



SESSION PLAN - 3

Plan	Deliver
The purpose of this session is to introduce the Players to: <ul style="list-style-type: none"> • Plyometric Training - Jumps • importance of Jumps during movement • introduction & importance of Lifts 	By the end of the session the players will be able to: <ul style="list-style-type: none"> • know more about various jumps • their use during footwork movement • demonstrate and execute straight & cross lifts
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"> • review the players knowledge about jumps • review the racket and body position during lifts • evaluate their session performance • plan for next session

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<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	Plyometric Training	Single Step	Stretching
	Half Court Running	Jumps	FH/BH SC-Lift	Exercises
Introduction	Straight - Sideways		FH/BH CC-Lift	&
To Jumps	Cross Legged - Chasse	2-3 sets		Session Review
& Lifts	All Body Warm-Up in Circle		2 to 3 Sets	& Information



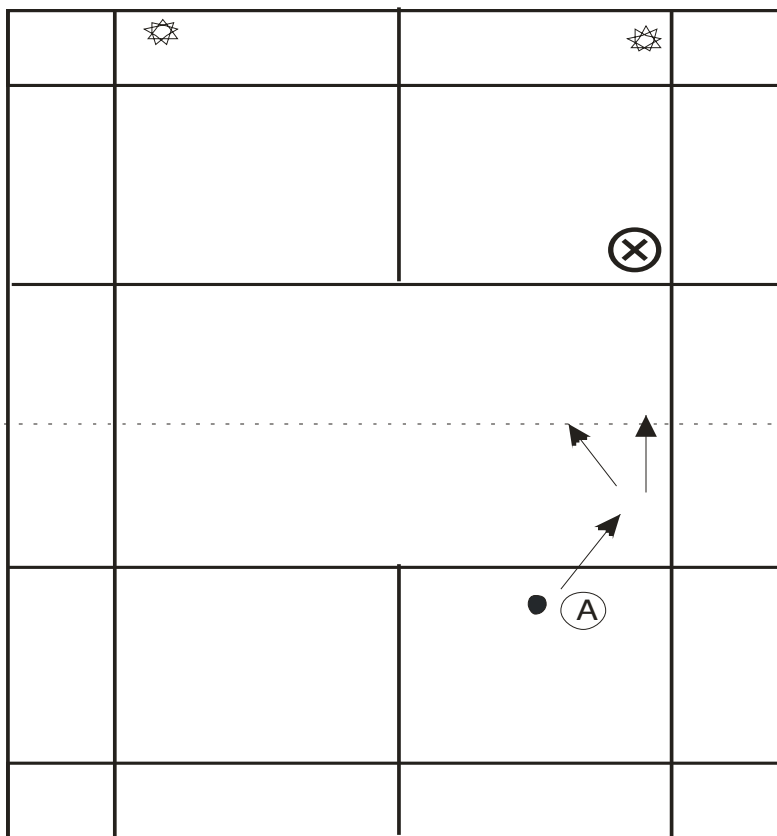
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Plyometric Training - Jumps	
<p>Jumps are used mainly to improve the muscles of the lower body, to strengthen them and to get more bounce in the movement.</p> <p><u>Muscles involved in Jumps are mostly of lower body and legs</u> Calf Muscles / Quadriceps / Hamstrings</p> <p><u>Joints involved in Jumps are</u> Knees / Ankles / Waist</p>	
Various Types of Jumps	
Kangaroo	Star
Sit-Up	Toe-Touch
Single Leg	Two-Legged –Front -Back
Two-Legged –Front -Back	Burpee
Broad	Vertical



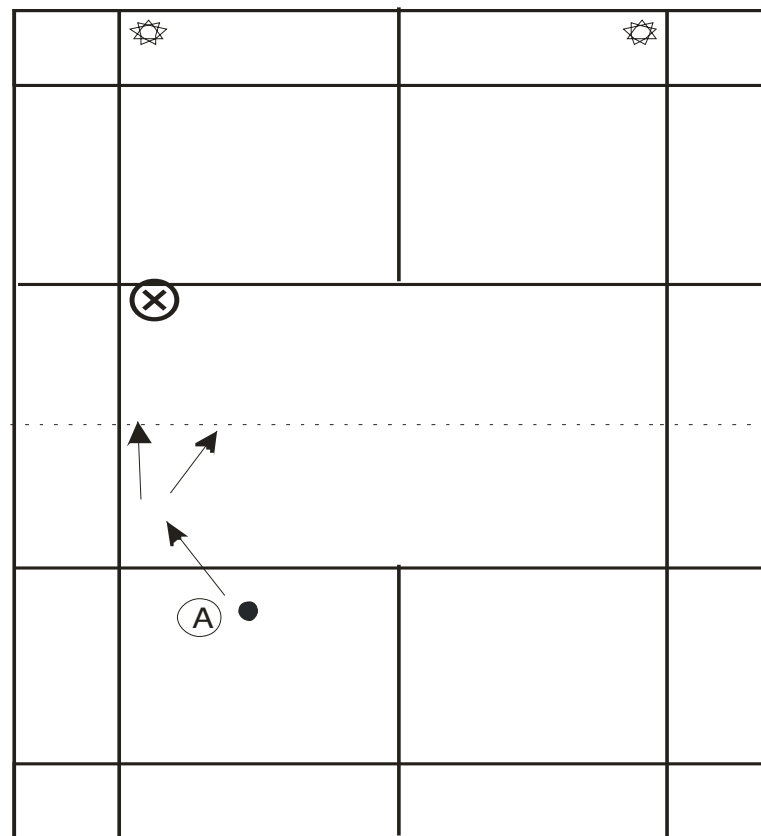
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Fig.31- Single Step FH SC/CC Lifts



- Single Step Lunge
- ⊗ - Feeder
- FH-Straight Court Lift
- Single Step Lunge
- FH-Cross Court Lift

Fig.32- Single Step BH SC/CC Lifts



- Single Step Lunge
- ⊗ - Feeder
- BH-Straight Court Lift
- Single Step Lunge
- BH-Cross Court Lift