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| **Session**  | Target: 10/20 overhead clears in the back tramlines.Always stand side on when hitting the shuttle.Always contacting the shuttle at its highest point.Transfer weight from back to front foot when hitting the shuttle.\*Important to remember sessions must show progression\* | How are you monitoring this session?Teacher feedbackPeer FeedbackTraining DiaryVideo with PAR sheetScattergram (retest)What were your Monitoring Results? |
| Content of Session:Warm up –Main – what kind of practice?* How long for/ how many feeds?
* Where are they feeding to?

Further development – Conditioned gamesWhat condition will you place on the game?Practices – Shadow, static feeder, varied feeder, random feeder, target practice, pressure drill, combination rally, conditioned games. | Evaluation:From your results, what does this tell you?How do you feel about the session?Enjoyable? Boring? Challenging? Too easy? Etc.How do you feel it went? Did it improve your performance? | Decisions for Next Session:From your evaluation what will you change for your next session?How specifically will you make it more challenging/ less boring/ less challenging/ more fun/ maintain fun. |
| **Session 2** | Target:  | How are you monitoring this session?What were your Monitoring Results? |
| Content of Session: | Evaluation: | Decisions for Next Session: |

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|  | Target: To get 10/20 shuttles into the back tram lines.To make sure I am standing side on when I am play the shot.Contacting the shuttle at its highest point.Transferring weight etc. | How are you monitoring this session?Peer Feedback, Teacher Feedback, Training Diary, Video analysis with PAR sheet, Scattergram (retest). |