

Information Gathering

Identify participant's needs:

Describe the individual needs for the paddlers you are going to coach:

Environmental influences:

Describe what environmental factors will influence your programme:

BCU Level 2 Session Planner	
Coach:	Date:
Session title:	Session number:
Session Summary	
Session aim/s:	Length of session:
	Discipline:
	Number in group:
Summary of content:	
Any notes from last session:	
Safety, Equipment and Venue	
Equipment required for participants:	Venue:
Teaching and safety equipment:	Support staff roles:
Any medical or particular individual 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 2 Coach Session Review Participants Performance	
Coach:	Date:
What were the participants key achievements? (Remember TTPP)	
What measures did you use to evaluate participants performance?	
What were the participants strengths and weakness?	
What are the priority areas for improvement?	
What action points were agreed with participants?	
What factors need to be taken forward into the participants next session/s?	

**BCU Level 2 Coach Session Review
Own Coaching Performance**

Coach:

Date:

Identify at least one thing from your session that you felt went really well, and explain why:

Identify at least one thing from your session that you could have done better, and describe how:

Note any feedback received from participants, colleagues, mentors, observers etc.

Note anything that needs to be carried forward and implemented in your next session:

Note any actions points you would like to work on to develop your coaching: