

SESSION DETAILS		DATE:	TIME:	LOCATION:	
EQUIPMENT		DELIVERY		SESSION TYPE	
		<input type="radio"/> INDIVIDUAL	<input type="radio"/> PAIRS	<input type="radio"/> TACTICAL	<input type="radio"/> PHYSICAL
		<input type="radio"/> 1 TO 1	<input type="radio"/> GROUPS	<input type="radio"/> TECHNICAL	<input type="radio"/> MENTAL/SOCIAL
PURPOSE WHAT IS THE AIM OF THE SESSION?		TIME		COACHING POINTS	
<b>P PLAY</b> LET RIDERS TRY IT OUT		ACTIVITY DESCRIPTION			
<b>P PAUSE</b> DISCUSS WITH QUESTIONS					
<b>P PRACTICE</b> PRACTICE AGAIN		ACTIVITY DESCRIPTION			
		PROGRESSIONS			
<b>P PROBE</b> ENCOURAGE DISCUSSION WITH QUESTIONS?					
<b>P PLAN</b> ACTION PLAN					