|  |  |  |
| --- | --- | --- |
| Session coach: | Date: | Time: |
|  |  |  |
| Club: | Numbers in session: |
|  |  |
| Specific needs: | Type: |  |
|  | Group age: |  |
| Ability:  |  |
| Other: |  |
| Venue: | Others involved in delivery: |
|  |  |
| Session goal/objective: | Equipment required: |
|  |  |
| Time | Organisation/presentation |
|  | Safety brief (before the session): |
|  |
|  | Warm-up: |
|  |

|  |  |  |
| --- | --- | --- |
|  | Main content: | Coaching points (CPs): |
|  |  |
|  | Cool-down: |
|  |
| Summary of session and feedback to orienteers: | Aims of next session: |
|  |  |