




**SESSION PLAN - 4**

<b>Plan</b>	<b>Deliver</b>
The purpose of this session is to introduce the Players to: <ul style="list-style-type: none"> <li>• Single Skipping</li> <li>• importance of Skipping</li> <li>• introduction Cross Toss /Straight &amp; Cross Lifts</li> </ul>	By the end of the session the players will be able to: <ul style="list-style-type: none"> <li>• know more about how to do Skipping</li> <li>• their use for improving leg strength</li> <li>• demonstrate and execute Cross Toss &amp; Straight/Cross Lifts</li> </ul>
<b>Equipment</b>	<b>Review &amp; Evaluation</b>
<ul style="list-style-type: none"> <li>• Badminton Racket</li> <li>• Shuttles</li> <li>• Stretching Mats</li> </ul>	By the end of the session the Coach will be able to: <ul style="list-style-type: none"> <li>• review the players knowledge Skipping</li> <li>• review the racket /body position during Cross Toss /lifts</li> <li>• evaluate their session performance</li> <li>• plan for next session</li> </ul>

<b>SESSION - 4</b>				
<b>TASK</b>	<b>Warm Up</b>	<b>Training</b>	<b>On-Court</b>	<b>Cool-Down</b>
<b>Time</b>	<b>5-10 Min</b>	<b>10-15 Min</b>	<b>15 - 25 Min</b>	<b>10 Min</b>
<b>1hr</b>	<b>Standard Warm-up Half Court Running</b>	<b>Single Skipping</b>	<b>Strokes Cross Toss &amp;</b>	<b>Stretching Exercises</b>
<b>Introduction</b>	<b>Straight - Sideways</b>	<b>2-3 sets</b>	<b>Straight &amp; Cross Lifts</b>	<b>Sit-Ups / Back-Ups</b>
<b>Single</b>	<b>Cross Legged - Chasse</b>			<b>Leg Raises</b>
<b>Skipping</b>	<b>All Body Warm-Up in Circle</b>		<b>2 to 3 Sets</b>	<b>1 &amp; 2 Elbow Stand</b>
				<b>&amp;</b>
				<b>Session Review</b>



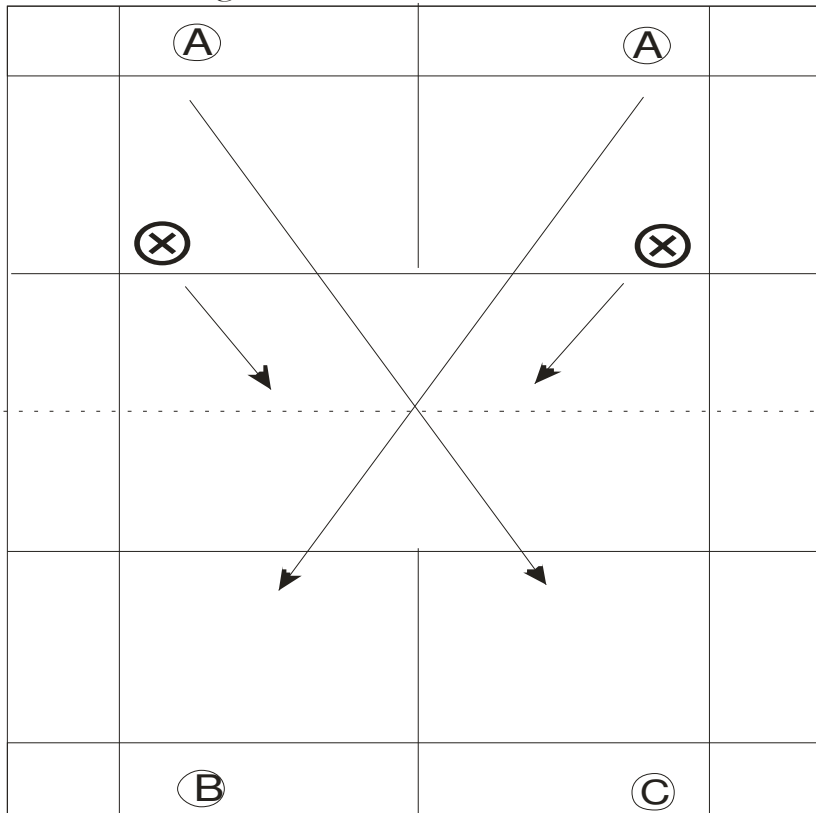
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<b>Physical Training - Skipping</b>	
	<ul style="list-style-type: none"><li>• Normal rate of Single Skipping for beginners shall be 300-500 Skips per 5 minutes for an Activity lasting 10 to 20 minutes.</li><li>• Children Who Are Of Basic Level Should Start With Single Skipping And Gradually Move Towards Double Skipping.</li><li>• Activity of Single Skipping for 1 Minute x 3 to 4 Sets.</li><li>• Continuous activity of Single Skipping for 10 to 20 Minutes.</li></ul>
<ul style="list-style-type: none"><li>● <u>Advantages of Skipping :</u><ul style="list-style-type: none"><li>- Helps improving strength of Lower Body</li><li>- Develops calf / quadriceps / Hamstring Muscles</li></ul></li></ul>	



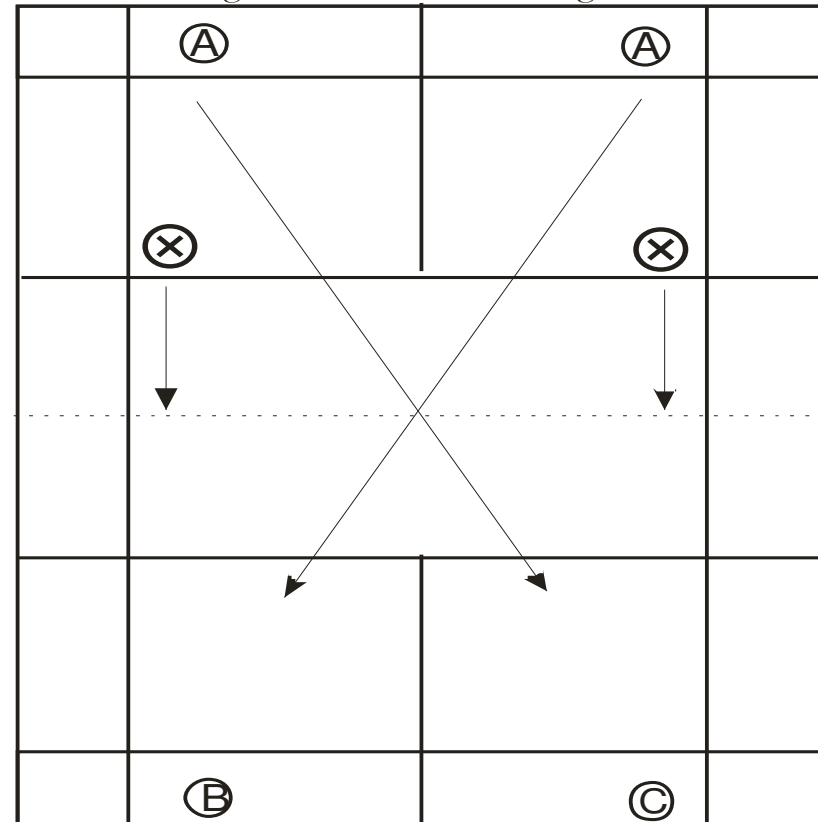
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Fig.5 - Cross Toss / Cross Lift



- AC - Cross Toss
- ⊗ - Cross Lift
- AB - Cross Toss
- ⊗ - Cross Lift

Fig.6 - Cross Toss / Straight Lift



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