

Lesson Plans - Week 1

Groups 4-12 pers



Attacking & Finishing

10yrs +



Theme: Transfer of weight

Goal for lesson:

+ Students to understand step in & hit with back behind and back leg around

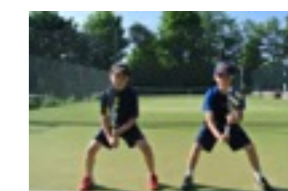
1. 'Step in & Hit' knee drop
2. 'Step in & Hit' back leg around
3. 'Step in & Hit' run around

'The least amount of steps to & from the ball in the most efficient way whilst hitting the shot using the correct dynamic balance'

Terms



Ready/Bounce Steps



Athletic Position



Athletic Footwork Moves



Dynamic Stretching

Warm ups



Disc Set up

Coach conducts warm up on discs, this is where players will copy the coach and learn co-ordination patterns with out the racket. You can be creative but main points to consider are:

- 1) Introduction to terms
- 2) Co-ordination patterns
- 3) Reading & Reacting skills

Example:

- Ready / Bounce steps on discs
- Time the split with the bounce of the ball
- Hop/spin/shift/lunge on disc
- Shadow swings
- Relays - Reaction games

Transfer of weight Step in & Hit Knee drop

Footwork emphasis

- Make sure players are 'ready'
- Inline stance
- Right to left or left to right
- Dynamic balance

Technical points

- Contact point in front
- Brush the ball (topspin)
- Timing of the 'hit'
- High elbow for alignment

Coaching Skills

- Safety - space
- Train the eye
- Feeding the right ball
- Error detection
- Smooth progressions

Progressions Example

4) Coach fed ball
- Coach feeds either from side or from the net



5) Live ball
Player start point with the correct feed of 'step in & hit'



2) Passing ball
- Players team up in pairs and pass to each other



3) Drop fed ball
- Players self feed from one end to the other

Step in & Hit
Back leg around
Run around

Add the different dynamic balance once the players are comfortable with the sequence



Mid court ball