



# COACHING SESSION PLAN

Coaches		Date	
Goal for the sesión:		Length:	
Key Points:			
Place:			
First Aid:		No Participants	
Equipment		Enabler Ratio	

New or non-registered participants					
Name	Parent/ Tutor/ Association	Age	Medical Condition	Support Person	Contact number

Warm-up	Length	Goals of the session
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Key Elements

Session:	1st Element	2nd Element	3rd Element
Did you fulfil your goals for the session?		What would you keep on working from this session?	Any injuries or issues?



Explanation of the main exercises.

