|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Coaching Session Plan** | | | | |
| **Date:**  **Time:** | | **Stage of Athlete Development:** | | |
| **Venue:** | | **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] |  | |  |

**COACHING SESSION SELF EVALUATION 2**

|  |  |
| --- | --- |
| **Personal Coaching Goals (How-2):**  By the end of the session I will have... | |
| **Did you achieve this goal?** | |
| **What did you do that may have caused this?** | |
| **What else went well with the session?** | |
| **What was it that you did to enable this?** | |
| **What went less well?** | |
| **What did you do that may have caused this?** | |
| **Information and feedback from Support Coach** | |
| **What I learnt/want to improve in my coaching** | |
| **Action Plan to improve my coaching** | |
| **What support do I need?** | **Who will provide this support?** |
| **How will I measure my improvement/success?** | |