

## MAROC COACHING SESSION PLAN

<b>Prepared by:</b>	<b>Session date:</b>	
	<b>Time:</b>	
<b>Other coach/es:</b>	<b>Venue:</b>	
	<b>BOF registered?:</b>	
<b>Group:</b>	<b>Ages:</b>	<b>Sex:</b>
<b>Ability:</b>	<b>Number:</b>	
<b>Special needs:</b>	<b>Limits of group:</b>	
<b>Access/Permission:</b>	<b>Parental consent form:</b>	
<b>Map notes:</b>	<b>Maps/courses:</b>	
<b>Session aims:</b> <ul style="list-style-type: none"><li>•</li></ul>		
<b>Risk assessment:</b>		
<b>Logistics:</b>	<b>Start/finish:</b>	
	<b>Meet:</b>	
<b>Phone numbers:</b>	<b>Nearest hospital:</b>	
<b>Equipment:</b>		

## COACHING SESSION PLAN – PART 2

### DETAIL AND POST-EVENT NOTES

<b>Date:</b>	<b>Number present:</b>	<b>Venue:</b>	
<b>Session aims:</b> (from part 1) <ul style="list-style-type: none"> <li>•</li> </ul>			
<b>CONTENT</b>	<b>ORGANISATION/PRESENTATION</b>	<b>TIMING</b>	<b>EVALUATION</b>
<b>INTRO/WARMUP</b>	Safety brief		
<b>MAIN CONTENT</b>			
<b>ALTERNATIVES/ OPTIONAL EXTRAS</b>			
<b>COOL DOWN/ SUMMARY</b>			
<b>DON'T FORGET:</b>			
<b>INJURIES:</b>		<b>SUMMARY COMMENTS:</b>	