



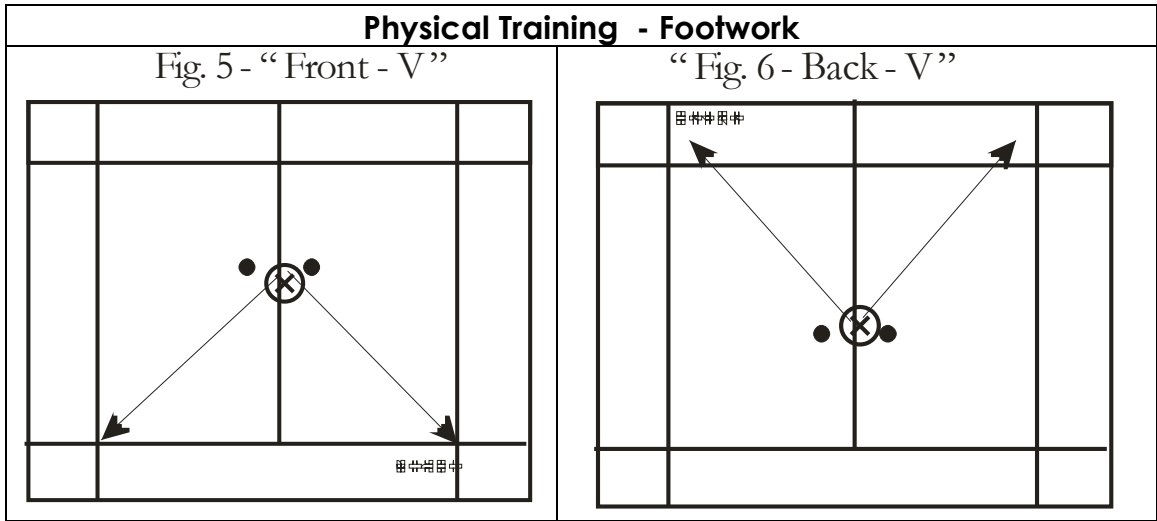
SESSION PLAN - 1

Plan	Deliver
The purpose of this session is to introduce the Players to: <ul style="list-style-type: none"> • Badminton Sport • importance of footwork-Split Step-Chasse-Lunge • importance of Strokes - Toss 	By the end of the session the players will be able to: <ul style="list-style-type: none"> • describe what badminton sport is • demonstrate forward movement of footwork • demonstrate and execute toss
Equipment	Review & Evaluation
<ul style="list-style-type: none"> • Badminton Racket • Shuttles • Stretching Mats 	By the end of the session the Coach will be able to: <ul style="list-style-type: none"> • know the players - their capacities and abilities • comment on their delivery • evaluate their session performance • plan for next session

SESSION - 1				
<u>TASK</u>	<u>Warm Up</u>	<u>Training</u>	<u>On-Court</u>	<u>Cool-Down</u>
Time	5-10 Min	10-15 Min	15 - 25 Min	10 Min
1hr	Standard Warm-up Half Court Running	Footwork Shadows Front V's Back V's	Straight Court Tosses 2 Sets	Stretching Exercises &
Introduction of Badminton Sport	Straight - Sideways Cross Legged - Chasse All Body Warm-Up in Circle	2 to 3 Sets	Shuttle Pickup - Throw 2 to 3 Sets	Session Review & Information



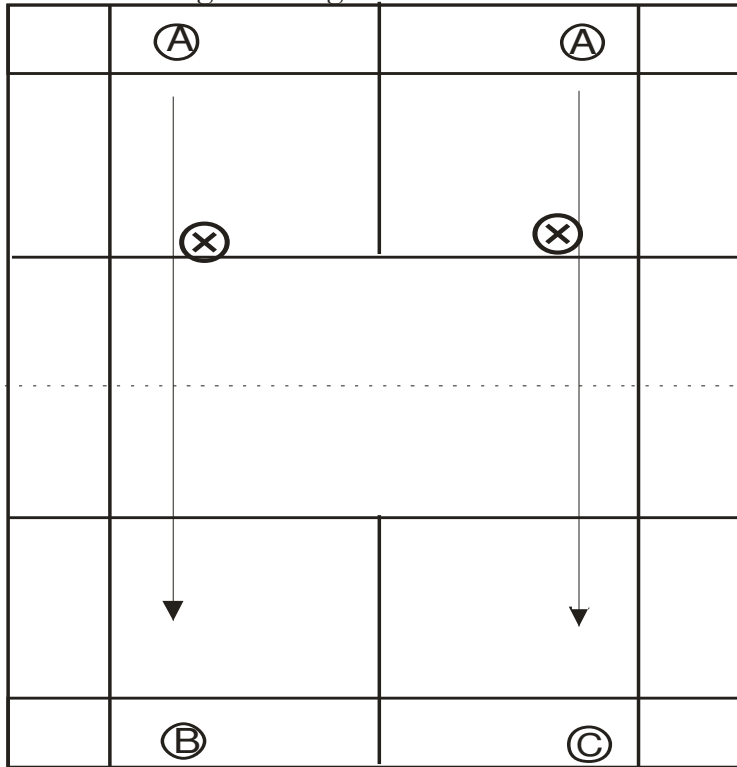
SESSION PLAN - 1





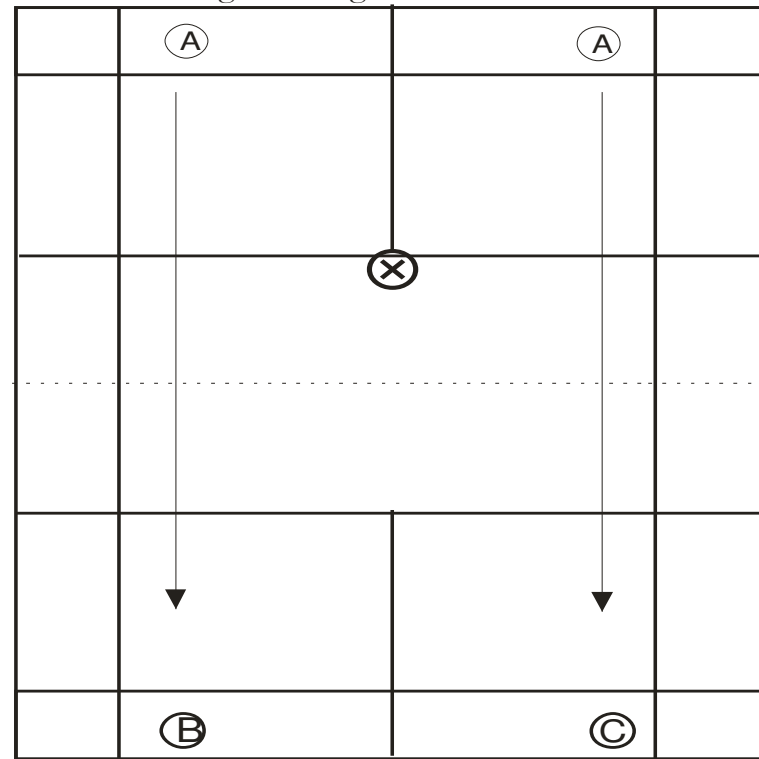
SESSION PLAN - 1

Fig.1 - Straight Toss to Baseline



AB - Straight Toss
 ⊗ - Touch
 AC - Straight Toss
 ⊗ - Touch

Fig.2 - Straight Toss to Baseline



AB - Straight Toss
 ⊗ - Touch
 AC - Straight Toss
 ⊗ - Touch