|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** | |  |