

<b>Date</b>	Sunday 21 <sup>st</sup> May (3.00 – 4.45)	Week 5 of 8
<b>Venue</b>	MELBOURNE – CHELMSFORD	
<b>Coaching Staff-</b>	David Gatheral, Gordon Gatheral, Paul Nicol, Linda Hale, Ken Sheard, Neil Want, Ian Austin, Ryan Gooday	
<b>Focus of the Session</b>	Short Serves and Short Returns, FH and BH drives, League Matches	

<b>Warm Up</b>	<b>10 min</b>	Bouncing ball on FH and BH side of bat (60 seconds x 3) Record best score to help pair best and least able into teams. In those pairs, perform both exercises and the team matches.
<b>Training Drills demo</b>	<b>20 min</b>	<b>Short serve and short return.</b> Serve legality. Make contact with ball around height of net. Serve so ball bounces near the net of the servers side to keep it short. Make sure bat moves downwards, brushing the underside of the ball. Receiver should stand square to server's position. Step in to receive a short serve, foot under table. Try to take ball just before peak of bounce with a delicate push. Grip bat lightly.
<b>Drills – practice</b>		The server serves five short backhand serves and then five short forehand services onto 4 A4 sheets positioned across the receiver's side of the table, near the net. The receiver pushes each serve wide, aiming for 2 A4 sheets positioned wide and near the net on the server's side. After the 40 serves, swap roles.
<b>Training Drills demo</b>	<b>20 min</b>	<b>FH &amp; BH Drives</b> Stance for FH drive, stance for BH drive, Footwork to go from BH to FH and back to ready position. Knees bent slightly, feet shoulder width apart. Elbow bent to around 90°. Take ball at peak of bounce. For FH shift weight from back foot to front foot. For BH, get ball coming toward tummy. Both shots fairly horizontal but going slightly upwards. Medium length strokes then straight back ready for next shot.
<b>Drills – practice</b>		First just FH drives, then just BH drives, then alternate BH and FH (all shots to BH corner s playing along a single diagonal)
<b>Break</b>	<b>5 min</b>	Explain two player team match format
<b>Team Matches</b>	<b>50 min</b>	Team A vs Team B; Team C vs Team D; Team E vs Team F; Team G vs Team H. Then Swiss system to determine two more rounds if time allows.
		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.