**Activity planning sheet**

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| Date: | 15/04/2016 | Venue: | DLC | Numbers: | 10-12 |
| Time: | 19:00-21:00 | Duration: | 60 Minutes | Ages: | 8-14 |
| Ability, please circle: | Beginner Intermediate Advanced |
| Main Focus for session: | Fore-hand overhead smash |
| 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 mats |
| Activity content | Timings |
| Warm-up | 1. Single step shadow work
2. Hall circuits.
 | 5 min5 min |
| Activity | I: Fore hand overhead smash.D: Demo and Silent demo of fore hand overhead clear.1. Racket and stance ready position.
2. Split step into bolt position.
3. Reach up and throw racket arm through.
4. Impact point just in front of racket shoulder.
5. Grip shoulder relaxed tighten grip on impact

E: Used to win a rally or to hit down and fast into a gap in your opponent’s court.A:1. Use number sequence for lower players to assume each position. 1: split 2: Bolt 3: throw. 4: recovery

Look for shuttle drop position. Should fall just in front of body.Look for compact swing.Relaxed shoulders.1. Players hand feed up from side of court. Hitter leaves the first few shots and looks at body position relative to the shuttle fall.
2. Start to hit the shuttle. Progress to using targets.
3. Players high serve to each other. Hitter works from base and moves to shuttle but doesn’t hit shuttle. Don’t serve until player in ready position. Look at fall position.
4. As above but players start to hit shuttle. Set up targets on feeder side of court. Use points system if using the target.
5. Less able players play killer clear rotating as a group on one half of court 3 lives each.
6. Half court singles starting with high serve and then two clears each. After that rally continues as normal.
7. Work defence into second session. Looking at square on to hitter stance with neutral racket. Jump into position before hit. Loose grip with push up and forwards with hips, get shuttle to back
 | 5 min20 min20 min |
| Cool down | S: Stretches with Q&A on key points of clear and feedback | 5 min |