



**Insert Name of Skater/ Team Session Planner**

<b>Age Group:</b>	<b>Block No:</b>	<b>Session No:</b>	<b>Date:</b>
<b>Expected numbers:</b>	<b>Coach/es:</b>		<b>Time:</b>
<b>Special Info:</b>	<b>Equipment Needed:</b>		<b>Venue:</b>

<b>Overall Season Goals Reminder:</b>	<b>Block Objectives:</b>	<b>Session Objectives:</b>
---------------------------------------	--------------------------	----------------------------

	1	1
<b>Session Key Messages</b>	2	2
	3	3
	4	4

<b>Session Content</b>	<b>Activity Aims</b>	<b>Comments/Potential Action</b>	<b>Time</b>
------------------------	----------------------	----------------------------------	-------------

1 risk assessment / Warm up / check in			
2 Technical			
3 Physical			
4 Psychological / Social			
5 Creative/ Music			
6 Specific Tasks			
7 Specific Practices			
8 Expected Skater Engagement (individual / group)			
9 Skater directed activity / creative time			
10 cool down			
11 take home message			
12 Parent/ carer interaction			

<b>Coach Self-Reflection:</b>	<b>Participant Feedback:</b>
-------------------------------	------------------------------

--	--