

# Coaching Session Plan



Use this session plan to plan your coaching sessions.

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

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## Coach and Others Involved in Delivery

<b>Coach</b>	<b>Others involved in delivery</b>
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## Session Plan

**Session goal(s)**

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

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## Injuries/accidents

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