

PERSONAL DEVELOPMENT PLAN: SESSION PLAN

Name: _____ Mr Hood _____ Session: 1 of 9 Date: 13/10/16

Warm Up (3 stages):

General: *Different ways of moving round the court*

Stretch: *Various stretches (hold for 10 seconds)*

Specific: *Shadow practice*

Main Development Need: *Smash*

Development Approach 1: *Repetition (Hand or racket feed)*

Description of Session:

Hand feed: Feeder throws the shuttle into a space in front of their partner at mid-court

Racket feed: Feeder feeds the shuttle high to their partner at mid-court.

Performer: Using correct PAR to hit shuttle downwards through the target.

5 sets of 10 reps

Target(s) **set:**

Met: Yes/No (Delete)

Use correct PAR to get shuttle through target 25 out of 50 reps.

Development Approach 2: *Combination practice*

Description of Session:

Working cooperatively: HS-DS-Lift (to mid court)-Smash-block SWAP & REPEAT

5 sets of 10 reps

Target(s) set:

Met: Yes/No (Delete)

To work cooperatively to give partner opportunity to smash.

To finish each rally with a successful smash.

Secondary Development Need: *Anger*

Development Approach: *Positive self-talk*

How will use this Approach?:

When I feel myself getting angry, I will take a couple of seconds to compose myself and say (out loud or to in my head)

“calm down, focus, relax”

Target(s) set: Not to get angry
If I do my approach will be successful

Met: Yes/No (Delete)

Conditioned Games (what are your conditions?)

Win a point with a smash = 2 points. (Handicap matches and play to 7 points)

Scores (Opponent & Score):

Teacher Signature: _____ Date: _____

PERSONAL DEVELOPMENT PLAN: TRAINING DIARY

Now rate how demanding you found today's session (**please circle**):

Easy 1 2 3 4 5 6 7 8 9 10 Very Hard

State the reasons for this rating:

Factors Impacting on today's session? (Negative or Positive):

Did you make any adaptations to today's session or will you make any changes for the next session?

Identify what TYPE(S) of feedback you received today (please circle):

INTERNAL VERBAL WRITTEN VISUAL

Make note of any questions you asked?

What FEEDBACK (Positive/Negative) did you receive about you performance?

Teachers Signature: _____ Date: _____

