the hitting process. Swap after 12 shuttles.   Start to change the elevation angle of the racket so it’s more upright at the hitting point.   1. Introduce a target to the far end of the court. Introduce a points scoring system. 2. Add movement to and from base to rear court. Emphasis early racket preparation and high racket carriage. 3. Progress to a Rearcourt game. One player in each corner. 1 player on each side hits square 1 player on each side hits diagonally. If the shuttle doesn’t reach a player they can leave the shot and score a point. 4. Progress to 2 players at the back and one at the front, rotate around after each point. Front player serves and can’t come backwards from the T during play. Emphasis on clearing to the rear court players. 5. Full games of killer with players at each end. | | | | 45min |
| Cool down | | S: Static upper leg stretches and arm stretches. With Q&A summary and reflection. Why do we relax our grip? Why does the elbow lead? Did we enjoy this shot  What did we struggle with, what did we find easy? | | | | 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: | | | | | | | |
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| 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?) | | | | | | | |