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| **Coaching Session Plan** |
| **Date:** **Time:**  | **Venue/facility:** |
| **Equipment/resources:**  | **Group and age:**  |
| **Size of group:** |
|  |
| **Session Goals for the Participants (WHAT):**By the end of the session the participants will be able to... | **Personal Coaching Goals (HOW):**By the end of the session I will have... |
| **Practical Session**  |
| **Time** | **Activity/ Session Content** | **Coaching Points** | **Organisation/****Safety Key points** |
|   | **Preparation & warm up** |  |  |
|  | **Practice & progressions** |  |
|  | **Cool Down & recap** |  |