

## Lesson Plan for 1hr Social Group

Monday 6pm – 7pm

6.00pm to 6.10pm

Fun warm up games

6.10pm to 6.20pm

Technical warm up – e.g. Rally in boxes, 5 minute drills, warming up all shots

----- Water Break -----

6.20pm to 6.40pm

Main part of lesson:

Singles and Doubles Tactics with guidance on technique

Non-competitive points play with rotation

6.40pm to 6.55pm

Fun team games

6.55pm to 7.00pm

Cool down and review lesson