



Skills Session Planner

Program Name: _____ Session Coach/es: _____

Session Date: ____/____/____ Time: _____ Venue: _____ Weather: _____

Rider Information:	Rider Numbers:	Age Range:	Ability:
Equipment:			
Session Goals:			
Skill/Tactic Summary:			
Safety Considerations:	Risk Assessment <input type="checkbox"/>	Rider List <input type="checkbox"/>	Bike/Helmet check <input type="checkbox"/>

Time	Activity	Activity Information (set up, rider organisation, instructions, progression)	Key Instructing Points	Quick Questions
	Warm-up			
	Open area activities			
	Specific area activities			
	Cool down			
Review & Evaluation (What worked well, future session changes, rider feedback, coach self-evaluation)				
Reporting (Injuries, accidents, safety concerns, venue issues)				