

## 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: Y / N

Parental Consent Forms Collected: Y / N

Medical Declaration Forms Collected: Y / N Access Checked: Y / N

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

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