



## **SATURDAY ADULT COACHING AT PORTCHESTER - REPORT**

Saturday 12<sup>th</sup> February 2011, saw the second coaching session of our Adult Coaching at Portchester. Our previous month we had only 6 adults attending, however, this month we had a fantastic response with 21 adults attending our mixed ability session.

The group was split into two groups according to ability levels, Mike Robertson had 6 adults in the canteen area for a more intense training programme and Jo Kuzu had the remaining 15 adults in the main hall, with Becky Kuzu for sparing/assistance.

In the main hall we worked from basics, bat grips/stance to F/H drive, B/H drive, Xs & Hs. Then moving on to long backspin serves to various points on the table.

The morning was finished off by a series of matches, with players moving around after each win. Then to end a few light stretches.

**SUMMARY:** It was very important to go around to each table and highlight small pointers to each player as the group were so varied in ability. All players were happy to register for the next session on 5<sup>th</sup> March 2011.

JO KUZU