|  |  |
| --- | --- |
| **Name of coach** |  |
| **Date of session** |  | **Location** |  | **Number of riders** |  |
| **Session type and topic** |  |
| **Aims of session** |  |
| **Resources and requirements** |  |

|  |  |
| --- | --- |
| **TIME** | **ACTIVITY** |
|  | INTRODUCTION |
|  | MAIN CONTENT |
|  | COOL DOWN / SUMMARY / DE-BRIEF |
|  | FUTURE PROGRESSION |