

	Venue	Time	Group	Coach
Sat	Chilwell Olympia	9am	Red 3	Chris/Dan
	Technical	Technical	Tactical	
Specific	Receive ball to move/stop/hit with ball in correct position on FH	Control speed / swing length of low to high push on FH	Rally of 6 together (1 out of 3 goes)	
Measured	5 out 10	Coach Observe	Coach Observe	
Why?	Once players can control their body and ball is in correct place to hit then they will get more consistent	Rallies at this age normally break down due to players hitting the ball too fast/far which makes it harder for opponent to send back.	Once players can consistently achieve this rally then they will feel they can play, i.e. add confidence, and also will be able to get more repetition within group lessons.	