**Activity planning sheet**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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. (Eventually builds to lifts and kills) | | | |
| 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. Russian twist with everyone in a line. Everyone sits in a line passes a ball along the line. No feet down during the whole process. Repeat twice. 2nd time increase distance between each person. 2. 5 minute HIT. Fast feet, side jumps, 180 deg jump turn, plyo lunges, mountain climbers. 3. Single step shadow work for FH & BH net shots | | | | 5 min  5 min  5 min |
| Activity | | I: BH & FH net shot   1. Establish a thumb grip, with racket held out in front of body.   •Partner hand feeds shuttles.  • Player pushes shuttles gently into the air.  • Aims to land shuttles on a target – no net.  • Establish a thumb grip, with racket held out in front of body.  • Partner hand feeds shuttles over net.  **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)** • Player pushes shuttles gently back over net.  • Recover racket to start position.   1. 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.   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. 2. Form two teams of 3-4 players, the teams facing each other across the net. • Players take alternating backhand net shots, rotating towards the centre of the court after each shot. The shuttle is out if it lands beyond the low service line.   **Start to emphasise the importance of a tight net shot and taking the shuttle high and early. Introduce spinning shuttle techniques, explain the benefits**   1. 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 or hand feed.   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. 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 |