

BCU Level 1 Coach Session Planner	
Name:	Date:
Information about the Individuals	
Age range:	Gender:
Previous experience/ability level:	Motivations:
Information from previous session/s:	
Session Summary	
Session aim/s:	Length of session:
	Craft:
	Number in group:
Summary of content:	
Safety, Equipment and Venue	
Equipment required for participants:	Venue:
Teaching & safety equipment:	Support staff roles:
Any medical / particular needs:	Parental consent forms collected: Y / N
	Medical declaration forms checked: Y / N
	Access checked: Y / N
Any specific safety considerations / hazards or safety control measures:	

	Content and Coaching Points	Layout and Organisation	Coaching Methods / Delivery Style	Time
Introduction				
Warm-up				
Preparatory Activities				
Skills and Activity				
Challenge				
Cool down Conclusion Clear-up				

Notes

BCU Level 1 Coach Session Review	
Name:	Date:
Compare what happened, with what was planned	
What were the participants' key achievements?	
What aspects of your session went well?	
What aspects of your session could be improved?	
What feedback did you receive from participants?	
What feedback did you receive from colleagues or others? <i>(include feedback from tutor and peers)</i>	
Based on your own thoughts, and the feedback received from others - what would you do differently if you ran the session again?	
Actions points you would like to work on to develop your coaching;	
Things to consider: <ul style="list-style-type: none"> • safety • participants enjoyment • what participants learnt • how you promoted learning • your coaching behaviours • your technical and tactical knowledge • aspects of planning, preparation or delivery 	