

UWTSD Session Planner

Venue: LC		Age group: 7-8 Number Attending: 15-20	
Date: 2 nd December		Start time: Finish time:	
Equipment: Cones, bibs, tennis rackets, balls, nets			
Nearest Telephone: On person	1st Aid bag: Reception behind desk		
Risk Assessment completed: Yes	Additional Hazards and actions taken:		
Learning from previous session:		Personal action points from previous session:	
Goals for the session: Improve serving ability Learn to rally Enhance ball control Introduce the group to tennis			
Introduction and warm-up; Ball bouncing race game			
Main Content/Game:		Organisation/diagram:	

1. Balance the ball on the racket and walk around the courts. The aim is to get the ball around the courts safely without dropping the ball. If the ball is dropped, they do 5 star jumps.



2. The group will be split into 3 teams and have to hit the set targets on the wall by serving the tennis ball onto the targets simultaneously. The game ends after 2 minutes and whatever team hits the target the most times wins



3. Normal game of singles/ doubles tennis to get them experiencing how a real game of tennis works

for the first time for the majority of the group	
Ideas for Development (progression / regression): 1. Bounce the ball on racket to make it harder. 2. Have them stand further away from the wall to make sure they add enough power on the ball	Diagram for activity

5Cs to be included in this session	Select 2 of the 5 and apply to session HOW?
Competence	
Confidence:	
Connection:	
Character and caring:	

Creativity:	
Cool-down:	
Comments on session:	

Review of your Coaching Session and Personal Action Plan

For each session you deliver you need to complete a *Coaching Session Review and Evaluation* plus a *Personal Coaching Action Plan*.

Practical: Coaching Session Review and Evaluation (Individual Reflection)

Were the aims of the session achieved? Identify which ones were achieved and which if any, were not.	Before the session, we had serving rallies and ball control on our agenda. We planned out our drills accordingly to what we wanted to achieve and were overall satisfied with how it all turned out.
What factors helped ensure that your aims were achieved? <i>(Reflect upon organisation, appropriateness of activities, coaching styles.)</i>	We worked efficiently within the allocated time per session, delivered instructions loud and clear in a noisy environment and made the most of our area provided. Also happy with how the 3 of us worked together and split the children up into smaller groups to ensure they were all active during the entire session
What were the reasons for you not achieving your aims? <i>(Reflect upon organisation, appropriateness of activities, coaching styles.)</i>	It was generally hard to get the children to listen and stop talking and some of them were even crying. We didn't anticipate these problems and didn't really know how to deal with them. As a result some of the children misunderstood what we were teaching them.
What changes (if any) did you make to your session that were not in your plan and why?	We didn't change anything from our plan because we felt as if it was the best we could do in an unfamiliar sport.

Would you do anything differently if you were to deliver the session again?		
What have you learnt about your coaching from this session?	It is more difficult than anticipated to get this group of students to listen and engage within the session and as a result us as coaches can get very frustrated.	
Personal Action Plan		
Using the information above, what changes will you make to your planning, coaching delivery and organisation in future sessions?		
Name of Coach: Ben, Max, Jay	Venue: LC2	Date: 02/12/24

Risk Assessment (Complete Individually)

Ref	Hazard / Task / Activity Area of Concern	Persons at Risk	Existing Controls	Describe Any Further Controls / Actions Needed	Actions By Whom	Action By When
1	Spillages on the floor	Students and coaches	Designated area of sports hall for drink breaks		Coaches	Prior to activity
2	Running into walls	Students	Stop the play area with a big enough distance from the wall		Coaches	Prior to activity
3	Falling over balls	Students	Put all the balls away in the designated area when they are not in use		Coaches	Prior to activity
4	Hitting eachother with tennis rackets	Students	Keep a safe distance between eachother to avoid getting hit		Coaches	Prior to activity
5	Curtains	Students	Cut off the area with a safe gap from the curtains		Coaches	Prior to activity