

Date	Sunday 11 th June (3.00 – 4.45)	Week 8 of 8
Venue	MELBOURNE – CHELMSFORD	
Coaching Staff-	David Gatheral, Dean Andrews, Gordon Gatheral, Ken Sheard, Lee McHugh	
Focus of the Session	Serves, tactics, match play - SIX TABLES	

Warm Up and Introduction	10 min	Bouncing ball on FH and BH side of bat. etc. Introduce session as focussing on tactics followed by two matches in which to try tactics out. Three main tactics: serves, concentration on opponent's weakness and aiming wide and at 'pocket'.	
Demo – Service variety	5 min	Serving is a big advantage if you can take advantage of service to either win the point outright or set yourself up for third or fifth ball attack. Should aim to win 7 out of 10 points that you serve. Services should mostly be short but around third to quarter of services should be long to keep opponent from anticipating. Gordon and Dean to demo long fast serves (Gordon) and spinning short serves (Dean)	
Drill – Service variety	10 min	Ten serves each. Record how many points each player wins	
Talk – Opponent's weakness	5 min	Most players have a weak side and a stronger side. Often a player's forehand is better than their backhand for example. It is a good tactic to serve to the opponents' stronger side and then keep every subsequent shot on their weaker side.	
Drill – Opponent's weakness	10 min	We will assume opponents backhand is weaker than forehand for this exercise. Tape of 12 inches down the length of the table on the backhand. Then apart from serve, all shots must be in the taped off area or you lose the point. Play for 5 mins recording points won.	
Demo – Aiming wide and at Pocket	5 min	Show the strong hitting zones on the table using paper strips. Show wide areas and player's pocket.	
Drill – Aiming wide and at Pocket	10 min	Each player is given 10 fed balls and must drive or push balls to one of three target areas (wide, wide and pocket). Record Score.	
Team Matches	50 min	Note: if more than 16 players, the remainder who do not want to play matches will have 1:1 coaching. If less than 16 players a coach will be assigned to the weakest player and asked to play matches with weaker hand. 1 round every 25 minutes – call time after 25 mins and adjudicate winner based on games and points already played.	