**Activity planning sheet**

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| Date: | 17/06/2016 | | Venue: | DLC | Numbers: | 18-20 |
| Time: | 19:00-21:00 | | Duration: | 60 Minutes | Ages: | 8-14 |
| Ability, please circle: | | | Beginner Intermediate Advanced | | | |
| Main Focus for session: | | | Back-hand serve and return Pt 2. | | | |
| 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 mat. | | | |
| Activity content | | | | | | Timings |
| Warm-up | | 1. Coach says: Jogging on the spot, bum kicks, jump in the air. 2. Single step shadow work start slow build up pace. | | | | 10 min |
| Activity | | I: Back hand low serve.  D: Demo and Silent demo of back hand serve and receive   1. BH Racket grip. Ensure start position face net or racket foot leading. Stand as close to T as possible without touching the line. Hold shuttle by the feather tips. Place shuttle on racket at hitting point. Keep shuttle arm still through the whole serve. 2. Relaxed shoulders and grip. Push through racket from elbow or wrist & tighten grip. 3. Look to skim the net and land the shuttle just past the front service line. 4. Racket up after serve ready for the reply. TAKE YOUR TIME WITH THE SERVE!!! 5. Racket foot on the front service, line not touching! Racket up. Look at opponent through strings. 6. Stand in the hot zone! Show players the window the shuttle can travel through for each serve variation. 7. Be alert; don’t be rushed by the server. Show techniques for not being rushed.   E: Shuttle travels from the service box to the diagonally opposite box. Used to force a lift and get immediately on the attack. Remind players of some of the serving rules.  Week two focus on targeted servicing. Varying the short serve   * What’s your opponent’s weakness FH /BH? * Is serving to the body effective, * How quick is the server at going into an attacking posture at the net? * Is the receiver LH or RH what’s the best side to serve to. What side are you serving from!!! * Does the receiver rush the serve or do they sit back from the net. * How can we pressurise the server. Make the receiver think!! The FLICK! * More rules. Drills to cover fast returns and drills to force server to react to next shot quicker.  1. Strike the shuttle from the hand into a target area (hoop, bucket etc.). In small teams, use a backhand low serving technique into a smash up target. Having struck the shuttle, run forwards to collect the shuttle and return to the back of the queue. Count up your own score to compare to your team mates, or add up your team score to compare to other teams after a set time (e.g. 3 minutes). 2. Place a double shuttle on top of the net. Receivers work on clipping the shuttle at the net Look at preparation and explosive power and aggressive posture. What foot should lead? 3. Short forecourt game, server gets two serves (Like tennis). Alternate serves on every point Try to get serve tight look at techniques to help with prep and attack. Two coaches talk independently to receiver and server to give them tips on techniques for attack, taking time etc… 4. Killer for last 10 minutes.  HINTS, TIPS AND VARIATIONS • Make low serves look like your flick serve to confuse your opponent. • Serve mainly to the centre in doubles, so you can cover returns to both sides equally. However also develop the skill to vary serves along the front service line to keep your opponent guessing and disrupt their favourite returns. • Serve slightly further into court in singles to restrict the opportunity for your opponent to play tight shots to the net. • In singles backhand low serves can be delivered with a longer grip and deeper in the court. | | | | 45min |
| Cool down | | S: Stretches with Q&A on key points of serve and feedback | | | | 5 min |