

BCU Level 1 Coach Session Planner

Coach: Supporting Coach: Date: Discipline: Venue: Length of Session: No. in group: Ability level: Age Range of Group: Risk Assessment and Local Operating Procedures Read: Yes <input type="checkbox"/> No <input type="checkbox"/> Parental Consent Forms Collected: Yes <input type="checkbox"/> No <input type="checkbox"/> Medical Declaration Forms Collected: Yes <input type="checkbox"/> No <input type="checkbox"/> Access Checked: Yes <input type="checkbox"/> No <input type="checkbox"/>
Medical needs: Individual needs: Coach equipment required: Equipment accessed from: Group equipment required: Safety equipment required:
Aim of session: Skills to be coached: List of objectives:
I have checked the session plan is in line with good practice: Yes <input type="checkbox"/> No <input type="checkbox"/>

Content	Coaching points: I.D.E.A.S	Layout/ Organisation	Delivery Style	Time
Introduction e.g. name, aim, safety etc				
Warm-up				
Preparatory Activities				
Skills/Activity				
Challenge for the Skill/Activity				
Summary Identifying future coaching opportunities				

Notes:

BCU Level 1 Coach Self Reflection

Evaluate what aspects of your session were successful:

(For example: organisation, communication, class control, motivation, participation levels, achievement of aims/objectives etc.)

Evaluate what aspects of your session were unsuccessful:

(For example: organisation, communication, class control, motivation, participation levels, achievement of aims/objectives etc.)

What changes would you make for future sessions:

(Consider safety, enjoyment, and learning)

Did you follow the lesson plan? If not discuss any changes you made:

Discuss any unforeseen events and how they were handled:

Discuss feedback received from any fellow coach, mentor, trainer, assessor, observer: