**Activity planning sheet**

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| Date: |  | | Venue: | DLC | Numbers: | 20-30 |
| Time: | 19:00 | | Duration: | 120 Minutes | Ages: | 6-18 |
| Ability, please circle: | | | Beginner Intermediate Advanced | | | |
| Main Focus for session: | | | BH net shots. (Builds to lifts and kils) | | | |
| 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 may need to be broken out into ability. | | | |
| Equipment required: | | | Shuttles, courts, nets, sheets, net height extender. | | | |
| Activity content | | | | | | Timings |
| Warm-up | | 1. Single step shadow work. 2. Back to back race. Pair players up where heights roughly match. Players now go into sitting position but lean on each other’s back. They now race against each other down the length of a court and back. 3. Ring of protection. Groups of players protect one of the players form another player trying to touch him. | | | | 5 min  5 min  5 min |
| Activity | | I: BH & FH net shot  D: Demo & Silent demo of movement and shot.   1. Split step and Chasse or cross over or run to net with low centre of gravity   & lunge with knee - foot alignment. Heel down first, knee does not travel past foot.   1. Early racket presentation with cocked back wrist. “Angle between racket and arm”. 2. Hand higher than racket head, non-racket arm behind for balance 3. Take shuttle as high as possible 4. Return to base,. Use correct technique for return e.g. Non racket legs comes forward   E: Used to force a lift or create space in the rear court.  A: Progress groups on where appropriate.   1. Shadow movement to the net & back using key points. 2. Repeat the above but with coach feeding shuttles to position with rotating players.   (Split players between coaches and treat as killer with net play only.  Consider lowering net for smaller players and add a shuttle on the net at shoulder height of player! Don’t feed until player is in correct pose)   1. Front court game of half court singles. Win a point for a winning net shot and loose a point if it’s too high on the net. Set up string across net. String sits above net by approx. 30cm shuttle must pass between net tape and string to get a point.   Start all rallies with the back hand serve previously practiced.   1. Hang sheet over net for more advanced players to assist in anticipating the shuttle.   Otherwise treat as activity 3.   1. Progress to player must be standing behind the front service line between shots. 2. Progression for more able players to a decision making scenario. Feeder backs off after feeding shuttle then player plays net shot. Feeder approaches net after feed player lifts to rear court. Ensure same approach style and build up for each shot. 3. Progress to adding net kills. Remember new racket position for this shot. Preference now is for the racket to be raised on approach with wrist cocked back. Will need to revert to above key point on racket carriage if too late on the shuttle for the kill. Feeder gives a slightly high net shot and net player kills. 4. Progress on to half court singles using full length of court. Encourage use of the net shot and the use of deception to lure your opponent to the net. Use back hand serve only to start rallies. | | | | 5 min  40 min |
| Cool down | | S: Stretches with Q&A on key points and feedback | | | | 5 min |