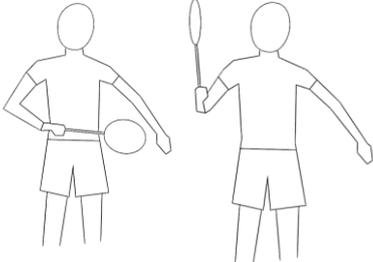


Date:	20/10/2017	Venue:	DLC	Numbers:	18-20	
Time:	19:00-21:00	Duration:	60 Minutes	Ages:	8-14	
Ability, please circle:	Beginner Intermediate Advanced					
Main Focus for session:	Back-hand serve and return pt 1.					
Safety screening notes:	Check all courts are clear of obstructions and exits are clear					
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		
Activity	<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. <p>Set up cones or markers: players chase 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.</p>				15 min	
	<p>Start with</p> <p>BH serve and receive practice for beginner players with split step.</p> <p>Simple keepy-uppy. Look for the shuttle to tumble at the top of the lift and split step when it does..</p> <p>Point the racket up to the shuttle when you lift</p> <ul style="list-style-type: none"> Look for grip Look for Split step Look for racket point <p>Progress to.</p> <p>The same BH lift technique but this time flatten it out into more of a serve type shot. Remove the net or lower if needed. Add targets. And offer points. A wall target could be used.</p> <p>Progress to.</p> <p>A short forecourt rally using the BH serve technique to keep the rally going. Try and split step and keep racket carriage high. Jump into position to play the shot.</p> <div style="text-align: center;">  </div>				100min	
Cool down	S: Stretches with Q&A on key points of serve and feedback				5 min	