

Orienteering Coaching - Session Plan

| Session coach: | | Date: | | Time: | |
|-----------------|------------------------------------|------------------------------|--|-------|--|
| | | | | | |
| Club: | | Numbers in session: | | | |
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| Specific needs: | | Туре: | | | |
| | | Group age: | | | |
| | | Ability: | | | |
| | | Other: | | | |
| Venue: | | Others involved in delivery: | | | |
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| Session goa | al/objective: | Equipment required: | | | |
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| Time | Organisation/presentation | | | | |
| | Safety brief (before the session): | | | | |
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| | Warm-up: | | | | |
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| | Main content: | | Coaching points (CPs): |
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| | Cool-down: | | |
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| Summary | l f session and feedback to orienteers: | Δime | of next session: |
| Julilliary of session and reedback to offenteers. | | 711113 | of flext session. |
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