**Activity planning sheet**

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| Date: | 27/05/2016 | Venue: | DLC | Numbers: | 18-20 |
| Time: | 19:00-21:00 | Duration: | 120 Minutes | Ages: | 8-15 |
| Ability, please circle: | Beginner Intermediate Advanced |
| Main Focus for session: | Back-hand drop Pt 3. |
| Safety screening notes: | Check all courts are clear of obstructions and exits are clear |
| Specific needs of the group/individuals: | Mixed ability group, part session broken out into ability. |
| Equipment required: | Shuttles, courts, nets and cones, targets mats |
| Activity content | Timings |
| Warm-up | 1. All players lap the hall slowly. 5 players throw balls within a specified zone when the players run past at faster pace. If they get hit they take the place of the person throwing.
2. Fast feet. When stop called, players have to freeze into a balanced pose.
 | 5 min |
| Activity | I: Back hand drop. Reminder of basic build up shown in Part 1. Starting with neutral stance.D: Demo and Silent demo of back hand drop.1. Racket and stance ready position L shaped feet face pointing towards net and tramline.
2. Racket all horizontal at shoulder (ish) height
3. Use supination on forearm to hit shot.
4. Return racket to start position

E: Used as a last resort if round the head FH is not an option to create space in the rear court.Back hand drop is the building block shot for all other rear court BH shots.1. Use number sequence for lower players to assume each position.

Shadow the shot to start.1: Split into L shape feet 2: Supinate 3: recovery: Close eyes and shadow shot. Feel/visualise each stage of the movement.Look for correct relaxed grip. Grip should tighten on impact. Use the grip scale. Use thump to help supinate. Finger gap in grip before impact1. Use racket to shuttle method. For the players that are struggling, have them start with their racket up at the hitting point and then draw back slightly to play shot.
2. In pairs players start to hand feed from side of court. Start to use draw the sword to emphasise racket start position and travel. Look for elbow moving upwards

If a 3s needed setup as a Feeder/hitter and collector.1. Use the same method as used in the single step work to pivot around from a fixed positon and play shot. Look for correct feet position; once back is fully turned to net weight should be on the racket leg. Plant racket foot into floor!
2. Start to feed slightly higher onto racket. Ensure feed is out to side. BH should be wide to the body position. The hitting action should involve the return movement of the body as well. Demo this shot to player groups as this level is achieved. Feeder continues to feed from side of court.
3. Increase amount of movement to the shot. Look for early racket preparation before movement. Split pivot then chasse move. Pivot back on shuttle impact and run/chasse back to base.
4. Setup up targets on net/or forecourt for more able players. Use a simple scoring system for hitting the targets.
5. Start to introduce a half court rally with net lift and back hand drop.Look for all of the teaching points. If any are forgotten go back to a build step above. Encourage shot to be taken out wide if not use round the head.
6. Half court singles game. Emphasis on the backhand drop.2 points for winning a rally with a BH drop.
7. Finish session with a round of killer.
 | 5 mi45min |
| Cool down | S: Stretches with Q&A on key points of clear and feedback | 5 min |