

Date:	06/10/2017	Venue:	DLC	Numbers:	18-20
Time:	19:00-21:00	Duration:	60 Minutes	Ages:	8-14
Ability, please circle:	<div style="display: flex; justify-content: space-around; align-items: center;"> Beginner Intermediate Advanced </div>				
Main Focus for session:	Back-hand serve and return pt 1.				
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	<p>Recap of last week: Split step and racket carriage.</p> <p>Warm up.</p> <ol style="list-style-type: none"> Plyo lunge / fast feet / 180deg jumps / tuck jumps / squat to lunge (Move in circle) hands behind back while squat pulsing / four point split lunges / 4 point hop jump/ star jumps Continual movement exercise with multi task throwing. Set up cones or markers: players chasse around the cones in a figure of 8 whilst a ball is thrown to them to catch and return to the thrower. Work in pairs, reverse direction and swap after 1 minute intervals. 			15 min	
Activity	<p>I: Back hand low serve.</p> <p>D: Demo and Silent demo of back hand serve and receive</p> <ol style="list-style-type: none"> 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. Relaxed shoulders and grip. Push through racket from elbow or wrist & tighten grip. Look to skim the net and land the shuttle just past the front service line. Racket up after serve ready for the reply. TAKE YOUR TIME WITH THE SERVE!!! <ol style="list-style-type: none"> Racket foot on the front service, line not touching! Racket up. Look at opponent through strings. Stand in the hot zone! Show players the window the shuttle can travel through for each serve variation. Be alert; don't be rushed by the server. Show techniques for not being rushed. <p>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.</p> <hr/> <ol style="list-style-type: none"> Start serving on half courts (remove nets if necessary) serve from back tramlines to front service line (Check distance) Close eyes and serve to get a feel for the serve. Strike the shuttle from the hand into a target area (hoop, bucket etc.) without a net. In small teams, use a backhand low serving technique into target areas, with each area achieving a score (e.g. one point =large target, 5 points = medium target, 10 points = small 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). Place targets on the net, either a hoop or an old shuttle. Try and hit them Different size hoops for each player with varying points available. Two players stand on opposite sides of the net. They place a target close to the front service line of their service box. The two players then have alternate backhand serves, scoring how many times they hit the target. After a set time (e.g. 3 minutes) scores are compared to find a winner. If it's a draw hit the shuttle in the air and which way it points is the winner. Winners move up the hall, losers move down to take on a new opponent. Play a game where only low backhand serves are allowed. Consider: <ul style="list-style-type: none"> allowing players two attempts, so if they hit the first serve out/in the net then they get another go; rotate serves, so everyone gets an equal amount of serving practice; the receiver stands in different positions and carries their racket in different positions. The server must adjust where they place their low serve (e.g. wide, to centre, at the player etc.). Recievers. How far can you reach to the net when toeing the line. Decision making on the return. Lift - Net return - Net Kill. Always look menacing. HINTS, TIPS AND VARIATIONS <ul style="list-style-type: none"> 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. 			45min	
Cool down	S: Stretches with Q&A on key points of serve and feedback			5 min	