



SESSION PLAN - 2

Plan	Deliver
The purpose of this session is to introduce the Players to: <ul style="list-style-type: none"> • Basic Grips – V-Grip, Forehand & Backhand Grips • importance of footwork-Split Step, Chasse & Lunge • importance of Strokes - Straight & Cross Court Toss 	By the end of the session the players will be able to: <ul style="list-style-type: none"> • actually hold a proper grip • demonstrate footwork movement • demonstrate and execute straight & cross toss
Equipment	Review & Evaluation
<ul style="list-style-type: none"> • Badminton Racket • Shuttles • Stretching Mats • Balloons 	By the end of the session the Coach will be able to: <ul style="list-style-type: none"> • review the players knowledge about grips • comment on their actual holding of grips • evaluate their session performance • plan for next session

SESSION – 2				
<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 Fore Court & Centre	Straight Court Tosses 2 Sets	Stretching Exercises
Introduction To Basic Grips	Straight - Sideways Cross Legged - Chasse All Body Warm-Up in Circle	V's-Shuttle Runs	Shuttle Pickup - Throw 2 to 3 Sets	& Session Review & Information
		2 to 3 Sets	2 to 3 Sets	



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Physical Training - Footwork

Fig. 3 - R-Front/ L-Centre

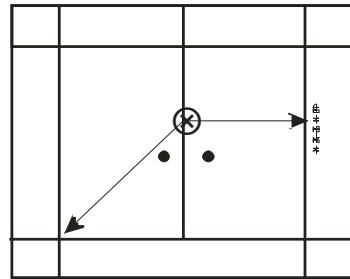
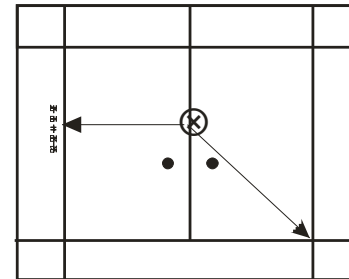
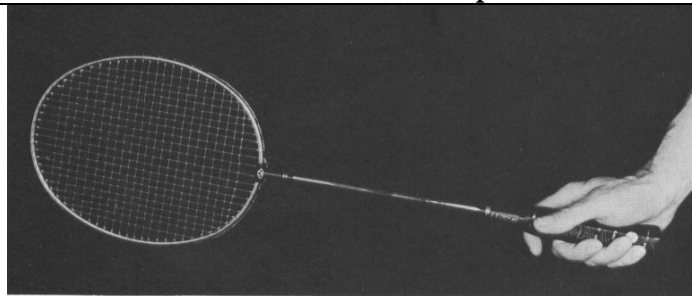


Fig.4 - L-Front/ R-Centre



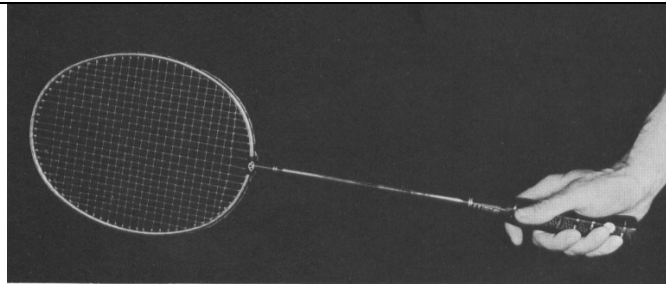
Forehand Grip



Use of Forehand & Backhand Grip



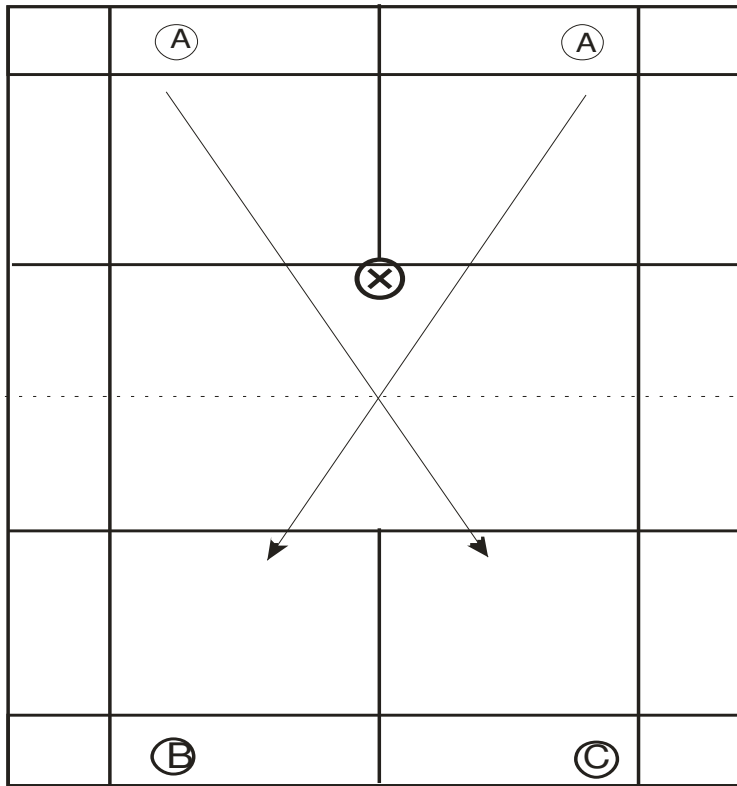
Backhand Grip





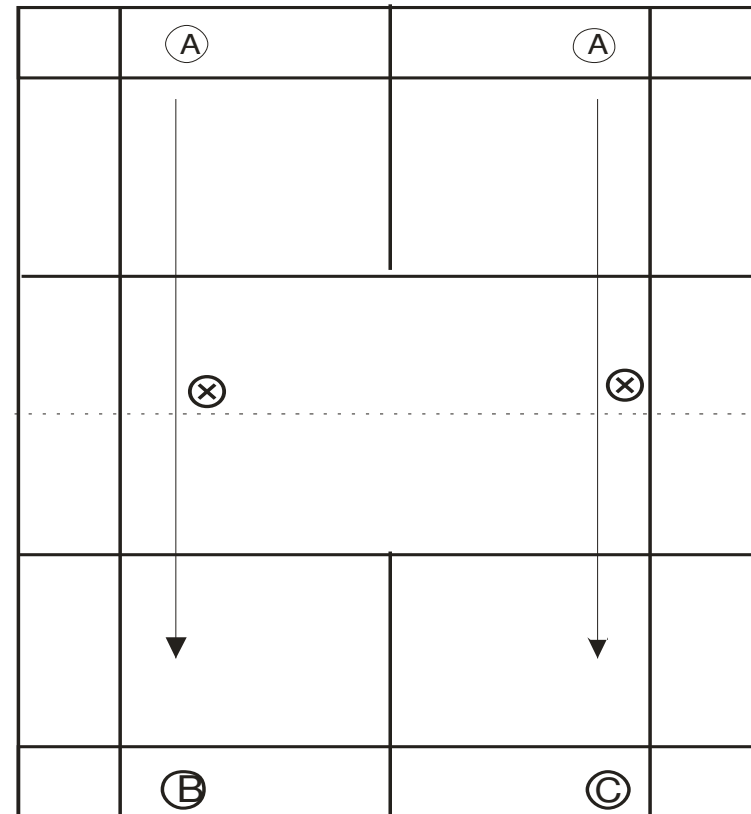
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Fig.3 - Cross Toss to Baseline



AC - Cross Toss
 ⊗ - Touch
 AB - Cross Toss
 ⊗ - Touch

Fig.4 - Straight Toss / Lift



AB - Straight Toss
 ⊗ - Straight Lift
 AC - Straight Toss
 ⊗ - Straight Lift