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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 feedback Peer Feedback  Training Diary Video with PAR sheet  Scattergram (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 games What 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). |