

<b>Date</b>	Sunday 4 <sup>th</sup> June (3.00 – 4.45)	Week 7 of 8
<b>Venue</b>	MELBOURNE – CHELMSFORD	
<b>Coaching Staff-</b>	David Gatheral, Dean Andrews, Gordon Gatheral, Paul Nicol, Ian Austin, Dave Goody, Lee McHugh	
<b>Focus of the Session</b>	FH and BH drives, League Matches - SIX TABLES ONLY	

<b>Warm Up</b>	<b>5 min</b>	Bouncing ball on FH and BH side of bat (60 seconds x 2)	
<b>Drills - demo</b>	<b>5 min</b>	<b>FH &amp; BH Drives - Accuracy</b> Ready position and stance. 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 with follow through pointing in direction of ball then straight back ready for next shot.	
<b>Drills – practice</b>	<b>20 min</b>	Non-Robot tables: Use target cups to practice accuracy and drill in the fact that at the end of the follow through the bat should point vaguely at the target and that when playing the shot you need to look at the point of the table you are aiming at as well as keeping half an eye on the ball! Robot tables: 15 shots each then switch.  Switch players between tables after 10 minutes so all get a chance with the robots..	
<b>Break</b>	<b>5 min</b>	Gordon to get players into teams (different from previous weeks)	
<b>Team Matches</b>	<b>65 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.  1 round every 20 minutes – call time after 20 mins and adjudicate winner based on games and points already played.	