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| **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**

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| **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?** |