

Coaching Session Plan



Use this session plan to plan your coaching sessions.

Cyclist Details			
Number in session	Group age	Group ability (tick as appropriate) <input type="radio"/> Beginners <input type="radio"/> Intermediate <input type="radio"/> Mixed ability <input type="radio"/> Other, specify	
Medical information			
Summary of athletes information that may affect session			
Facilities, Resources and Session			
Session No.	of	Session date	Session time
Club		Venue	
Facility requirements			
Equipment required			
Human resources required			
Health and safety considerations (before session)			
<input type="radio"/> Review and implement risk assessment / Equipment check <input type="radio"/> Other, please specify <input type="radio"/> Clothing check <input type="radio"/> Safety Briefing			

Coaching Session Plan

Coach and Others Involved in Delivery

Coach	Others involved in delivery
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Session Plan

Session goal(s)

Timing	Organisation/Presentation
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	Warm up
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	Main content	Coaching points
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	Safety considerations (during session)
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	Cool down
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Summary of session/feedback to athletes

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Injuries/accidents

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