

## Coaching Session Plan

Team name		Date:	Session no:
What went well in the last game/training		What areas do we need to work on?	Equipment:
1.		1.	
2.		2.	
3.		3.	
<b>Aims of the session:</b>			
1.			
2.			
3.			
Time	Task	Organisation / description	Coaching point/question



## Coaching Session Review & Evaluation

<p><b>Stay</b> What will you stay doing in your coaching? What worked well?</p>	
<p><b>Stop</b> What will you stop doing with your coaching? What didn't work?</p>	
<p><b>Start</b> What can you start doing? What could you do to improve your coaching?</p>	
<p><b>Personal Action Plan</b></p> <p>Using the information above, what changes will you make to your planning, coaching delivery and organisation in future sessions?</p>	

