

British Orienteering



SESSION PLANNER 2

DATE: VENUE:

TIME: DURATION:

BACKGROUND INFO. / PREP: NEAREST TEL.:

..... NEAREST HOSP.:

EQUIPMENT:

.....

AIMS / OBJECTIVES / GOALS: DATE OF BRITISH ORIENTEERING REG.:

.....

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CONTENT	ORGANISATION/ PRESENTATION	TIMES	EVALUATION by candidate & coach immediately after session
INTRO./ WARM UP			
MAIN CONTENT			
COOL DOWN/ SUMMARY			
DON'T FORGET:	INJURIES: (SEE INJURY RECORDS)	SUMMARY:	