

# Skills Session Planner



Program Name: \_\_\_\_\_ Session Coach/es: \_\_\_\_\_

Session Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time: \_\_\_\_\_ Venue: \_\_\_\_\_ Weather: \_\_\_\_\_

Rider Information:	Rider Numbers:	Age Range:	Ability:
Equipment:			
Session Goal/s:			
Skill/Tactic Summary:			
Safety Considerations:	Risk Assessment <input type="checkbox"/>	Rider List <input type="checkbox"/>	Bike/Helmet check <input type="checkbox"/>

## Session Planner (warm up, activities/games, cool down, review/evaluation)

Time	Activity (e.g. Warm-up)	Activity Information (set up, rider organisation, instructions, progression)	Key Instructing Points	Quick Questions
	Warm-up			
	Open area activities			
	Specific area activities			
	Cool down			
<b>Review &amp; Evaluation</b> (What worked well, future session changes, rider feedback, coach self-evaluation)				
<b>Reporting</b> (Injuries, accidents, safety concerns, venue issues)				