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| **Coaching Session Plan** | | | | |
| **Date: 14/3/2016**  **Time: 6:30pm** | | **Stage of Athlete Development: Event gr** | | |
| **nue:** | | **Age group of Athletes:** | | |
| **Size of group:** | | |
| **Equipment:** | | | | |
| **Session Goals for the Athletes (WHAT):**  By the end of the session the athlete will be able to... | | **Personal Coaching Goals (HOW):**  By the end of the session I will have... | | |
| **Practical Session** | | | | |
| **Session Component** | **Unit Detail** | | **Coaching Points** | **Organisation/**  **Safety Key points** |
| **Warm Up**  [ minutes] |  | |  |  |
| **Main Session**  **Unit A**  [ minutes] |  | |  |
| **Main Session**  **Unit B**  [ minutes] |  | |  |
| **Main Session**  **Unit C**  [ minutes] |  | |  |
| **Cool Down**  [ minutes] |  | |  |